

2nd MHP Transformation Challenge Final Photos!

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The 2nd MHP Transformation Challenge is now complete. This challenge was, quite possibly, even more successful than the first challenge since 3 of our athletes were facing morbid obesity and long-term health ramifications. I'm happy to say that all 4 of our participants emerged with stupendous bodyfat losses and improved health and feelings of well being. Similarly, their family life has improved and their general outlook of life has changed for good.

BIG RED, LOOMSTER, JIM NATION, CHRIS DILORENZO-- you all did it! You set a goal, stuck to a program, and achieved something that most others only wish they could achieve-- self reliance and change in your life!

19 year-old DOM O'NEAL, you should be proud of yourself that you were able to achieve such an incredible physique transformation at such a young age. I feel that you can be a real threat on the bodybuilding scene in the very near future!

I'd like to personally thank Mr. G for coming up with this phenomenal challenge, Gerard Dente of MHP Nutrition for donating all the top rate supplements, and Steve Blechman for allowing us to use the Muscular Development forums as a means to help promote good health and well being throughout the fitness industry.

Start submitting your stories for the 3rd MHP Transformation Challenge which is due to begin sometime in the month of May!

BIG RED:

WEIGHT: 313 (weight at the beginning of the Challenge was 380): Lost 67lbs in 16 weeks

BODYFAT: 21% (body fat at the beginning of the Challenge was 39%): Lost 20% bodyfat

JIM NATION:

WEIGHT: 239 (weight at the beginning of the Challenge was 285): Lost 46lbs in 16 weeks

BODYFAT: 18% (body fat at the beginning of the Challenge was 30%): Lost 12% bodyfat

BIG RED BEFORE (380lb)

BIG RED AFTER (313lb)

LOOMSTER BEFORE (313lb)

LOOMSTER AFTER (279lb)

JIM NATION BEFORE
JIM NATION (AFTER)

DOM O'NEAL BEFORE

DOM O'NEAL AFTER