
Subject: Re: The Avengers *Spoilers Maybe*
Posted by [Wallywood](#) on Tue, 26 Jun 2012 13:23:46 GMT
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REBORN WINS!!!!

Also Major Pain, the more you post about your knowledge of health and fitness, the more it proves that you don't know what you are actually talking about. The guy in that pic looks like he worked out with a high portent diet and doesn't have to worry about staying under a certain weight. So he is free to use weights and machines to get to that point. AGAIN, no matter how much you can lift or how "ripped" you are actually shows how in shape your body is. Being "in shape" does have a lot to do with endurance, stamina, and diet. I have never stated that I am "King flex" but nor do I have any problems with taking my shirt off in front of the ladies.

P.s Your boyfriend has a great AB set, you must be very proud.
