



# BoomerMuscle

**Defy Age & Live Strong**

**The 5 Keys to Feeling Stronger  
Right Away!**

# The BoomerMuscle Method

## The 5 Keys to Feeling Stronger Right Away



### Remember:

1. **Lighter Weight - Higher Reps:** Lighter doesn't mean *too* light.
2. **8 - 12 Reps to Failure:** Set your resistance level so you can't do more than 12 clean reps on that first set. It's a range of 8 - 12 because you'll probably do fewer than 12 in succeeding sets.
3. **Mind Muscle Connection:** Focus. Smooth continuous motion. Feel the sensation in your targeted muscles and *really concentrate* on that. Tune out distractions. Tune in Music!
4. **Get Pumped!** This is the primary point of this workout. Feel the blood rushing into your targeted muscles. Muscle-building hypertrophy in action.
5. **Volume & Intensity:** The first 4 Keys are the same for everyone, regardless of your goal. But in #5, it's up to you:
  - A. Simply toning up? Do up to 3 Sets of each exercise.
  - B. Building more muscle mass? Do up to 5 Sets of each exercise.

**Click Logo to view the 5 Keys Video**



**For some background on me, visit the BoomerMuscle website and check out the homepage.**

**The link below will take you to a section with lots of free workout plans.**

**<https://boomermuscle.com>**