

I've been following AI since January 1, 2012 and I absolutely love everything about it!

Currently I am following the RTD and fasting twice a week. While doing so, I still eat large meals and I am always feeling satisfied, even while being in a caloric deficit. With this approach I've gained a tremendous amount of muscle and strength, while simultaneously losing BF.

This not only transformed my physique, but it transformed my life in many ways also! Being in high school, its all about social life and girls! And that's definitely where the power of the Adonis effect really shined!

As I progressed each month getting closer to my ideal AI score, I noticed I was getting more looks and smiles from girls in the hallways. Then when I really stepped up my workout intensity and started following the RTD along with IF, I Really started getting looks. I noticed I would walk down the hallways and every day, girls I didn't even know would be smiling and waving hi to me. It was freaking AWESOME!

It worked like magic, I started getting a better AI score and the girls started flocking. All of my friends always ask me about my diet and my workout and I simply tell them, The Adonis index.

It's simple, easy to follow, and gives amazing results, and fast! I'm very busy being a full-time student and athlete, But AI seems to be made to fit around any schedule, even one as hectic as mine.

It's also helped tremendously improve my athletic performance! And sky rocketed my confidence. I now have my shirt off just about as often as I can! Even writing this! I honestly can not explain how much I love the AI.

I'm not sure where I'd be or what I'd look like today without AI. I'd probably still be overtraining and under eating on some crazy program, Not making any forward progress, and feeling like crap!

But AI is now my lifestyle and will stay that way for a long, long time! I'm going to continue following the AI program and all of its cycles. I will keep growing and working hard to build a better physique and AI score.

Unlike other programs AI gives you a goal to always strive for 1.61, I'd like to thank John and Brad so much for all of their time and effort they put into the AI. You guys are the ones that keep guys like me interested and keep us going strong! I'm always gaining more knowledge about fitness from each and every post.

So thank you very much!

Yours Truly,

Thomas Lacapruca