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Adonis Transformation 7 After Essay

In this brief essay about my experience of the Adonis Transformation 7 Contest, I want to make it clear that the contest and the results from it have been simply amazing. Over the last year and a half, I have been following the Adonis podcasts and finally decided that I would “take the plunge” and throw my name in the hat.

During the last year and a half of following the podcasts, I was doing my own review of the research literature. I was learning the actual fundamentals of nutrition, as well as specific aspects such as fasting. I played around with this knowledge and found success every time, dropping some pounds and seeing what looked like could be a good physique hiding behind my fat and loose skin. Throughout the holidays I just leveled off and maintained. That led to my reviewing the realities of where I stood and where I wanted to be. Many of the previous transformation winners expressed the same sentiment in their interviews. After mucking through my displeasure, I decided to join the next contest, to put my knowledge and experiences to the test, and to trust that Adonis would help me achieve what I wanted.

The result was an undeniable success, to me. Adonis not only helped me to get lean so that I discovered the great physique I had, but Adonis also helped me to do that while planning and organizing my upcoming wedding, moving into a new career field, and maintaining my normal social life. How can I thank you two more?! Using fasting and the principles of Adonis let me make my transformation look easy to everyone around me. I enjoyed my normal social life without concern about what I ate, as I did the fasting around that. I also, most importantly, was able to never once miss a tasting or venue show with my fiancé. I savored and indulged in all of the foods and desserts that were available at the events without stress or worry because I knew that both the foods were not “bad” and my fasting around the events would do the job of losing fat. It was amazing!

The dieting part was not the only thing that was great. The Adonis workouts helped me to develop the powerful look that I like so much and have always wanted for myself. Past experience and one of the previous winners told me that adding an extra set or 2 to the exercises when required would help my muscle growth. I did that for my shoulders and the result was just amazing. Also, the Adonis explanations of the peri-workout nutrition helped free me from concerns about protein needs or planning meals around my training. That literally freed me to be able to eat according to what worked best for me to make it through fasts and low calorie days. *That* mattered most to achieve my fat loss success.

Ultimately, that is what I have to express here at the end of the contest. For me, I am a winner in my life and that is thanks to the Adonis system. Adonis *literally* freed me from my previous nutrition misunderstandings and the trappings of the fitness industry and allowed me to enjoy my life to the fullest.