

## **How I came from Skinny-Fat to World Champ**

It was 2017, around the springtime.

I looked around in my environment

I saw a lost soul in myself

Hopeless

Worthless

Waiting for the minutes to go by in my corporate night shift job

Just so I can cope with my little donut addiction

Now to be fair, I've tried to get in shape

Anything you name I have tried

Bouncing between fad diets

Spending my hard-earned money on workout magazines, supplements and futile programs

Despite all this research I put in

Despite the hours and work I put in

I had little to show in terms of progress

It was my dream to attain a nice chiseled physique

To feel proud of my body

Despite these dreams I had, I felt discouraged

I believed my genetics, lifestyle, food cravings, and demands of my corporate night shift job would forever keep me down the rabbit hole

Until something changed

I had just turned 30

I believed It was finally time to cut the bs and start journey that I was destined to embark on

I said goodbye to the late night chocolate binges

I said goodbye to the sugary office vending machine trips at 2 in the morning

More importantly I said goodbye to the man who didn't have belief and motivation in himself, and said hello to the man who did.

It was time to unlock the actual secrets of getting in shape

I dedicated a portion of my night shift hours to learning about nutrition, training techniques, and the science of body recomposition

I became obsessed

Poring over scientific journals

Integrating this newfound knowledge into my demanding night shift schedule

I started a journey into becoming the best version of myself I was meant to be

This time nothing stopped me from achieving it

This journey was not easy

After 12 months of nonstop dedication, I FINALLY achieved the best shape of my life while still working night shifts.

That's when I decided to compete in my first amateur bodybuilding competition.

Wanna guess how I did?

Achieved the first place title

No I have never done any performance-enhancing drugs

I did not take any easy way out

This is hard work and dedication

This victory set me up for more competitions, and then eventually representing Team Australia at the World Title.

Now I want to share with my fellow people in the world whoever feels lost and hopeless

What I did to transform my skinny-fat physique into a physique for competing for bodybuilding

Take advantage of this lifetime access course that will grant you all the secrets to transforming your body into you ultimate figure that you will be proud of forever

<https://www.bradnewtonfitness.com/ultimate-body-transformation/>

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This is your wake up call

There is a reason why you have encountered this email

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You know why you've stayed this long

Your lucky to have this chance to change your body into your ultimate mega version of yourself

The choice is yours

Make the right one

PS I'm offering my ebook that is under \$10 that will teach you the fundamentals to getting your six pack in no time. Feel free to take a look

<https://www.bradnewtonfitness.com/product/how-to-get-six-pack-abs-a-simple-guide-for-ordinary-guys/>