



**The Metabolic  
BEAST**

# THE METABOLIC BEAST

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## BENEFITS

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EXERCISE DENSITY: **MODERATE**

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STRENGTH: **MODERATE**

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MUSCLE GAINER- **HIGH**

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FAT BURNING: MODERATELY  
LOW

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## KEY POINTS

*by Dr. Kuntz*

This one of a kind program helps primarily develop increased size of the muscle as it targets anabolic pathways through a metabolic approach. Muscle's require increased tension and damage as a stimulus in order to grow.

This program happens to provide you that exact stimulus with the help of its featured "Gargantuan," and "Time Under Load," set variations. If you're a male or female and are looking to pack on serious muscle size and development, choose this program.