

4 Weeks Left in 3rd Team MD MHP Transformation Challenge!

Contributed by Dave Palumbo
Tuesday, 04 November 2008
Last Updated Wednesday, 28 January 2009

The discovery of hope and the realization of achievement define the first 12 weeks of the MHP Transformation Challenge. 12 weeks ago we selected four individuals that were in need of change in their life. These people didn't need us to carry them on our shoulders, but rather required guidance so that they may pick themselves up and find the strength inside to enact change. Supported by Gerard Dente and his MHP line of supplements, Dave Palumbo's diet and training advice, and Mr. G's motivation, our 4 athletes-- Esther, Curtis, Jerry, and Pan-- have achieved change beyond all their expectations. And they're not done yet!

The discovery of hope and the realization of achievement define the first 12 weeks of the MHP Transformation Challenge. 12 weeks ago we selected four individuals that were in need of change in their life. These people didn't need us to carry them on our shoulders, but rather required guidance so that they may pick themselves up and find the strength inside to enact change. Supported by Gerard Dente and his MHP line of supplements, Dave Palumbo's diet and training advice, and Mr. G's motivation, our 4 athletes-- Esther, Curtis, Jerry, and Pan-- have achieved change beyond all their expectations. And they're not

done yet!

Complacency

has disappeared alongside body fat and hope has been a partner to confidence and pride. The physical changes are amazing but pale in comparison to the self confidence that has been discovered.

Here's
the 12-week progress report:

1. Esther Tugurian has finally learned how to commit and proved to herself that she can be the bodybuilder she dreams of. After years of faltering on one diet or another, Esther has not only committed, she's set the example for all the challengers by being the epitome of consistent hard work and results. She's already lost an amazing 27 lbs in 12 shorts weeks. Cursed with high estrogen and a sluggish metabolism, we have challenged Esther every week with more cardio and a stricter diet and never once has she backed down.

WEEK 1

WEEK 12

2. Curtis Garner, known on the board as "Yoke408"; has lost 20lbs in the face of challenges that would have forced most others to walk away. He's a young man pursuing his education, starting up his own business, and learning what it takes to get his health and body to a place that makes him happy and confident.

WEEK 1

WEEK 12

3. Jerry Rios was always overweight and had learned to accept that he was the "fat guy." That all changed 12 weeks ago when he challenged himself to take control of his body and health. In that short time he has amazed us with stunning changes each week. In fact, he's lost over 30lbs already.

WEEK 1

WEEK 12

4. Pantelis "Pan" Fouli has been working to conquer his diet demons for over a year now and the man will not quit. Finally, an official participant in the Transformation Challenge, Pan has worked tirelessly to make the changes he desires. Health concerns, job changes and working hard in school have not stopped Pan from being the positive and supportive as he has worked through the last 12 weeks and has dropped 11 lbs. His perseverance is a testament to his great will and desire!

WEEK 1

WEEK 12

There's

4 weeks to go in the Challenge and a lifetime of health to look forward to. Follow along on the MuscularDevelopment.com message boards as we push for more progress, more results, and more success.

MHP SUPPLEMENT STACKS

DIET PROTOCOLS