



The advertisement features a central image of a muscular man's torso. To the left, there is a vertical strip of three smaller images: a man's torso, a woman's midsection, and another woman's midsection. At the top, the text 'WLC' is written in large, blue, 3D-style letters, and 'PROGRAM' is written in large, black, outlined letters below it. At the bottom, there is a yellow banner with the text 'WLC BASIC PACKAGE' in blue and black, followed by 'Build muscle and burn fat!' in black. To the right of this banner is a yellow circle with 'Only \$7' in white text.

Version 1.0

This is only a sample!
The full eBook is 74 pages.

All Table of Contents Links work in the full eBook.
All details of each program are in the full eBook!

SAMPLE ONLY
The WLC Program Basic Package



Contents Include:

- Beginner WLC Program
- Intermediate WLC Program
- Advanced WLC Program



Disclaimer

Always consult your physician before beginning any exercise program, diet, aerobic exercise, weight lifting, or any other physical exercise. Your doctor is always **the authority** when it comes to your health!

Your doctor knows your health status better than anyone. So, make sure you get permission from your doctor before changing or implementing anything related to diet and exercise.

The WLC Program Basic Package and its contents are for educational and informational purposes only and is not intended as professional or medical advice. The purpose of the WLC Program Basic Package is to provide healthy people with a weight training program that helps them to lose body fat and build muscle.

The author of the WLC Program and the Weight Lifting Complete website, shall have neither liability nor responsibility to any person, entity, or organization with respect to anything written in this eBook or any other document contained in this package.

You, the user and reader of this manual, assumes all risk for any injury, damage, or loss that is caused or alleged to be caused directly or indirectly from information contained in this package and all documents contained in the WLC Program Basic Package.

Federal Copyright Law



WARNING: The unauthorized reproduction or distribution of this copyrighted work is illegal. Criminal copyright infringement, including infringement without monetary gain, is investigated by the FBI and is punishable by up to 5 years in federal prison and a fine of \$250,000.

This eBook and all contents of the WLC Program Basic Package are protected under International Copyright laws and United States Copyright laws. You do not have permission to resell, reprint, auction, or distribute this property under any circumstances. You cannot give away this WLC Program package, share the package, post the documents on message boards, or distribute this package in any manner!

If you have legally purchased this package, you can use it for your personal use only. You can print a copy of this eBook and the printable workout logs for your personal use. You cannot share them in any way. You can let your friends know about the package and send them to Weight-Lifting-Complete.com to get their copy of the WLC Program Package.

If you've received an illegal copy of this package or any contents of this package unintentionally and/or if you know who is distributing this package, please contact me (josh@weight-lifting-complete.com). You will in no way be held responsible for their actions. Please go to the WLC Program page and purchase your legal copy: [WLC Program Page](#).

All of these eBooks and contents have been coded and are traceable to the original purchaser. In other words, do not share the contents of this program because the eBooks can and will be traced back to the original person who purchased the package. I take copyright infringement seriously! It's the same thing as stealing from a store that you walk into or copying movies and re-selling them for profit.

I've put countless hours of my time into these programs. Years and years of hard work and dedication were spent on these weight training programs.

Please honor this work and all the hard work you do each and every day by following the law. These programs are well worth the small amount of money! There's no reason to steal these programs. Please do not steal from me. Be an honest and hard working individual. Only hard working individuals will be interested in this program anyway, and I salute your hard work, honesty, integrity, and dedication.

And to further help me, please report any Internet crime that you have come across on websites, message boards, and forums by sending an email to:

josh@weight-lifting-complete.com

Report any illegal activity to the above email address regarding infringement of the copyright laws discussed on this page and the previous page. I really appreciate your help! Thank you.

Remember, this document is not only protected by United States copyright laws but also International copyright laws. If you do not live in the United States, you will still be prosecuted for violating International copyright laws. Please don't!

A Personal Message from Josh

My name is Josh. I am the owner of Weight-Lifting-Complete.com and the developer of absolutely everything you see from the Weight Lifting Complete website. I developed the WLC Program from my many years of trial and error experience with building muscle and burning fat.

I've spent so many hours developing the WLC Program and these packages for you. I've priced them at the lowest possible price so I can reach and help as many people as possible. Just so you know, I've spent an entire year writing the eBooks only and that doesn't include all the trial and error learning experiences I've been through.

So, I really want to thank you for purchasing this program and supporting my efforts. With your support, I can continue to build more web pages, eBooks, programs, and information. My goal is for all of this information to lead to a healthier world! Living a long and healthy life is **not** difficult when you know how.

And I truly want to help you succeed, so if you ever need help or don't understand something please let me know. I'm here to help you. And thanks again for the support! I very much appreciate it.

Sincerely,

Josh

Author of this eBook
Owner of Weight-Lifting-Complete.com
Creator of the WLC Programs

P.S. I will be adding updates to this eBook periodically based on questions I get from the readers of the eBook. I will use your email address to send you these updates. You'll get free updates for the rest of your life! I'll also include information about the Full Package I will be releasing. You'll be able to get a discount on the Full Package if you have this basic package. Thanks again for purchasing and enjoy!

Feedback and Testimonials

If you have any feedback at all for these programs or have any questions about the programs, please contact me (josh@weight-lifting-complete.com).

I would also like to hear about your results using this program and the Weight Lifting Complete website. You can find tons and tons of great information and web pages all written by me!

Please contact me and let me know how the WLC Program is working for you. Also, let me know what you think about the website. I love to hear from the people that keep me going each and every day!

If you want to take before and after pictures, I may have a contest in the future with cash prizes! Ensure you take the before and after pictures with a newspaper, so your results can be verified. Take the pictures every 3 months or every 12 weeks and submit them to me! I'll put them in the pool for the contest. When I get enough entries, I will select winners and send out cash prizes.

Don't be afraid to contact me! I'm a very nice guy that loves to hear from people who are having success with these programs. That's what keeps me going, and I love it!

Table of Contents for the Basic WLC Program Package

You can easily navigate your way through this document using the Table of Contents below. The links will take you to that section of this eBook. Within that section of the eBook, you'll find a table of contents for that particular section.

You'll also find a 'Table of Contents' link on the upper right header area of every page in this eBook. See it up there in the upper right area of this page? That link will bring you right back here to this page. Use it as needed to make your navigation through this eBook much easier.

Table of Contents

- [Beginner WLC Weight Training Program](#)
- [Intermediate WLC Weight Training Program](#)
- [Advanced WLC Weight Training Program](#)
- [FAQ for the WLC Programs and More](#)
- [Printable Weight Lifting Logs](#)

SAMPLE ONLY

Beginner WLC Weight Training Program

Table of Contents

- [Who should perform this program?](#)
- [What's the purpose of this program?](#)
- [What kind of results can I expect?](#)
- [The beginner weekly weight lifting schedule](#)
- [What time of day should I perform these workouts?](#)
- [Workout A and Workout B](#)
- [How do I warm up for these workouts?](#)
- [How do I do these exercises?](#)
- [Why are there no ab exercises?](#)
- [Choosing a starting weight for each exercise](#)
- [What to do if you can't perform a chin up or dip](#)
- [Increasing the amount of weight you lift](#)
- [What do I do when I can't increase the weight?](#)
- [Reaching failure during an exercise](#)
- [What equipment do I need for this program?](#)
- [How to perform a rep properly](#)
- [Taking a break from weight lifting](#)
- [How long do you perform this program?](#)
- [What to do after this program](#)
- [What to do if you start lifting with bad form](#)
- [Can I add or change exercises for this program?](#)
- [Can I add or change sets and reps for this program?](#)

SAMPLE ONLY
Links do not work in this sample!

Intermediate WLC Weight Training Program

Table of Contents

- [Who should perform this program?](#)
- [What's the purpose of this program?](#)
- [What kind of results can I expect?](#)
- [Intermediate weekly weight lifting schedule](#)
- [Workout A and Workout B](#)
- [Warming up for these workouts](#)
- [Choosing the amount of weight to lift each workout](#)
- [Can I change the exercises?](#)
- [How do I address weakness in muscle groups?](#)

SAMPLE ONLY
Links do not work in this sample!

Advanced WLC Weight Training Program

Table of Contents

- [Who should perform this program and why?](#)
- [Advanced weekly weight lifting schedule](#)
- [Workout A, Workout B, and Workout C](#)
- [Weight lifting basics](#)
- [Going to failure](#)

SAMPLE ONLY
Links do not work in this sample!

FAQ for the WLC Program

This section will answer any questions you may have after reading through all 3 programs. If you have any further questions, please contact me so I can add them to this FAQ. With your help, I can answer your questions and continually improve this package so everyone can completely understand how to perform this program.

Each section for each program should be fully read before asking any questions. Everything that I can personally think of is included for each program, so you shouldn't have any trouble executing the programs flawlessly!

If you do see something I missed, please contact me. I'll be glad to add your question to this FAQ!

Table of Contents

- [Understanding the big picture](#)
- [Which weight lifting gloves do you recommend?](#)
- [I'm having trouble learning how to perform the exercises!](#)

More questions will be added as I receive them from you!

SAMPLE ONLY
Links do not work in this sample!

Understanding the big picture

You need to have a long term plan for making progress. You need to know where you are going and what you want to look like. You need to have goals! When you have goals set in stone, you can put everything you have into reaching those goals.

For example, many of you have (including myself) have had problems deciding whether you want to build muscle or lose fat. The two goals are conflicting, so you need to decide on one of these goals per weight lifting cycle. Decide and do it! Don't change your goals throughout the program. Stick to the plan. You can change and update your goals after the program cycle.

Beginners need to develop a strength base first. That's the goal of the beginner program. Performing the beginner program for multiple cycles will only help you build more muscle later.

Once you have a good strength base built, you can advance to the Intermediate WLC Program. You can then focus more on building muscle. Spend at least 2 to 3 cycles on the Intermediate WLC Program. You can start to address muscle groups that may be lagging behind during the Intermediate program. Spend as long as you need or like on the Intermediate program. Most of you will never need or want to move on from this stage.

Three years of experience with the beginner program and intermediate program will give you better results than you can even imagine right now. You'll become an expert on building muscle and burning fat. If you decide to move up to the advanced program, you'll only continue to get great results.

Gains naturally slow down as you gain more experience, build muscle, and burn fat. Everyone has genetic limits and as you near them, your results slow down. It gets tougher and tougher to build more muscle and burn more fat because you already have a lot of muscle mass and very little fat. You can't burn 2 pounds of body fat per week when you don't have that much to begin with! I hope you see what I mean.

The advanced program is for experienced weight lifters only. You need to know your body, and you need to know how much your body can take. You can alter and change the advanced program however you see fit as long as you follow the basic principles. 3 years of serious experience with the beginner and intermediate program can qualify you for the advanced program. You'll know when you're ready!

Which weight lifting gloves do you recommend?

I've been using a special weight lifting glove since I had forearm problems many years ago. My forearms were so bad that I couldn't lift a bag of groceries! These weight lifting gloves helped to heal my forearm problems, and helped me to build more muscle by allowing me to lift heavier weights!

These gloves will help you to build more muscle because you will be able to lift heavier weights. For example, these gloves helped me break through a huge plateau I was having with dumbbell curls. I would always get stuck at the 50 pound dumbbells for curls. After using the gloves, I busted through that plateau and went up to 70 pound dumbbell curls.

Do you know what happened to my arms and biceps when I broke that plateau? I gained a lot of muscle mass in my arms! And these gloves won't only help you lift heavier with dumbbell curls, they will help you lift heavier on every exercise that you use your hands to grip and hold the weight.

I highly recommend these gloves! I've had mine for 3 years now, and they are still going strong! I won't have to buy a new pair for a few more years still. No other weight lifting glove lasts as long as this one:



The weight lifting gloves above improve your grip and protect your hands and fingers! These gloves are called New **Grips**, and you can get your pair easily and quickly at the link below:

[Get your pair of New Grips here](#)

Build more muscle and lift heavier weights with New Grips!

I'm having trouble learning how to perform the exercises!

Most people do not know how to perform many of the best weight lifting exercises. You could be one of those people! I was one of those people for many years and never knew it or thought that to be possible.

If you've never been taught how to perform exercises with proper form and technique from a good weight lifting coach, then **you will benefit** from the book I'm about to tell you about!

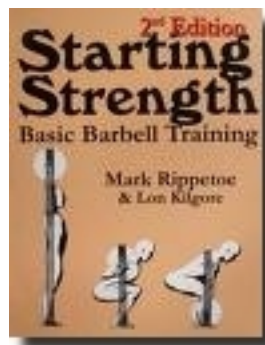
Starting Strength is the absolute best book out there for learning proper exercise form and technique. The author is Coach Mark Rippetoe, a Senior USA Weightlifting Coach. He's one of the top weight lifting teachers and coaches in the world! You can learn everything you need to know from him by reading his book.

I was absolutely amazed at the information contained in his book and that was after years and years of weight lifting experience. I thought I knew everything about performing exercises with proper form and technique. After purchasing the book and implementing techniques I learned in the book, my strength shot up on all exercises! It was amazing.

I really can't recommend a weight lifting product more than I do for this book. You can read reviews on this book from hundreds of other people that have purchased the book at the link below:

[Read reviews and purchase Starting Strength here!](#)

You **will** get stronger and build more muscle with Starting Strength.



Printable Weight Lifting Logs

On the upcoming pages, you'll find printable weight lifting logs for each program. You can take these blank logs with you to the gym and fill them out each and every workout. It's very important that you take these log books with you and keep track of your workouts!

By knowing what you lifted the previous workouts, you can ensure you are making progress every time! Progress in the gym will lead to changes for the good in your body composition. You will see your body change in the mirror. And that's what we're looking for here!

Table of Contents

- [Beginner WLC Printable Log](#)
- [Intermediate WLC Printable Log](#)
- [Advanced WLC Printable Log](#)

SAMPLE ONLY
Links do not work in this sample!