

I found the adonisindex site a while ago, but didn't buy the program until last summer. Before that I had a long journey going through different fitness programs, but I think I finally found what works best for me (...yours 😊).

The first time I was searching the web for muscle building I found Vince del Montes "No Nonsense" course. His writing was so convincing that I believed every word he said and I did the whole 6 meals a day, high protein, high calories "bulking" approach. By the time when summer came I realized that I actually didn't look at all how I wanted. I had built some muscle yes, but I also was quite pudgy and the muscle that I had built didn't really look very proportionate.

Frustrated I was searching the web again for a look that was more what I wanted and eventually found Fitnessblackbook and through that later the Adonisindex. From that on my view on "getting in shape" thankfully changed. I started with Rusty's Visual Impact course and did that for about nine months. It got me quite lean, but the workouts lacked a bit of variety, so by the time summer was over I wanted to start something new. That was when I picked up the AI workouts. I started with the MBF and since January I've been doing the regular AI 3 workouts. I really love the flow of the program and as I'm not stressing so much about food and what to eat anymore, I everything seems to be a lot easier to maintain.

During the contest I benefited a lot from the theory of the reverse taper protocol. I had already figured out something similar for myself, so when I read the manual I thought I give it a shot and enter the contest. I'm really really with happy with my look at the moment but I definitely want to keep going till I my shoulders are golden and I have an perfect AI ratio!