

## **Gabriele Lazzari\_AT7 Essay**

I want to be sincere and tell that, when i discover this new way to approach body-building, i was a little bit skeptical. I tried so many hyped training programs that i lost the count.

In the beginning i considered Adonis Index Workouts another overestimated product. But something in myself said to prove it, so i decided to dive into it.

I find that this training system is highly counterintuitive and, in the same time, full of wisdom.

I enjoyed myself following the contest plan and the weekly changes that i saw in the mirror boosted my motivation. The results that i obtained speak for themselves.

The side effects to practice this plan were another story.

When i was going to start this contest, i didn't think that the mental aspect of equation was an issue for me. I had encountered many difficult things in my life and yet i was sure that the various thoughts were able, potentially, to beat me down in a certain way.

However, during the long journey in AT7, i faced something very different : my old sleeping weaknesses. I realized that i was observing one side on the coin while the other side were waiting to reveal itself. It was difficult to manage this aspect but this is the game and i accept it.

In the end i was tired but also satisfied to overcome all the difficulties.

Now i see this experience as a breakthrough into myself and i am very happy to succeed my goal to be in the best shape of my life.

In the past years i struggled to reach the body of my dreams and i put all the efforts to do it. In this moment i am closer to my ideal body.

I learned that when you stick to a successful training program as Adonis Index System, you will succeed and i'm one of the living proof. I like the simplicity of Adonis Index philosophy because it's easier to cross the finish line when i you have to do few simple things.