

More Gains. Less Joint Pain.



**Eliminate Weight Lifting Muscle or Joint
Pain FAST Using a Simple 3 Step Formula.**



Disclaimer: The information in this PDF guide is provided for education purpose only, and is not to be used or relied on for any diagnostic or treatment purposes. This information should not be used as a substitute for professional diagnosis and treatment. Muscle and joint pain can be indications of serious medical problems that should be diagnosed by competent medical professionals. Please consult your health care provider before making any healthcare decisions or for guidance about specific medical conditions. TitaniumPhysique LLC, it's owners, agents and employees shall have no liability, for any damages, loss, injury or liability whatsoever suffered as a result of your reliance on the information contained in the TitaniumPhysique Guide.

Copyright © 2019 TitaniumPhysique. LLC. All Rights Reserved.

TitaniumPhysique

Email: support@titaniumphysique.com

Website: titaniumphysique.com

Mail: 2030 W Baseline Road Suite 182-634,
Phoenix, AZ 85041, USA

Contents

1. Introduction
2. The ROOT Cause of the PAIN
3. Why Conventional Treatments Fail
4. Simple 3 Step Formula to Eliminate Pain
5. TitaniumPhysique Guide



Nurudeen Tijani

Trainer | Nutritionist | Yoga Instructor

Natural Bodybuilder & Physique Athlete

Member: International Association Study of Pain (IASP)

Member: American Chronic Pain Association (ACPA)

Why I created this guide

If chronic muscle or joint pain is preventing you from building muscles, building your ideal physique, getting in shape or staying fit, I know how you feel.

I struggled with chronic muscle and joint pain for over 5 years. I know what it feels like trying to keep your bodybuilding, weight lifting or fitness going while enduring pain. It's frustrating!

Thankfully you don't have to go on exercising in pain anymore.

You can finally get rid of chronic muscle or joint pain using a simple 3 Step Formula and start enjoying your fitness again (just like before).

As someone who loves fitness and bodybuilding, I've created this free guide to help the millions of people who do weight lifting or strength training but struggle with muscle pain or tendonitis joint pain during exercise. Use this guide to develop easy and effective practices that quickly bring relief to your workout routine.

Chronic muscle and joint pain makes bodybuilding, weight lifting and fitness frustrating, painful and demotivating.

Continue reading to learn the 3 Step Formula I used to quickly eliminate shoulder, elbow, forearm, wrist, back, knee, foot muscle and joint pain fast!

3 Factors That Cause Muscle & Joint Pain



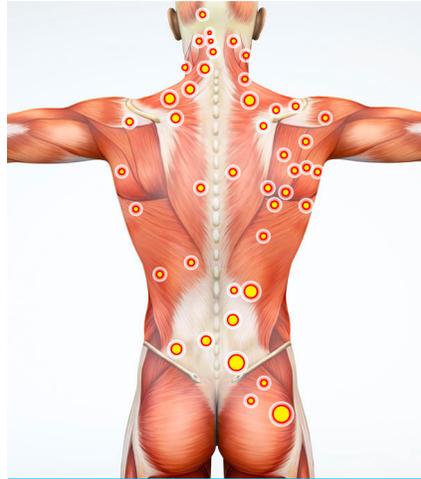
Chronic Inflammation

When we do any kind of weight or strength training, it strengthens muscles but also inflames the tendons, joints and ligaments in the body.

This is what produces the "burning" sensation of pain in the shoulder, elbow, wrist, knees or feet during exercises.

With time, the body heals and the pain goes away. However, when the body is unable to heal and the inflamed tendon and joint pain continue for more than three months, it becomes a chronic inflammatory condition.

Chronic inflammation is a state where the inflammatory process that allows the body to naturally heal is broken. Left untreated, this breaks down the body.



Muscle Restriction

Muscle restriction occurs when muscle fibers get shortened and are unable to release and lengthen back to its normal state.

A traumatic event like lifting a weight too heavy or using bad weightlifting form can strain muscles and cause injury.

When this happens, the joints surrounding the injured muscle becomes weaker.

To support the joint, the muscle shortens, tightens up and forms knots. It gets restricted.

Restricted muscles pull tighter on the tendons. This inflames the tendons and creates inflammation in the body, which leads to muscle and joint pain.



Joint Subluxation

Restricted muscles pull tighter on the joints. Over time, this cause the joints to move out of their normal position.

This condition is known as a subluxation, and it can affect the joints and nervous system in the body, leading to pain.

The misaligned joints can stretch and choke the nerves which can lead to sharp nerve pain in the body.

Misaligned joints can lead to an irritating "clicking" or popping sound of joints (shoulders and knees) during weightlifting.

Misaligned joints also inflame the tendons and ligaments, creating excessive inflammation that lead to more joint pain.

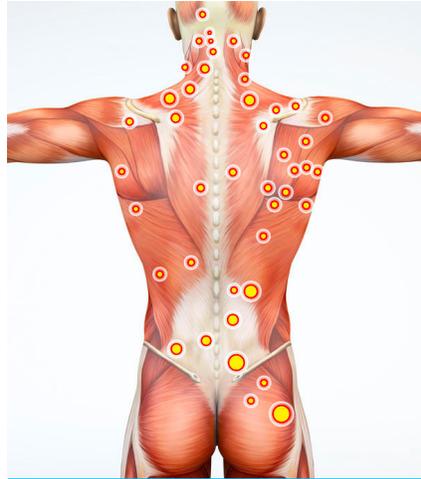
3 Factors Continued...



Chronic Inflammation

Most gym-goers and weight lifters with chronic inflammation experience:

- Elbow pain when lifting (including elbow pain bench press, elbow pain pull ups or elbow pain push ups)
- Shoulder pain when lifting (including bench press shoulder pain)
- Wrist pain when lifting
- Knees hurting when squatting (including knee pain after squats or sore knees after squats)



Muscle Restriction

Most gym-goers and weight lifters with dysfunctional and restricted muscles experience:

- Shoulder pain when lifting (including bench press shoulder pain)
- Wrist pain when lifting
- Forearm pain when lifting
- Knees hurting when squatting and knee pain after squats or lunges
- Lower back pain when lifting



Joint Subluxation

Most gym-goers and weight lifters with subluxation experience:

- Lower back pain when lifting
- Shoulder pain when lifting (including bench press shoulder pain)
- Knees hurting when squatting and knee pain after squats or lunges
- Wrist pain weight lifting

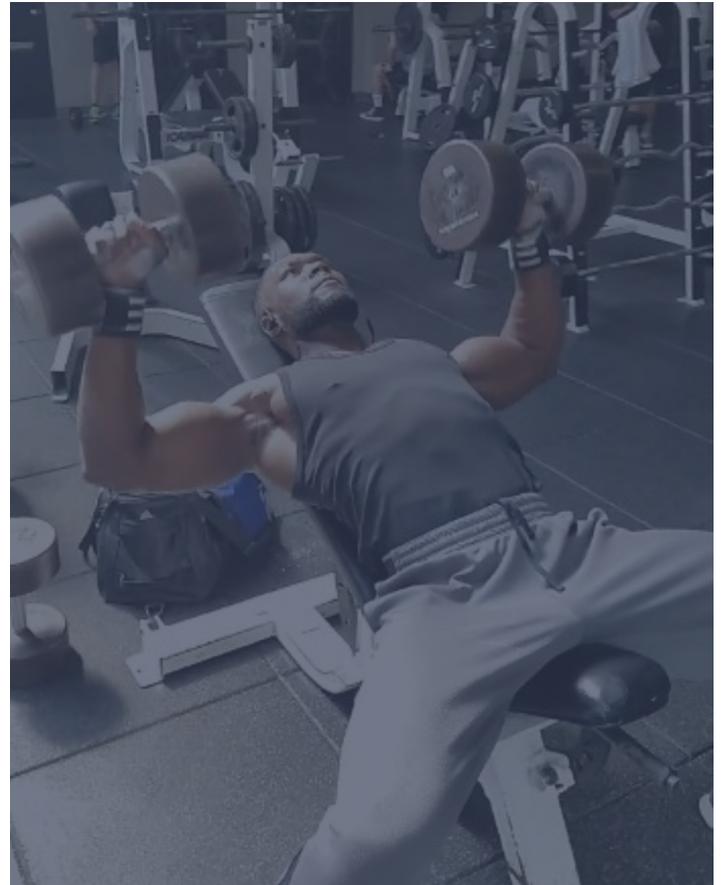
Why Conventional Treatments Fail

Conventional Treatments for Weightlifting Muscle Pain or Tendonitis Joint Pain Don't Work.

As someone who struggled with chronic muscle and joint pain during exercise, I've tried all usual conventional treatments like supplements, pain killers, physical therapy, braces, straps, sleeves, kinesiology tape, etc.

For years I wasted money on joint supplements that did not work. Month after month, I bought these products hoping they'll eventually work. If you are anything like me, I am sure you can relate. You end up feeling frustrated because nothing you try get you the result you want.

A feeling of uncertainty and doubt creeps in. Will this annoying pain ever go away? Will I ever be able to build and maintain my body (like before) without the pains and aches? So, if you've tried any of these options in the past or presently, and still struggle with muscle or joint pain during your workout, IT'S NOT YOUR FAULT.



JOINT SUPPLEMENTS



Expensive

Requires expensive monthly purchases. Provides little-to-no relief for chronic muscle or joint pain. Often a waste of money and a disappointment.

PAIN KILLERS & NSAIDS



Side Effects

Serious long-term health side effects. Does not fix root cause of chronic muscle or joint pain. Muscle or joint pain usually returns again.

Why Conventional Treatments Fail, Continued...

One of the most common problem faced by gym-goers and bodybuilders is muscle pain and tendonitis joint pain.

I found that the information available for gym-goers, athletes and bodybuilders on how to stop and eliminate tendonitis joint pain and inflammation affecting their weightlifting and exercise routine is fragmented, incomplete and often simply inaccurate.

I realized the conventional treatments either did not work, produced little-to-no relief and focused on temporarily relieving symptoms, not the cause of the muscle or joint pain. As a result, the pain never goes away or always comes right back. If you can relate to this story, the good news is – there is a solution.

Through trial and error, I discovered a simple 3 Step Formula that fixed the root cause and quickly helped me get rid of joint pain affecting my bodybuilding and weightlifting. Using this formula, I've eliminated chronic muscle and tendonitis joint pain affecting my shoulders, elbows, forearm, wrist, back, knees and feet.

The good news is, it's simple to implement and anyone can use this formula to quickly get rid of muscle or joint pain during exercise.

Here's the 3 Step Formula...

PHYSICAL THERAPY



Waste of Time

Physical therapy is important but when used incorrectly (often the case), it can be a waste of time for most people.

BRACES & SLEEVES



Bandage Fix

Provide temporary relief but does not fix the issue. It also makes the injured muscle weaker overtime, which worsen joint pain.

KINESIOLOGY TAPE



Prolongs Issue

Provides temporary muscle and joint pain relief but does not fix cause of the pain. A quick fix solution that only prolongs the issue.

GENERIC "ICE & REST IT"



Frustrating

The generic "ice and rest it" advice is frustrating for most athletes and bodybuilders. Helpful but does not fix chronic muscle or joint pain.

★ 3 STEP FORMULA

1

PLUG THE HOLE TO GET BETTER

This step resets and repairs the inflammatory process in the body to get better. The inflammatory process controls joint pain relief. When the body is in a chronic inflammatory state, everything will be in pain. This step alone can neutralize and stop tendonitis joint pain fast! If you struggle with shoulder, elbow, wrist, knee or foot pain when lifting weights or after working out, this step will neutralize chronic inflammation to allow injured muscles, joints and tendons to heal.

2

GO ALKALINE TO PERFORM BETTER

Certain foods including many sports and workout supplements cause the body to get into an acidic state. Going alkaline simply means making sure the pH level of the body is optimal and not acidic. When your body is alkaline, you'll have more energy and less joint pain. Going alkaline help speed up post-workout recovery by boosting circulation of blood and nutrients and reducing acute inflammation of the muscles, joints and tendons. If you have shoulder, elbow, wrist, forearm, back or knee pain – this step will help.

3

RELEASE TO FEEL BETTER

This step involves implementing simple manual treatments and mobility exercises to stimulate repair, neutralize pain and strengthen any specific area of the body. Anyone can easily accomplish this in the comfort of their home with the right tool. If you experience the following: [1] lower back pain when lifting, [2] shoulder, forearm or wrist pain when lifting, [3] bench press shoulder pain or [4] knees hurting when squatting, this step will release dysfunctional muscles and strengthen the joints to eliminate pain.

HOW TO APPLY THE 3 STEP FORMULA

Step 1: Plug the Hole to Get Better

The food you eat is critical in getting rid of pain. It's either going to cause and aggravate inflammation in the body or counteract pain and provide relief and recovery.

According to the most comprehensive research on nutrition, certain animal foods and products including meats, chicken, fish, dairy, eggs, whey protein, etc., aggravate inflammation in the gastrointestinal tract.

Combined with the stress frequent and prolonged weight lifting creates in the joints and tendons, after some time, the body gets into a chronic inflammatory state.

This is the number #1 reason why most gym-goers experience chronic joint pain after a few months of lifting weights.

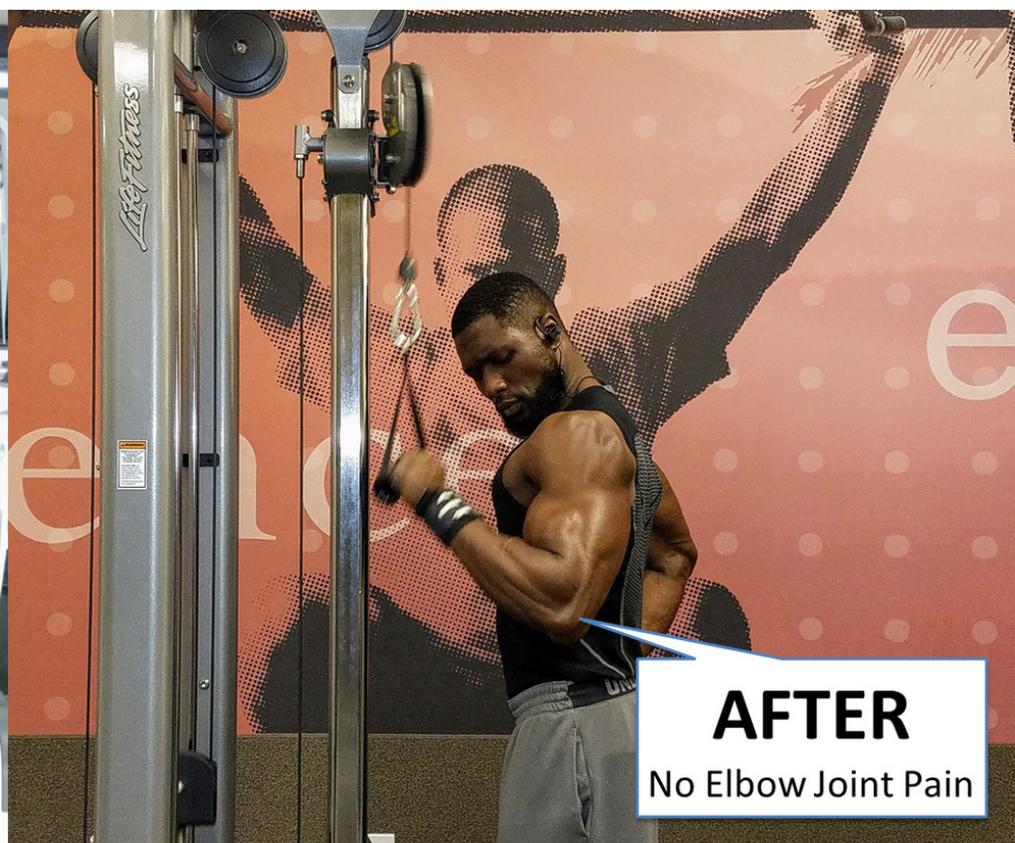
If you are currently in pain or feel like your body needs a reset, you can implement a simple two-week whole-food plant-based nutrition plan to reset and eliminate chronic inflammation. This does not require becoming a vegan or giving up your favorite foods. It's simply a tool to reset.

There is a specific way to implement this technique to get the fastest and best results, especially for bodybuilders, gym-goers and weight lifters focused on building muscles, strength, losing weight and staying lean. **Keep reading to get my step-by-step solution.**

After implementing this step, chronic elbow pain I had for over 5 years disappeared. Just imagine, if you struggle with chronic elbow, shoulder or knee tendonitis pain, it can finally heal and go away.



BEFORE
Elbow Joint Pain



AFTER
No Elbow Joint Pain

HOW TO APPLY THE 3 STEP FORMULA, CONTINUED...

Step 2: Perform Better

Going alkaline is simple. Anyone can implement steps to become more alkaline and less acidic. Once I became alkaline, my body felt stronger, leaner, cleaner and faster with less joint pain. You can get the same results using this simple strategy. Here are four simple ways to become more alkaline.

Step 3: Feel Better

Chronic muscle and joint pain cannot heal if the body is in a chronic inflammatory state. Once we've reduced chronic inflammation and become more alkaline, we can fix and eliminate chronic muscle or joint pain faster.

Done properly, this step can provide instant relief to aching muscle or joint pain. In this example, I will show you how to release dysfunctional and restricted shoulder muscle and eliminate shoulder pain. We will use specific tools to target different shoulder muscles. Watch the video to learn more.

You can access the [tools shown in the video here](#).

1

WHEATGRASS AND MSM POWDER

When you mix water, wheatgrass, and MSM powder, you get the perfect alkalizing drink.

2

DARK LEAFY GREEN VEGETABLE SMOOTHIE

Most vegetables, especially dark leafy greens, beets, and fruits are alkaline in nature.

3

LEMON WATER

The rich alkaline mineral content in lemons produces an alkalizing effect that exceeds the level of citric acid in lemons.

4

APPLE CIDER VINEGAR

A mixture of apple cider vinegar, honey, and hot water produces an alkaline shift in the body when taken daily on an empty stomach.

Click to Play Video

Eliminate Shoulder Pain

During or After
Weight Lifting



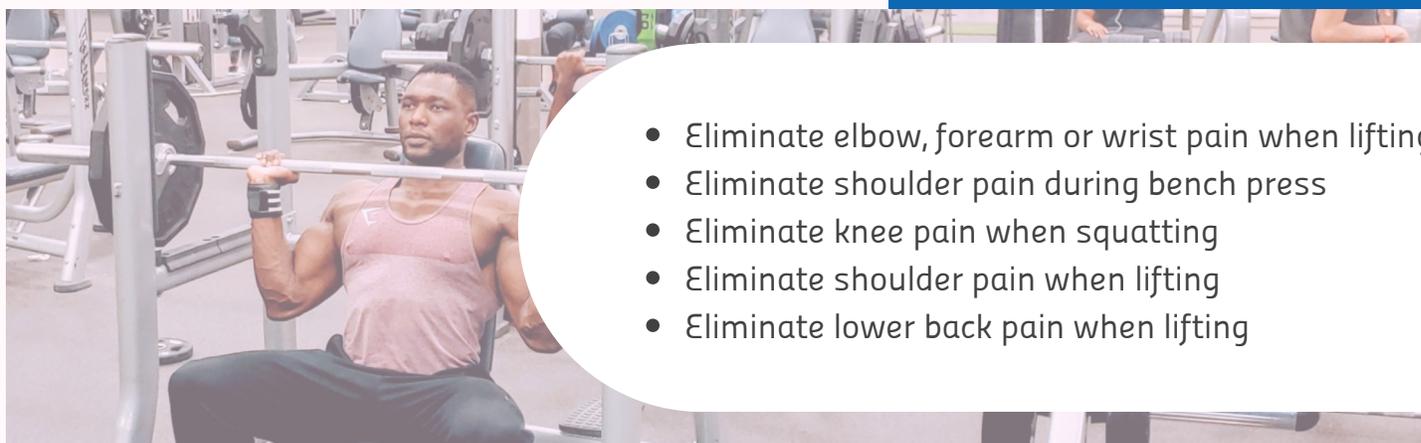


I would like to introduce you to...

The step-by-step solution I have created for you. It's called the TitaniumPhysique Guide. I've compiled the 3 Step Formula into an easy to follow step-by-step program you can access immediately and directly on your phone. If you want to get rid of frustrating muscle and joint pain fast and get back to crushing your workouts and fitness, I think you will love it.

TitaniumPhysique Guide

More Gains. Less Joint Pain.



- Eliminate elbow, forearm or wrist pain when lifting
- Eliminate shoulder pain during bench press
- Eliminate knee pain when squatting
- Eliminate shoulder pain when lifting
- Eliminate lower back pain when lifting



Don't spend a single penny on another joint supplement, vitamins or product until you've tried the 3 Step Formula. Here's why...

TitaniumPhysique Guide

- ✓ Eliminate chronic weight lifting inflammation
- ✓ Eliminate chronic muscle & tendonitis joint pain
- ✓ Natural and drug-free. Does not harm body
- ✓ For bodybuilders, weight lifters & gym-goers
- ✓ Affordable & effective solution



Supplements & Other Products

- ✗ Does not fix chronic weight lifting inflammation
- ✗ Temporary relief of muscle or joint pain
- ✗ Serious long-term health side effects
- ✗ General purpose treatment for everybody
- ✗ Highly expensive & ineffective



What's Included...



TitaniumPhysique Guide

- **Video Program:** Learn how to implement the 3 Step Formula to eliminate weight lifting muscle pain or joint pain fast!
- **Downloadable eBook:** Step-by-step breakdown of the 3 Step Formula to eliminate weight lifting muscle pain or joint pain fast!
- **Power, Strength & Mobility:** Videos demonstrating unique exercises to strengthen shoulders, knees, lower back. Accessible via mobile app.
- **TitaniumPhysique Mobile App:** Easily access everything on your phone immediately and anywhere. Available for Android & iPhone.

Save 50% Off | Limited-Time

Click the get started button below to grab your copy today.

SPECIAL OFFER

50% DISCOUNT

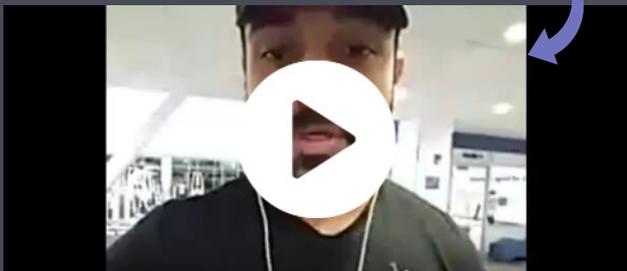
> GET STARTED NOW



Here's What Others Are Saying About The

TITANIUMPHYSIQUE GUIDE

Click to Play Video



RAPHAEL

Boston, MA

*"Thanks for all the tips on the stretching. My back has gotten a lot better after all the tips that you gave me. Thanks a lot."**

Click to Play Video



ERIC

Canada

*"I was able to heal my back/knee pain and get back to the sports I love. I was so excited when I found this actually worked."**



Moses, Boston, MA

*In a space of about 3 months, I began to see real results. I highly recommend the Titanium Physique Guide by T.J.**



Frank, Miami, FL

*TJ's TitaniumPhysique Guide was the best in helping me get on track with my training. He is very knowledgeable.**

*Fitness results varies by individual effort, as such, individual results may vary.

Get Started Now & Receive 6 FREE Bonuses



**BUILD MUSCLES,
GET RIPPED**

Learn how to pack on pounds of new muscles in just 30 days.



**LOSE FAT,
STAY LEAN**

Effortlessly lose weight and get ripped abs. See results in just 7 days.



**CRUSH YOUR
GOALS**

Accomplish your bodybuilding, fitness and physique goals sooner.



**POWER
STRETCH**

Discover a powerful technique to get faster results from your workouts.



**ULTIMATE
COMPETITION**

Step-by-step secrets to crush the competition in your next contest.



**GET FLEXIBLE
FAST, YOGA**

Get more flexible and avoid common weight lifting injuries.

> GET STARTED NOW
Save 50% OFF | Limited Time



My Guarantee to you...

110% Guarantee

Eliminate joint or muscle pain (during exercise) in 30 days or less — or your money back! If the techniques in the TitaniumPhysique Guide does not help you eliminate or significantly reduce joint or muscle pain (during exercise) in 30 days or less, contact me and receive 110% your purchase price back, but keep the entire program, bonuses and mobile app as our gift.

60-Day Money Back

Your purchase is 100% Risk FREE – you have nothing to lose! If you are not satisfied with the Titanium Physique Guide, you can get a full refund within 60 days. Just contact me via email and i'll happily refund your money.

Email: support@titaniumphysique.com

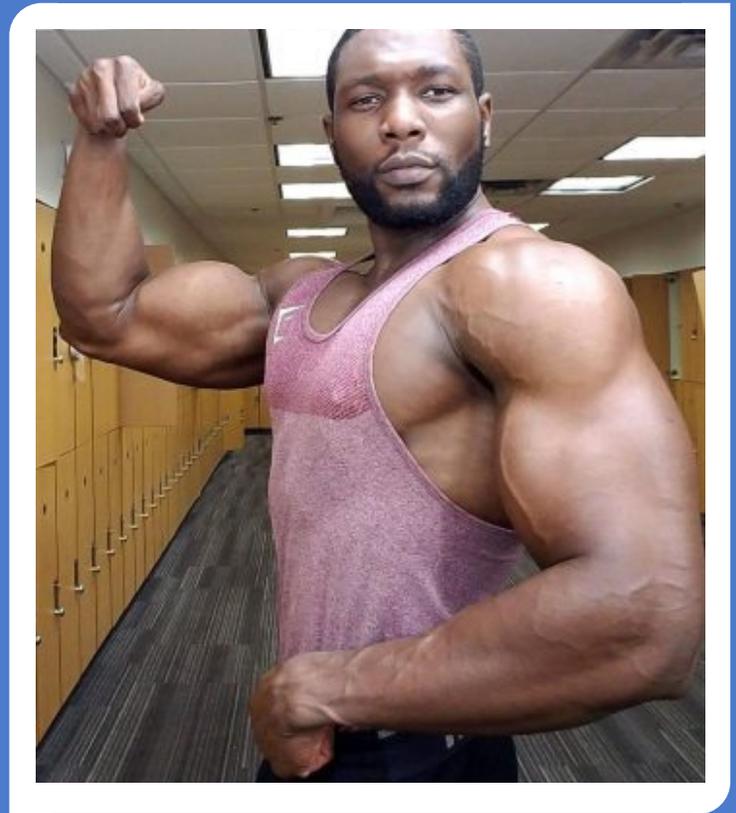
> GET STARTED NOW

Save 50% OFF | Limited Time

Imagine **how strong you will feel** when you are able to exercise and work out without joint pain.

Imagine how much **progress you will make** when you can work out without the uncomfortable, frustrating and nagging aches.

Imagine how much **more fun you will have**. Get started now with the TitaniumPhysique Guide.



Save 50% Off | Limited-Time

Click the get started button below to grab your copy today.

SPECIAL OFFER

50% DISCOUNT

> GET STARTED NOW

Frequently Asked Questions

i

Is this a digital or physical product?

The TitaniumPhysique Guide is a digital product. You will NOT receive a physical package shipped to you in the mail. The entire program (videos, eBooks and bonuses) will be immediately available for you to access via the mobile app. You can get started right away after ordering. You can download and access the ebook and videos on your phone/tablet any time you wish, or if you'd rather, you can print it out to bring with you to read anywhere.

i

Is the program easy to follow?

I've made the TitaniumPhysique Guide very simple to follow with step by step detailed information that anyone can follow. You can implement the 3 Steps at your own pace and comfort level.

i

Is the program easy to access?

Yes, the program is very easy to access. You get all the steps in an eBook and video program. All the content – videos, ebook and bonuses is accessible via a mobile app for Android and iPhone. You can download the content and access it offline.

i

Is this program for men or women?

Anyone, MEN or WOMEN, whether you're in your 20's, 30's, 40's, 50's or 60's can use the techniques in this TitaniumPhysique Guide if you struggle with uncomfortable and frustrating muscle or joint pain that gets in the way of your fitness and exercise.

i

I am not a bodybuilder or weight lifter. Can I use this program?

Yes, you can. Anyone involved in any fitness activity (weight lifting, strength training, cycling, running, tennis, any sports, etc.) and who suffers from muscle or joint pain can use the techniques to eliminate muscle or joint pain.

i

What makes this program different?

If you've tried everything and nothing has worked, I know how you feel because I felt the same way. I tried a lot of things and felt frustrated and demotivated because nothing worked. That's why I created the TitaniumPhysique Guide. A simple to follow program that anyone can use to enjoy weight lifting and fitness without the pains and aches.

Still need a question answered? No problem. Check out our [FAQ](#) or contact my support team at support@titaniumphysique.com

CONTACT US

TitaniumPhysique

www.titaniumphysique.com

info@titaniumphysique.com

