

My AI Transformation Experience

This has been a transformation of mind, body and education. I have learned so much about the way my body reacts to foods, calories and training. I am looking forward to the rest of my life with the knowledge and body that I am taking forward.

I could look at this as a twelve week transformation but for me it really has been nonstop since the day I purchased my copy of the Adonis Index. So for about the last six months I have had a dedication that I could have never had without the plan and community that proved to me that this path would lead me to success.

I have logged every work out and every bite of food for nearly the last six months. I was blessed and lucky to have had my health and the support of my girlfriend for the contest.

I am a single dad with two young daughters and that keeps me pretty busy, being busy is both a blessing and a curse. What it has done for me is to schedule my life, and of course a scheduled life is consistent and when your training and working on transforming your body consistency has been incredibly import. I work out every day at lunch and on some night can do an extra work out after my girls are in bed.

Thanks you for this opportunity and I look forward to my ever increasing AI score.

Adam Murphy