

Right after AT7, I had a binging frenzy and gained about 7lbs from 129 to 136.

Granted i'm short, but that 7 lbs made me look like I gained about 15lbs. The biggest mistake I think I did was restrict myself too much cutting calories down to 1200 a day throughout the contest, causing me to binge a lot of times in the weekend.

This time around my plan was to gain some size by eating slightly above maintenance for the first 6 weeks then taper down for the remaining 6. I averaged about 2100 calories for the first half and the second half of the contest I ate about 1700, adding in some cardio if the weight lost was stalling.

I would have to say that this plan was extremely effective and I was able to drop down to 126lbs at the end of AT8.

Once again I did IF leangains style everyday except for planned events. During these times, I would switch over to ESE and either fast before the festivities or right after.

I started to compare photos from the previous contest and I look much more bigger and muscular this time around even though I weigh 3lbs less.

For the workouts, I did AI 3.0 again, but switched it up around by doing strength back to back and then finished with hypertrophy. I enjoy lifting heavier weights with less reps so these two cycles worked well for me.

My experience with AT8 this time around was 10x more enjoyable than AT7 and i'm super proud of my results. I got to enjoy more food, added some lean mass, and gained some endurance from doing cardio to get me ready for Tough Mudder in September.

The forum was the biggest motivation for me, especially in the beginning when all the smack talking was happening. I stayed silent, but deep inside I know I want to win this more than anyone. I worked hard, kept my mouth shut, and just enjoyed watching the smack talk die down and people start dropping like flies.