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"I could literally feel my body growing. I started out at a measly 140 pounds with 14 1/2" arms. Now I'm 175 pounds with 17 1/2" arms and growing. My bench press went from 160 pounds max to 325 pounds and I achieved this on the modified version of the program. Thanks Leo!"-- Peter Giardini, New Rochelle, NY

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For those of you don't know, Big Beyond Belief was one of the most hyped things advertised in all of the bodybuilding magazines in the mid '90s. (It wasn't the most hyped thing. That award goes to the supplement "Hot Stuff".) It was the third book in a series of "Serious Growth" training manuals published by a dude named Leo Costa.

## **Big Beyond Belief, HIT, Phil Herson, and Other Things from ...**

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## **BigBeyondBelief.com**

3) Each muscle should be worked with different rep ranges (low, medium and high) for maximum growth stimulation. The Big Beyond Belief Routine Here is my program for the first week: Do 3 sets

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for each bodypart with 2 minutes rest between sets.

## **Big Beyond Belief Workout Program**

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If so, the best place to start is with our critically acclaimed training manual "Serious Growth III: Big Beyond Belief". You can find it in the products section below. If you aren't quite ready I urge you to check out our podcast (see below), and sign up for our newsletter in the form below. Train Hard and Train Smart, Leo Costa, Jr. Dr. R. L ...

## **SeriousGrowth.com**

I ordered a training manual called "Big Beyond Belief - Serious Growth 3". Man, it was a great read! The guy who wrote it was Leo Costa Jr - Mr. Credibility . It was endorsed by Tom Platz, Mr. Universe. It had all kinds of data as to why it worked.



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