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Stephen S., analyst – “The Rebel Fitness guide is a simple, to-the-point understanding of why a person gains weight, how to eat so you lose weight, and how to exercise without killing yourself. In 30 days with a strict follow to the guide, I dropped 26.4 pounds. I have much more to go but this is the lowest I have weighed in years!”

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12 hours ago, Cheetah said: Not much else going on, really. Ive been watching a lot of powerlifter YouTube vids this week, and it makes me wish I had a fun to work or in, or friends who were into it who could come lift with me once a week, or just people to talk with about it. Im not saying NF do...

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