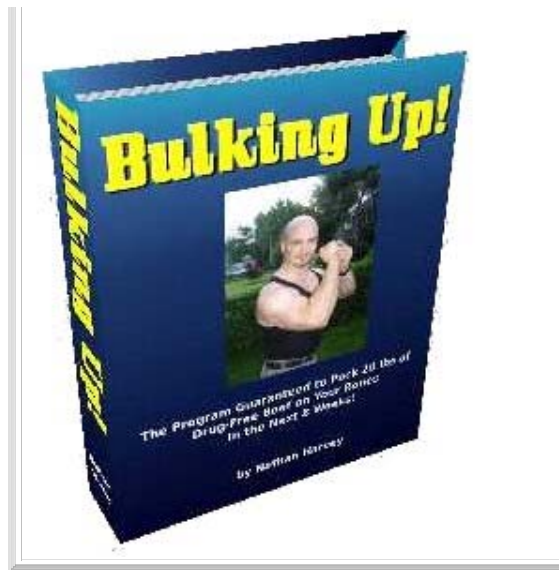


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**SUPER ATTRACTIVE - HULK!***



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***"I have discovered methods that work very well for those of us who would like to build muscle, even though we don't have elite genetics, have no interest in harming our health with drugs, and will never be able to make training the central theme of our lives. I would like to share my weight training struggles with you, as well as the information and techniques that helped me to get past each hurdle".***

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## Testimonials

From Our Satisfied Customers

### What People Are Saying...

*about Size and Strength*  
*for the Average Joe?*

SIZE AND STRENGTH FOR THE AVERAGE JOE is an outstanding account of Nate Harvey's successes, failures and problem solving

during his quest to transform his physique. It's a fascinating, real-life account that provides a wealth of guidance for anyone who wants to build bigger and stronger muscles.

Stuart McRobert, [www.hardgainer.com](http://www.hardgainer.com)

Author of BUILD MUSCLE, LOSE FAT, LOOK GREAT, and the BRAWN series

"**'Size and Strength for the Average Joe'** is a great book, enjoyable to read and filled with very beneficial, much needed 'real' strength training information."

John Christy, author of [The Basics of Gaining Muscular Size and Strength](#), and the owner of John Christy's Total Strength and Conditioning ( [www.totalstrength.info](http://www.totalstrength.info) ).

"Nate has been a good friend for years, and I've always been impressed by how he found ways to stay on mission. One of those guys who found a way to get it done...working mostly alone in his basement, figuring out how to train around injuries, coping with the reduced training time that work and family bring, etc. His photos show his results.

I think that everyone who wants to continue training while working and starting a family would learn a lot from the book. For everyone else there is a good review of relevant information and literature by someone who has tried it and refined it for the average guy. Lots of good routines, some diet info, and tons of "if you want to read more look here" info."

Dave Kaska, Iowa

I enjoyed [Size and Strength for the Average Joe](#) from the first page. In contrast to a lot of other books on the subject, this one is not full of charts, routines, menus, and other such "filler". Every page is full of real, useful information.

The book is based on Nate's real life experiences drawn from his own training as well as insights learned during his time spent as a personal trainer. You'll learn how he took himself from a 130-lb high school student to a powerful 230 lbs, with 17 1/2" arms. You'll see what worked and what didn't -- the protocols, the diet, and how changing life situations changed the training and the results. You'll learn about some of the injuries and problems encountered along the way, and how you can avoid or alleviate some of those problems yourself.

Nate covers a lot of ground in this book, including high reps, low reps, fatigue, "failure training", "strength vs size", and more. But unlike a lot of other books, this one doesn't preach a particular method. Instead it takes more of a "here's the theory, and here's how it worked for me" approach.

**Nate summarizes each chapter with a section of "Lessons learned", and provides references to things he covered in the text. There is also a chapter at the end of the book with a list of other books that are recommended reading, or were influential in his own development.**

**I've read plenty of lifting literature, and there are things in here that I hadn't heard before (for example, his explanation of the body's protein requirements). Even if you're already familiar with some of the topics, Nate's autobiographical approach makes for an interesting read.**

**The book is good solid info -- no supplement advertising, no hyping up some other program he's selling, no members-only super-secret info, just honest info from real experience. And it's priced far less than most EBooks out there.**

**In short, highly recommended."**

**Robert Kesterson, Missouri**

**"Hey Nate! I finally got to really read your ebook. Man, fantastic job! In my opinion, it blows away all of the other books of it's type. You have all the meat in there, without too much chatter. Great stories, very entertaining, great lessons, great references and solid real information. I would recommend your book as the number one source of good training info. currently available! Nice job!!!!!"**

**Ron Sowers, Idaho**

**What makes Nate Harvey special? NOTHING! Which is precisely what makes his e-book; "Size and Strength for the Average Joe" unique. It isn't written by a champ, who has no idea of the struggle it is for you or I to achieve half the gains he gets training haphazardly. Instead, Nate is just like you and me, he has walked the walk, taken the journey, and paved the way for others to follow, so you are saved time, frustration, and years of wasted effort in your quest to grow bigger and stronger.**

**After nearly three decades of being around the bodybuilding scene, I've come across other seemingly worthwhile books, supposedly written by and for "hard-gainers", but was usually left wanting as they endorsed programs a genetically blessed trainee would struggle with. But Nate's road to size and strength mimics my own. In fact it could have been me writing his story, as the steps of his journey coincide with my own! First his Ellington Darden influence, as the 80's were a critical time in bodybuilding, with Jones' era having passed, Mike Mentzer gone, and voices of reason were few and far between. On to Stuart McRobert's guidance. Then Nate's entry into adult-hood, where**

responsibilities impact training, and time is of utmost importance. Next, the benefits of single progression, a major finding I discovered later in life. Also how he dealt with the dark side-injuries. Very few people discuss injuries. Even fewer in a clear, concise, manner. But like the rest of the book, it's all written in an easy, laid back style, void of fluff or baffling terminology leading to confusion.

Chapter Seventeen contains more worthwhile training information than you will find in a hundred bodybuilding magazines! (And that's being ultra-conservative). If you were to use the methods Nate outlines from day one, then you would be on a surefire path to growing larger and stronger.

This is the type of information I wish I had when I started training, back in '77. If I had, I would have been saved injuries, desperation, and disappointment. And it's all there on offer for less than a month's worth of the latest over-hyped supplement. If you are like 99% of the population with average genetics but keen to learn shortcuts that it took this man twenty years of his life to discover, then this book is all you need!

Kevin Dye, Australia.

# Learn Nate's secrets to Size and Strength!

*You say that you can't wait to get your hands on all of the essential tips and secrets that helped Nate achieve his size and strength despite the demands of work/school and family?*

*Now you can! Nate shares every important detail of his dramatic journey from 130 lb. football tryout to powerful 230 lb. weight-trainee in his ebook: [Size and Strength for the Average Joe!](#)*

ARE YOU READY

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