

My young Adonis Journey started April 12th. The real dedication to work towards one of my greatest goal, have the most aesthetic physique possible naturally, at my height of 6'3.5". The Adonis philosophy is the best thing that happened in my life so far. I love to keep the fitness and nutrition simple. We all know that living the life the AI way cannot be simpler than that. You just have to take action and do it NOW. The system is there, already in place and proven by dozens of successful men who transformed their body to transform their lives. The Community is more than just a forum. It's a great, big family with determined and wise men. I have so much respect for all the guys who took the time to answer my questions, read my blog posts and gave advice on other problems a young man like me can have. It wasn't all sunshine and rainbows. I had tough days, but with the support of everyone, I found the courage and the perseverance to continue pushing forward. Never giving up. I want to be the greatest movie star and male supermodel of all-time. Nothing can stop you when the "WHY" is big enough. Everyone has specific reasons to get in shape. You just have to ask yourself profound questions and see how having your Golden Ratio can benefits other important areas in life. I learned to be more patient. Someday you will ask yourself if it's all worth it. If you progress. The answer is a big YES. Every goals with big rewards are long-term goals. Stick with it. Stay active in the Community. Seek motivation when you need some. Nothing is impossible. See you at the top !