Franklin Miqueas Cutz Sohom

GYM

It was the year 1994 and a friend encouraged me to go to the gym because he said I was a bit fat and well I was offended but I decided to go in to change my lifestyle also because I didn't like it

I started with cardio every day and I changed my diet, after a month I saw some small changes that motivated me to continue and do my routine on Monday biceps on Tuesday back and neck on Wednesday chest and triceps on Thursday leg and on Friday back. And so it went for a month and I noticed that my double chin disappeared, my waist, my stomach and even my feet lost weight, it was hard work but in the end I feel satisfied with myself and above all the discipline I achieved and when I went to the gym I wore pants from when I was that fat man and I showed them to my friend and I told him look at my pants and I congratulate myself and he said keep it up in 5 months you will already be marked and strong.

This is the link vidio: <https://drive.google.com/file/d/1bcnPmJJcUqOoRbvIAu0jnLfyn8t0FNTZ/view?usp=sharing>