

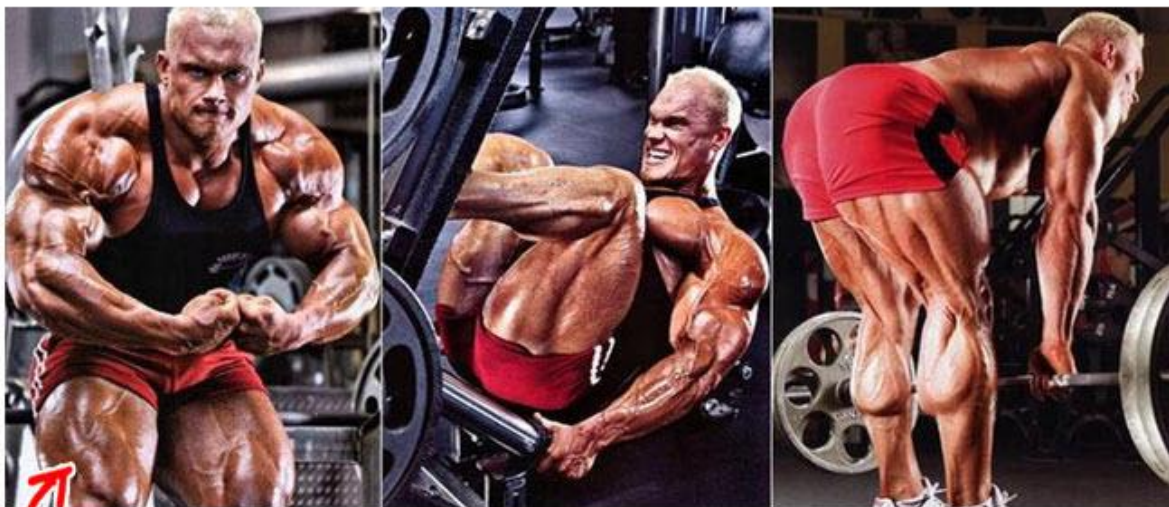


Mi40X Review

<http://benpakulskimi40xreview.weebly.com>

Welcome to my MI40X Review. Mi40X has created a big buzz in fitness and bodybuilding community. This is the second version of MI40 (Mass Intentions Extreme).

In this Mi40X review I am going to give you all inside this cutting edge 40 day workout system created by IFBB professional bodybuilder Ben Pakulski. Please make sure to read the entire review as I'm going to reveal all the PROS and CONS of Mi40 Xtream program. **First things first.....**



You don't build a body like this without "feeling" the muscle!

Mi40X Review - What is Mi40-Xtream?

This is the combination of workout program that contains many videos about approximately about 10 hours and downloadable PDFs. Basically, this is a complete workout program that gives you everything you need to start training to build muscle, and honestly one of the high quality workout and bodybuilding program.

" Mi40X is a powerful workout a nutritional system that is designed specifically to manipulate as many variables as possible to help people pack on extreme amounts of muscle mass in 40 days flat."

Even though Ben's Mi40 program is amazing Mi40X is Updated, More Evolved and much More Powerful.

Mi40X Review - Who is Ben Pakulski ?



Benjamin "Ben" Pakulski (born March 18, 1981, Toronto, Ontario, Canada), nicknamed the Pak-Man, is an IFBB professional bodybuilder and winner of the 2008 Mr. Canada competition.

In the IFBB, he finished 2nd twice in 2008. He has increased his standing in the Arnold Classic competition, placing 2nd in 2013, after a 4th place finish in 2012 and a 10th place finish in 2011. In the 2012 Mr. Olympia contest, his first-ever, he finished 11th.

Pakulski on the cover of Muscle Insider, breaking its requirement for a Mr. Olympia win.

Bodybuilding titles by Ben Pakulski

First show Sept 2005 won the overall title

Sept 2008- Canadian Championships Overall winner and Pro Card Victory in Montreal Quebec.



Aug 2009- First Pro Show- Pro Bodybuilding Weekly, Tampa- 3rd

May 2010- Ny Pro- 7th

Feb 2011- FLEX Pro- 5th

March 2011- Arnold Classic- 10th

March 2011- Australia Pro- 4th

Feb 2012- Flex Pro- 2nd

March 2012- Arnold Classic- 4th

September 2012- Mr.Olympia- 11th

March 2013 - Arnold Classic - 2nd

March 2014 - Arnold Classic - 7th

Source: http://en.wikipedia.org/wiki/Ben_Pakulski

Download Ben Pakulski Mi40X Here

YES BEN! I'm Ready For More Muscle Fast! ✓

Mi40X Review - So, What's Inside Mi40 Xstream Members Area?



- Rapid Action Plan
- Program Materials
- Printer-Friendly Versions
- Diet Calculators
- Total Video Trainings

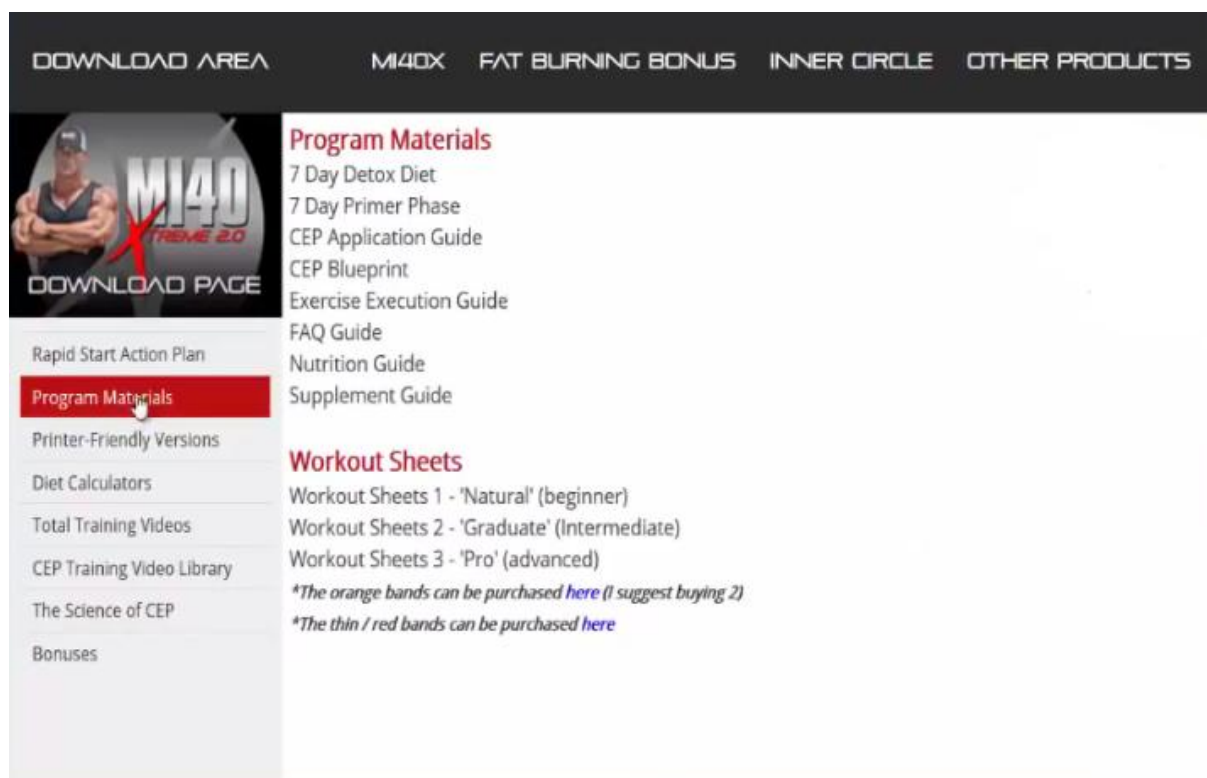
- CEP Training Video Library
- The Science of CEP
- Bonuses

A new cutting edge technique CEP (Cell Expansion Protocol) is the best part of MI40-Xtream. CEP is a unique lifting method that would dramatically increase protein synthesis, Turbocharge recovery process, and significantly boost muscle hypertrophy.

CEP is based on the combination of Ben's special NOS drop sets and intra-set stretching, when combined together these muscle building dynamic pro will result in massive pumps and huge muscle.

Let's go inside each section:

1. Rapid Action Plan - Introduction and Action Plan to follow.



2. Program Materials

- **7 Day Detox Diet** - A Detox Diet recommended by Ben.

- **7 Day Primer Phase** - Small training session to complete before starting MI40X, which allows your muscles to work harder.

- **CEP Application Guide**

Cell Expansion Protocol and how we can use it to build muscle quickly.

- **CEP Blue Print**

This eBook goes through the different scientifically proven methods by CEP (Cell Expansion Protocol) used in the program to make muscles grow faster and bigger.

- **Exercise Execution Guide** - This is an exercise manual containing everything you need to know about the exercises in the program.

- **FAQ Guide**

- **Nutrition Guide** - This is a PDF guide which will assist you in optimizing your nutrition to get the most out of the MI40X Workout Program.

- **Supplement Guide** - In this guide Ben recommends few supplements to get most out of MI40X program.

Workout Sheets

Workout Sheets 1 - Natural (beginner)

Workout Sheets 2 - Graduate (Intermediate)

Workout Sheets 3 - Pro (Advance)

3. Printer-Friendly Versions

All guides and workouts in "Program Materials" are downloadable in this section.

4. Diet Calculators

It is downloadable. One of the outstanding in Mi40X is Diet Calculator - you simply load up the calculator that you need your body type and the workout

phase you are in then input your current weight and body fat percentage and hit submit and all your processing and carb weight workouts is done for you. this makes Mi40X diet system dead simple.

5. Total Training Videos

18 Video Sessions where Ben Pakulski demonstrates every workout clearly

Back

- Rowing Movements
- Pullup & Pulldown Movements
- Deadlifts (bent-knee) + Straight-Arm Pullovers

DOWNLOAD AREA MI40X FAT BURNING BONUS INNER CIRCLE OTHER PRODUCTS

Total Training Videos

Back

1. Rowing Movements
2. Pullup & Pulldown Movements
3. Deadlifts (bent-knee) + Straight-Arm Pullovers

Biceps

1. Barbell Exercises.
2. Dumbbell Exercises
3. Cable Exercises

Calves

Calves - All Movements

Chest

Chest - All Movements

Shoulders

1. Side Lateral Movements
2. Overhead Presses + Bent Lateral Raises
3. Front Raise Movements

Legs

1. Squats & Leg Presses
2. Lunges, Split Squats & Step-Ups
3. Remaining

Triceps

1. Presses & Pushups
2. Pushdown Movements
3. Dip Movements
4. Extension Movements

Biceps

- Barbell Exercises
- Dumbbell Exercises
- Cable Exercises

Calves

- All Movements

Chest

- All Movements

Legs

- Squats & Leg Presses
- Lunges, Split Squats & Step-Ups
- Remaining

Shoulders

- Side Lateral Movements
- Overhead Presses + Bent Lateral Raises
- Front Raise Movements

Triceps

- Presses & Pushups
- Pushdown Movements
- Dip Movements
- Extension Movements

6. CEP Training Video Library

More Videos about CEP (Cell Expansion Protocol)

7. The Science of CEP

- The Science of CEP with Dr.Wilson..

Ben Pakuskil and Dr.Wilson explains the concept behind CEP and how this CEP helps is growing mass muscle.

- Mechanisms of Hypertrophy and Studies to Support the Science of MI40X Program with some web pages.

8. Bonuses

- Hardcore Abs.pdf
- 6 Essential of Exercise
- Hardcore Abs Videos
- Xtreme Suspension Revolution

Coaching Call (Updated Every time)

My Thoughts about Mi40X

Even though Ben's Mi40 program is amazing Mi40X is UPDATED, More EVOLVED and much More POWERFUL!

MI40X Workout Program comes with everything you need, including diet and supplement plans and the hours of video that allow you to see exactly how one of the best bodybuilders in the world works out... that's priceless.

The Videos in MI40X has high/good quality than MI40 and all workouts are dup easy to understand and get trained.

Ben has provided three programs for all beginners, intermediate and advance/pro body builders, from any level of experienced individuals can get into this program.

Mi40X is downloadable for 60 days and after 60 days everything is a process on from Ben's website to your member's area. Mi40X training is painful at

beginning but you get the best value. CEP trainings are complicated, every section workout differs from other section.

Thanks for standing still - My thought and rating of MI40X is absolutely A+ and BEST. As Ben has best track record and his MI40 program is a sensational though it includes advance training, but now MI40X has everything for Beginners and Advance.

Get MI40X Here Now Before the Prices Goes Up

~~\$397~~ **\$97**

YES BEN! I'm Ready For More Muscle Fast! ✓

