

**My Stats:**

Weight: 152

Height: 71 inches

Waist: 28.5

Shoulders: 48.25

AI: 1.69

This is the third Adonis contest I took part in, AT3, AT4, and now AT7...

The first few contests I spent a tremendous amount of energy focusing on my caloric intake and trying to lose weight and then trying to figure out how to eat for my new leaner physique. Sometime during my prep for AT4 I realized that having one big meal over three smaller meals was a lot easier and definitely helped me to maintain a level of leanness, unfortunately I would usually find myself overeating during the weekends and to compensate I end up regularly fasting for 35-40 hours just to keep my waistline consistent.

By the time AT7 was starting I found myself continually exerting way more energy on my diet than I really would have preferred, so one of my goals in preparation for AT7 was to finally get my maintenance diet under control. With a little trial and error I spent the past several months refining my diet so that I will fast no longer than 18 hours or so, and with a little willpower I was able to curb my weekend overeating habits. One of the great unintended side effects of this is that I found this greatly improved my energy levels and my overall "look" on a daily basis... I'd love to say that eating with better regularity helped me to gain muscle quickly, but I was likely slightly water and glycogen depleted on my fast days.

One of the great benefits of doing these contests is not the possibility of winning or even placing and the bragging rights that come along with it, but the fact that these contests are a huge motivating force for me. AT4 was about a year ago and when it ended I immediately found myself training with this open level 2 contest in mind, over the past year I have forced myself to workout with more control and better form. At first this caused me to drop my weights on several key lifts, but over time I found myself lifting heavier than I was before I started to improve my form. I have had great results because of these efforts, my recovery has improved immensely; I haven't had a lingering ache or joint pain in quite a while. And yes I will definitely account my energy spent on form to have helped me gain more muscle mass.

I know I still have room for a large amount of improvement, but I'm finally starting to truly get happy with the amount of muscle I have been able to put on in the past two

years of using the Adonis workouts. One of the great things about my AT7 contest pics is that despite the energy I have spent on my workouts and attempting to keep my waist line in check and all that, I can honestly say that these pictures are a fairly accurate representation of me on a daily basis. Which is a massive improvement over the way I looked almost two years ago when I first started on these workouts.

Anyway I want to once again thank JB, BH, and BP for enlightening me and helping me find the true path to living a lean and fit life.