

When I think about it, I've always wanted to have a great looking body.

As a kid, it was probably more to resemble my favorite actors, like Shwartzenegger, or Van Damme... Later, I just understood all the benefits (health and social status) related to looking good.

The only problem was I spent too much time philosophing and playing music rather than playing sports and ended up rather chubby. I tried many different approaches and programs over the years and succeeded in losing some fat and building muscle mass, but I was never able get to the shape I really wanted.

At one point, I would weight train four times a week and do cardio training for one hour for the other three. Two of these cardio sessions featured a half hour warm up at steady state plus a half hour of HIIT.

Even after months of training I still didn't have the shape I wanted. I read and listened to many people, coaches and even trainers and ended up trying countless approaches without ever losing the fat. It seemed as though the industry was setting me up for failure.

The discovery of the Adonis Index was and is to this day life changing for me.

I clung to its simple philosophy and put aside all the nonsense I had believed about training and weight loss. I followed the Adonis Index workouts as well as their nutritional approach and trimmed down 2 inches off my waist in less than 4 weeks!

All that with no cardio! I can't stress enough how amazed I was by my results and how easy it was to finally get there!

I haven't reached my golden numbers yet, but still I feel like I've won a battle thanks to the Adonis lifestyle.

Thank you John Barban, Brad Pilon, Brad Howard, Vaclav Gregor and everyone else at Adonis, This Transformation was just a beginning!