



Neuro-Mass The Ultimate System for Spectacular Strength

By Jon Bruney

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Neuro-Mass The Ultimate System for Spectacular Strength By Jon Bruney

How To Develop Maximum Strength, Speed, Power, Muscle and Unstoppable Conditioning, In 3 Hours Per Week Or Less

Jon Bruney's **Neuro-Mass** provides the fastest means for adding slabs of functional, SMART muscle to your frame. Smart muscle is muscle that can multi-task. Neuro-Mass will not only increase your frame, but also turbo-charge your **strength and athleticism**.

Neuro-Mass gives you the exact protocols you need to create an impressive, functional, athletic physique. The **Neuro-Mass** system combines the best kettlebell resistance and bodyweight exercises with a new cutting edge training method called "Neuro-Sets".

These Neuro-Sets, comprised of grinds, isometrics and explosive movements, create RAPID physique transformation. While most training programs only focus on one approach to create growth, Neuro-Mass uses multiple stressors to create a BIGGER, BETTER and SMARTER body. "Any team sport athlete would be well advised to immediately commence a cycle incorporating Jon Bruney's methods. Athletes need what Jon is offering: pure power combined with amazing capacity for sustained and continual strength output. This type of training can provide users an entirely new strength approach that will prove particularly beneficial to fighters, athletes, military and law enforcement types.

The approach will also allow regular folks a method with which to round out their current capacities and capabilities." -**Marty Gallagher**, 3-time World Master

Powerlifting Champion, author of *The Powerful Primitive*

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