



# Adonis Lifestyle – The Magazine

## Year 1, Week 1

### **“Got Respect?”**

- Tues - **“The Simplicity Of Fat Loss”**  
Author: Brad Pilon - Pilon’s Corner  
**“The Exercise Myth – Fighting More With More”** (Prem)  
Author: Brad Pilon – Nutrition
- Wed - **“Igniting Femininity”** (with Scot McKay) – Podcast  
**“Manipulating With Honesty”** (Premium)  
Author: Brad Howard – AdonisCORE
- Thurs - **“Why BIGGER Isn’t Better”**  
Author: John Barban - Barban’s Corner  
**“Progressive Bodyweight Supersets”** (Premium)  
Author: John Barban – Bodyweight Circuits
- Fri - **“Wing Girl Methodology – Why I’m Here”**  
Author: Marni Kinrys - Marni’s Corner  
**“Proactivity And Attraction”** – (Premium)  
Authors: Brad H + Marni – AdonisCORE
- Sat - **“The Sandstorm Method – Power Networking 101”**  
Author: Brad Howard  
**“Intro To Personal Success Rituals”** (Premium)  
Author: Brad Howard – AdonisCORE
- Sun - **“Rejection From Average Women? Change THIS”**  
Author: Scot McKay

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