Advertorial for Biofuel2

How many reasons do you need to get into shape?

Men of all ages have become much more aware of their physique since the day Charles Atlas first appeared in newspaper ads and glossy magazines, displaying the "perfect" male body. Since then the focus has been on a number of world class bodybuilders, not least Arnold Schwarzenegger, who spent many years pumping iron before finding fame as a Hollywood actor. For decades, Hollywood realised that guys with rippling muscles could become heroes amongst men, raise the temperatures of women, whilst raising their bank balance all at the same time.

The big guy gets the girl

Of course the real impact has been on the male audience who have sat and watched some lean muscle machine fight off the bad guys single-handedly, and then walk away with the prize, which is usually the leading lady complete with a body made in heaven. It may all be fantasy for some but the reality is, in real life the big guy very often does get the beautiful girl, and it stands to reason.

Universal laws of physical attraction

Just as men are attracted to the female form, women also tend to fall for the guy with broad shoulders, muscular arms and a rippling six pack. It's only natural that this should be the case because the human "animal" instinct is very much at the forefront of our existence, which is designed to guarantee our future. Mix that with the universal laws of physical attraction, which loosely translated means, "beautiful bodies attract beautiful people", and you have a recipe for mutually hot sexual gratification.

Would you take your shirt off in public?

Charles Atlas once said "nobody picks on a strong man", and who would argue with him? However, with so many successful role models to live up to, is it any wonder many virile men in their 20s, 30s and 40s feel so inadequate? A recent survey suggests that as many as 87% of men in these age groups are unhappy with their body shape. From the skinny dude with spindly arms and legs to the fat, sweaty, burger muncher, many men have only themselves to blame when it comes to finding favour with the opposite sex. And, if you're wondering, the answer is yes, women do prefer lean muscular men to skinny and fat ones… period.

Are you getting the message?

So, would you take your shirt off in public? Would you take your shirt off in a gym full of bodybuilders? Are you happy to undress in front of your girlfriend, partner or wife, assuming you have any one of these? Okay, she may say that she doesn't care about how you look but when you undress do you get admiring glances or the look of disappointment? In general, a woman doesn't like to hurt a man's feelings but if she smiles a lot at the guy in your local store or runs off with the guy next door then the message should be loud and clear.

Is it all about eating and exercise?

Now it's no secret that the only way to lose weight and get a toned body is to eat the right food and get plenty of exercise. Joining a gym will certainly help because a gym will have equipment that will allow you to exercise just about every part of your body. If you need to put weight on then you need to focus your attention more on the food you eat, ensuring you get plenty of protein into your body. But is eating and exercise the only way to get a ripped body? Will it get you the kind of body that will turn the ladies' heads?

What it takes to get ripped

Any guy who has spent years going to the gym and yet still looks like a regular Joe will tell you it's a lot harder than you might think, and yes it is, if all you do is 20 minutes on the treadmill and play with a Pilates ball for half an hour. However, ask any of the big boys how they managed to get into such good shape and they'll all tell you that it takes dedication, diet and more. What they might not tell you is there is a quicker way to get ripped and look totally lean and mean, and not to mention irresistible to women… of all ages.

It's exercise that build muscle

The truth of the matter is if you're skinny you need to eat more of the right food and work out. If you're overweight you need to eat less bad food, more good food, and workout. You can find the exact right diet for you, and for free virtually anywhere on the internet. There's no disputing the importance of following the right diet if you want to get the right body, after all we are what we eat. However, as every personal trainer will tell you, it's the exercise that will get you the muscle you need, which in turn helps to burn body fat.

How long does it take?

Good question and one that gets asked all the time. There is no straight answer because everyone is different, with different metabolic rates, and different body frames but you can easily speed up your progress. How? By simply giving your body what it needs to help build muscle faster, and it will respond. Knowing what it takes to get real results is what separates the hunks from the wannabes at the gym. Well here it is… It's a combination of certain elements, mainly L-Citrulline, L-Norvaline, and 100% pure Nitric Oxide.

How do these 3 elements affect the male human body?

L-Citrulline is an amino acid normally made by the body. In the body, L-citrulline is converted to L-arginine, another type of amino acid. L-arginine improves blood flow and has been shown to help people with heart disease or clogged arteries because of its vessel-widening abilities. The same effect on blood vessels helps ease symptoms of erectile dysfunction (ED). Not only does this element increase blood flow to the muscles, which is essential for their growth, it also increases blood flow to a man's genitals. *(Source: http://www.healthline.com/health/erectile-dysfunction/l-citrulline#Overview1)*

L-Norvaline is a modified form of the branch chain amino acid valine, which enhances muscle strength, muscle growth and dramatically improves muscle endurance. According to George L Redmon Ph.D, N.D, L-norvaline promotes nitric

oxide production, which is essential for muscle growth. It is also involved in the general process that reduces body fat, generates new lean muscle tissue, and helps to repair damaged muscle tissue. He adds, “L-norvaline is a very concise example of how the presence of the right nutrient at the right time exudes anabolic authority. It appears that it is faster than a speeding bullet, smarter than untruthful corrupt cellular communication systems and is able to leap towering catabolic roadblocks with ease. *(Source: http://www.bodybuildingforyou.com/articles-submit/george-redmon/l-norvaline.html)*

Nitric Oxide is another essential element involved in blood flow and muscle growth. Nitric oxide deficiencies are due to aging, inactivity, smoking, high cholesterol, fatty diets, and lack of healthy foods. Increasing your nitric oxide levels can help increase your energy, vitality and overall wellness. Athletes are now taking supplements with nitric oxide to support the flow of blood and oxygen to the skeletal muscle. They also use them to facilitate the removal of exercise-induced lactic acid build-up, which reduces fatigue and recovery time. In helping to increase blood flow, nitric acid can speed up new muscle growth. One of its beneficial side effects is very similar to that of Viagra. *(Source: http://www.nutritionexpress.com/showarticle.aspx?articleid=286)*

The body building secret revealed

So, the secret is finally out. Body builders have known about these superfast “magic” muscle building ingredients for years and now you can get access to them all in one convenient pill. You simply take them daily alongside your diet and exercise routine and then see the difference for yourself. Body fat will give way to firm muscles, weak arms and legs will begin to grow in strength, and the washboard stomach you crave will show signs of emerging. The longer you take the pills, the bigger and firmer you get, which means you don’t have to become a Charles Atlas or Arnie, you can just get as big and as ripped as you want.

Why this is the best kept secret…

Now why do you think the body builders have kept this secret quiet for so long? Do they want to be the only ones that impress the ladies? Do they want to be the only ones who look good on the beach and by the pool? Or is it because they are so afraid that everyone will get in on their action? It’s probably all three but now it’s time to get even and show them that you can have exactly what they have been enjoying for so many years.

How to get your FREE 30 day supply

Now here’s the kicker, you can easily get your own supply of these muscle building pills today. They are being marketed under the brand name Bio Fuel No.2, and for a limited time you can get a whole 30 day’s supply completely free. You just have to pay the shipping and handling costs, which amounts to just $4.95. To get yours just click on the offer and complete the simple delivery form.

There’s never been a better time to start work on getting the body you want and enjoying the inevitable results, which will just make you want to continue with your routine. And there cannot be any better motivation than that.