

# Adonis Index Level 2 Open Contest (Cover Model Candidate):

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**FINAL** measurements:

Shoulder: 52", Waist: 31.5", and Weight: 198lbs, **FINAL** Adonis Index Ratio (**1.65**)

-----ESSAY-----

## ***Explain your experience going through the OPEN:***

My experience of the Adonis Level 2 OPEN is best summarized as "The Perfect Storm." I have faithfully followed the program for almost three years. The program has propelled me to success beyond my wildest dreams! Since picking up the program in May of 2010 I have competed and placed with top honors in Men's Natural Bodybuilding, National Physique Committee Men's Physique, Fashion Shows, and have published work as fitness model. Adonis Lifestyle has given me unstoppable confidence to pursue my fitness goals with a relentless tenacity.

## ***How you've changed/ how people are reacting to you:***

Starting out, I was confident in the workouts & nutrition plan, but was unsure of the perception from friends & family member for beginning Bodybuilding. Now that I've begun modeling I've received compliments & accolades from several of my friends & family. I'm constantly approached for fitness tips and information. Which has led me to view myself now as a "Physique Business." I am rapidly receiving/pursuing sponsorships, endorsements, and Fitness/Fashion model contracts. In the "Social Networking" community, I now enjoy meeting new people interested in fitness.

Adonis Lifestyle promotes leanness "year-a-round", while remaining within striking distance of your "peak" conditioning. This compliments my Fitness Modeling career has led to surprisingly more interesting compliments from the ladies' (young & mature) & even guys too.

## ***How your life has changed in general:***

The "Adonis Lifestyle" has made a tremendous impact on my philosophy towards Health/ Fitness. I discovered the Adonis Effect through FitnessBlackBook.com over 3 years ago. I was lacking guidance on Strength Training and looking for direction. I found the Adonis Principles & Concepts to be straightforward in their application of anyone's fitness level. This allows one to train smarter not harder. I enjoy the clarity of knowing there is a purpose for working out. Before discovering the Adonis Effect, I was unsure if I could maintain an athletic physique for the long-term. I'd hear the horror stories' of guys who started off in great shape only to be de-railed later in life & never recovering. The Adonis Lifestyle is the one & only fitness system that I can truly affirm that no matter how crazy life gets, you will always have a clear vision of where to begin to progress towards the "ideal" Adonis Index ratio. I feel that by following the plan of Adonis Index System, I have conditioned my body to present a physique that demands respect, but remain humble to share my fitness journey and impact people's lives for the better.