

SL: A Firefighter's 90 Day Journey from Obese to Ripped.

"If it wasn't for his program I would still be putting the last bit of nails in my coffin so to speak." JACK ELTMAN: 45 PHILADELPHIA, PENNSYLVANIA

Jack struggled with the most fickle hurdle imaginable: Motivation.

The usual group of people (gym trainers, Joe Musclehead, and his co-workers) suggested various routines to him, such as the Keto Diet, P90X, and just about any wacky BS you could imagine.

The result remained the same however.

A lot of energy when starting.....that eventually fizzled out before the end of the month.

So, how did he go from looking like this



To

Looking like this?



This miraculous transformation happened not in **3 years** but rather in **3 months**.

You see Jack would learn of a new exercise and toil away at the gym until he lost motivation, beginning the cycle anew.

Can you spot where the problem was?

It wasn't his willpower.

It certainly was not a lack of trying.

Jack, at the age of 45, had numerous responsibilities not just as a firefighter but also as a family man with wife and kids.

The idea of having to slog away at the gym doing the same thing *over and over again* **without** seeing results would kill any man's motivation.

Especially after a hard day's work.

Jack's issue was he would start exercising and then lose motivation because he couldn't see results fast enough.

After perusing my channel for a while, he joined the AX-1 program January 4th, 2023.

And over the course of 3 months Jack lost 56 pounds.

With 60+ unique workouts across the 90 days of the program, Jack was able to stimulate his muscles like never before and constantly shocked and surprised his body by never repeating a single workout twice.

The meal plan included in the program also allowed him to eat stress free both at home and when he was away.

All Athlean-X programs come with step by step guides (with robust alternatives) on how to stay consistent both workout AND nutrition wise in the **simplest** and **easiest** way possible.

If you, too, wish to radically change your life for the better

[**Click here to get INSTANT ACCESS to the vaunted AX-1 program now.**](#)

Sincerely,
Jeff Cavaliere, Athlean-X.com

