

Well, where do I start in thanking all at Adonis for what they've achieved in creating such a simplistic approach to all things diet and fitness?! The Adonis Index has been a truly and literally life changing find for me. It has removed so much clutter from my mind and over the course of 2012 has got me and kept me in the best physical shape of my life, without any of it taking over my life, as it used to do for so long!

Being a naturally slender build I decided to start picking up weights 7 years ago aged 25, and I've tried, and failed, numerous times to get to where I'm at right now. I had the newbie gains, I got bored when they slowed down, I thought it was my diet, so tried bulking up, got fat, nearly 200lbs at my heaviest, then had the misery of losing 30 of them! After much frustration I left the whole gym scene alone for about 3 or 4 years, only doing basic bodyweight workouts at home from time to time, I had pretty much quit and had shrunk back down to my base level of muscle mass. Fast forward to 2010 aged 30 I decided to join back up at my old gym and knew then that whatever happened I was going to commit to this once and for all. I was pretty much freewheeling it as far as workouts were concerned but I did push hard and weights were increasing most weeks. I still wasn't entirely happy with my body composition though and after about 10 months' of consistency I stumbled upon The Adonis Index (via Facebook I think) and right away it all clicked. The size and shape I was meant to be was right there when I put my numbers into the calculator. I knew then that I had about 2" to lose on my waist and 3" to gain on my shoulders. I did the easy part (losing the fat) fairly quickly with what I'd learned from the podcasts, using an AGD approach to eating and using fasting now and again when I felt I could handle it. Those 10lbs disappeared fast and I was starting to finally like what I saw in the mirror.

Now, after 9 months using the Adonis workouts and their whole approach to eating and maintaining, I eat whatever I feel like eating, I don't use supplements, I have no idea how many grams of protein I eat because I couldn't care less anymore! My waistline rarely changes and I'm up over 1" on the shoulders. Now I think this is pretty good considering my age and how slowly muscle building realistically happens! Training has now become an enjoyable hobby for me and I always look forward to my workouts. Using any of my old approaches to training I'd have never pulled off the pictures I did this year. I've never been happier with my own body confidence and this has been apparent in the way I now handle my life, interact with people and just deal with life's everyday stresses. I'm extremely grateful for everything AI has brought to the table and of course the forum. Always there when you need it and to inspire others!

Many thanks once more,

Gav.