

Adonis Transformation Contest 7- Essay

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I first found the Adonis Index program online a couple of years ago but was already engaged in another workout program. Looking back, I realize that at that time I was still caught up in searching the internet for the better, more-efficient, more rewarding way of working out. I stuck with the program I was doing but followed along with the podcasts long enough to figure out that the Adonis concepts and the philosophies behind reaching the Adonis Index made sense. I felt relieved and enlightened when I was able to finally comprehend that I simply needed to work harder in the gym with a good program in order to build muscle and that I needed to eat less than I was burning to lose fat. For the previous few years, I had become more and more confused by fitness marketers' programs that asked me to eat more of this and that at various times for various reasons.

I picked up Eat Stop Eat and made it a regular part of my life. I've spent a lot of time traveling around the world the last couple of years and so it never seemed like a good time to get started with the Adonis program. I finally started on the program in September 2011 when I could commit 14 weeks to the program while living in the Republic of Georgia. I found a small old rusty gym and worked out 4 times per week with the AI 3.0 program and the bonus workouts. At the same time, I read "How Much Protein?" which was helpful as I was considering moving toward a vegan diet. I saw significant changes in the composition of my body throughout those first 14 weeks, but I had to put the program on hold (and not submit final pictures for AT6) as I continued to travel for another few weeks.

I came home to California for Christmas and started AI 3.0 up again in January, from Cycle 1, at a nearby gym. I used intermittent fasting and followed a vegan diet throughout the program. I also reduced my alcohol consumption (and finally eliminated it) which was easier and more rewarding than I thought it would be. I always threw in one of the bonuses, but really didn't do any cardio besides some casual biking around.

The program has been rewarding as I have seen my body move towards the shape I wanted but for years did not know how to achieve. The cycles are enjoyable and appreciate not having to think about what I'm going to do at the gym- I just show up and work the plan already provided. Between traveling and moving around over the last few months, I have only put a solid 23 weeks into the program and never even made it past the third cycle of 3.0, but I still benefited greatly from the program and look forward to putting the Adonis Index systems back to work the next chance that I get.