

I have been working out since high school and never really started taking it serious until my junior year of college when I started concentrating hard on the nutrition side. At this point I didn't have a ton of nutrition information and I was able to lose a decent amount of fat and get in pretty good shape. From that point I thought I had to change everything in order to gain muscle. I ended up gaining close to 25 pounds over about 2 years and it was mostly fat and this was with more "nutritional education" while trying a few different plans. Then I started noticing that I was slowly feeling that I was on my own island when it came to eating with others trying to "eat clean" and every 2-3 hrs. I started researching a different workout/nutrition plan and that is when I stumbled onto the Adonis Index Systems. Since starting the program I have gotten into the best shape of my life so far by eating a "nutrition plan" (Eat Stop Eat) that doesn't even feel like it! Since starting the Adonis Lifestyle I have been more relaxed and less worried about food and even people close to me have noticed the change. The Adonis Lifestyle allows you to lead by example and that is what I have done knowledge is great by physically accomplishing a task is so much better.