


avatar:  Chalistenics avatar

SL: enough is enough.

As an only child,

I lived a happy life with everything I wanted,

spending most of my time playing video games and watching things that made me happy.

However, I became so engrossed in this that I lost sight of real life and began rapidly gaining weight,

eventually hitting 210lbs. Wanting to change,

I searched for affordable workout equipment and discovered bodyweight training,

which I preferred over becoming a bodybuilder at the gym.

Luckily, I found a guide to bodyweight mastery that included both a training and diet plan,

helping me lose almost 10lbs of fat each week.

If you want to make a change in your life,

[click the link.](#)