

Week 12 - Actual Waist 29 5/16 AI - 1.510 Waist to Height Ratio - 0.465

I first heard about the Adonis Index back in 2008 through Brad Howard who was doing some dating advice for men with a guy named Scot McKay.

So in November 2008, I signed up for the Adonis program, got beta access to the forums and workouts. But, I put it away because I was busy with life at the time.

Fast forward to January 2012 & I was at a point where I wanted to get my life in order. I had tried other workouts (Insanity, cardio, running) and dieted & lost 14 lbs doing the slow-carb diet.

Although I lost some weight, I wanted to get in good physical shape but didn't know how. I would still get Adonis Index emails and I decided to check it out again. Being a numbers guy, the Golden Ratio made sense.

The first interview I read and listened to was the one with Andrew Peters. I was impressed with the results that he got. I wanted to get there and realized that the Adonis workouts were the way to go. I listened to a majority of the podcasts and was convinced this was for me.

I finally started at the end of April 2012 doing MBF. I counted calories and did one fast each week. Slowly but surely I started seeing results with weekly measurements. Although I was consistent with the diet part

(ESE, RTD), I got the flu and ran into days where I didn't want to go in the gym, so I did stumble here and there with the workouts. But I kept going because I knew that in the long run, it would pay off.