



I'm not a robot

































follow the workouts I created to help you do the same: . I put together a video with clips from My transformation as I lost weight in 1 year In today's video I decided to share with you When I started, I thought it was too late to get back to the old me. But I promised myself I'd show up anyway. In 2 weeks, I felt it. CHANGED MY LIFE! LOST OVER -100lbs IN ONE YEAR!!!! From 217 lbs to 162 lbs in 10 months • I gave up alcohol, completely changed I now have an affordable patreon where I am sharing everythingÂ ... Incredible Weight Loss Journey! IViM Telehealth (Affiliate Link): DISCLAIMER: No information provided here is to be construed asÂ ... This Oklahoma-based fitness enthusiast filmed a 90-day body FULL DAY OF EATING Low 1000 Calorie Day CUTTING