

Fruitarian Gains

How to Get Lean and Build Muscle on a Fruit Based Diet

By Ted Carr



Who This Book is For

This book is for men who want to look incredible naked.

Or, at least look incredible with their shirt off, 365 days a year.

Do the protocols in this book work for women, too?

Yes but...

If you're a woman, you should probably do more lower body exercises so you can build a nice butt and reduce the amount of upper body work you do unless you want big arms and shoulders...

And ***most importantly*** (if you're a woman) you definitely want to master the part about calories so you can get that lean, goddess-like toned figure most men (and women) find incredibly attractive.

So yeah, the protocols in this book work for women, but I wrote this book for men.

For men who want to be more attractive to potential partners.

Who want more self-respect.

Who want to think clearer, make more money, and live longer.

For men who understand that how you do *one thing* is how you do *everything*.

Because, after all, life is short.

And as a man, do you really want to go through life not liking what you see in the mirror and feeling embarrassed to take your shirt off at the beach?

What kind of life is that!?

Or...

Would you rather go through life being surprised with what you see in the mirror and thinking: "Damn, is that me?"

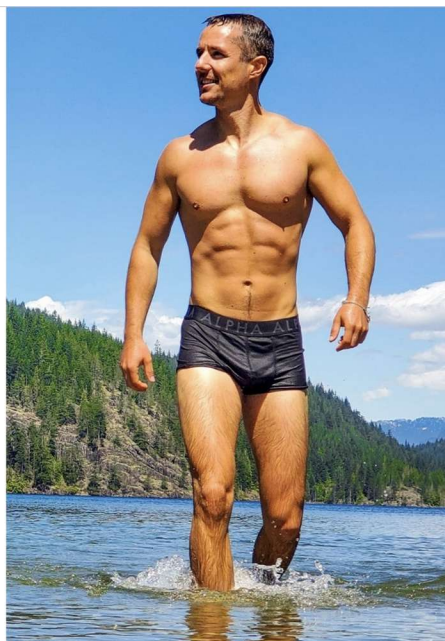
Because going through life with main character energy, looking fit, sharp and jacked is possible.

And if that's what you want, this book is for you.

Here is my first ever before & after photo I posted on social media:



Before



After

The photo on the right shows me 6 months after I started following the protocols in this book.

About This Book

This book contains a secret.

A secret to having a top 1% body.

I won't tell you where the secret is in the book, but if you read the whole book, and look closely, you'll find it.

I created this book because my original classic, "Ted Carr's Workout Guide" from 5 years ago did very well.

Far better than I could have ever anticipated.

Not just well in terms of downloads (over 1,000!) but in terms of results for the readers - or rather, implementers.

But because I've learned a lot over the last 5 years...

And because I've gotten much better results for myself recently...

I've been feeling guilty letting people download the old version from 5 years ago.

So here I am, writing this newer version in 2025.

And while most of the principles remain the same from the original book, this 2025 updated version is far simpler, and far more likely to get you your dream body faster, and easier.

If I were on my death bed right now, I could die with a smile knowing you have access to the information in this book because I know how valuable and life changing it really is.

Oh, and not one sentence in this book is going to be written with AI.

Who am I?

My name's Ted and I'm a 35 year old fruitarian who gets accused of taking steroids because of the way I look.

Here's the first photo I ever uploaded that had many people accusing me of steroids:





Beau Martin

You are taking peptides or steroids, and the fact that you are lying to people is pretty sad.

A fruitarian diet long term (great for short term cleanses) WILL slowly kill you.

Disappointed in you Ted.

5d Like Reply [Send message](#) Share

8



Stefano Antonio

So basically you went on a course of Testosterone

Nice

46m **Haha** Reply Hide

2



Matt Halpin

You're on TRT, that's how.

Anonymous member's Post



Anonymous member

October 26, 2022 · 🌐



R Ted carrs recent gains natty?

1

21 comments

Like

Comment

Send

All comments ▼



Harley Johnstone [Admin](#) All-star contributor · [Follow](#)

If someone posts up extreme before and after pics of incredible muscle gains then



Mohammad Fraij

You do take steroids though

8h **Haha** Reply [Send message](#) Share

2



Farid Abedrabbo Top contributor

The guy that is on trt or roids and telling people he do that body with fruits only

1d Like Reply Message

1



Francois Jordaan

You definitely either eat protein or use exogenous hormones..... your body will not build muscle on fruit alone.

14h **Care** Reply [Send message](#) Share

8



Avonlea

My guess is low dose peds

1d **Haha** Reply

2



Tristan Hawtin

Ted Carr without supplements you wouldn't survive and your hormones would be absolutely destroyed u 100 inject testosterone

6h Like Reply

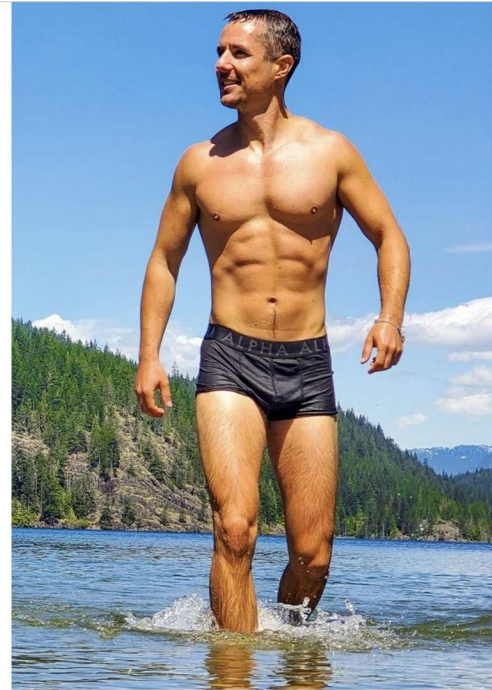
1

But it wasn't always this way...

If you visit my Facebook, Instagram, or YouTube channel and scroll down you'll see I used to be a weak, skinny vegan who never got accused of taking steroids.



Before



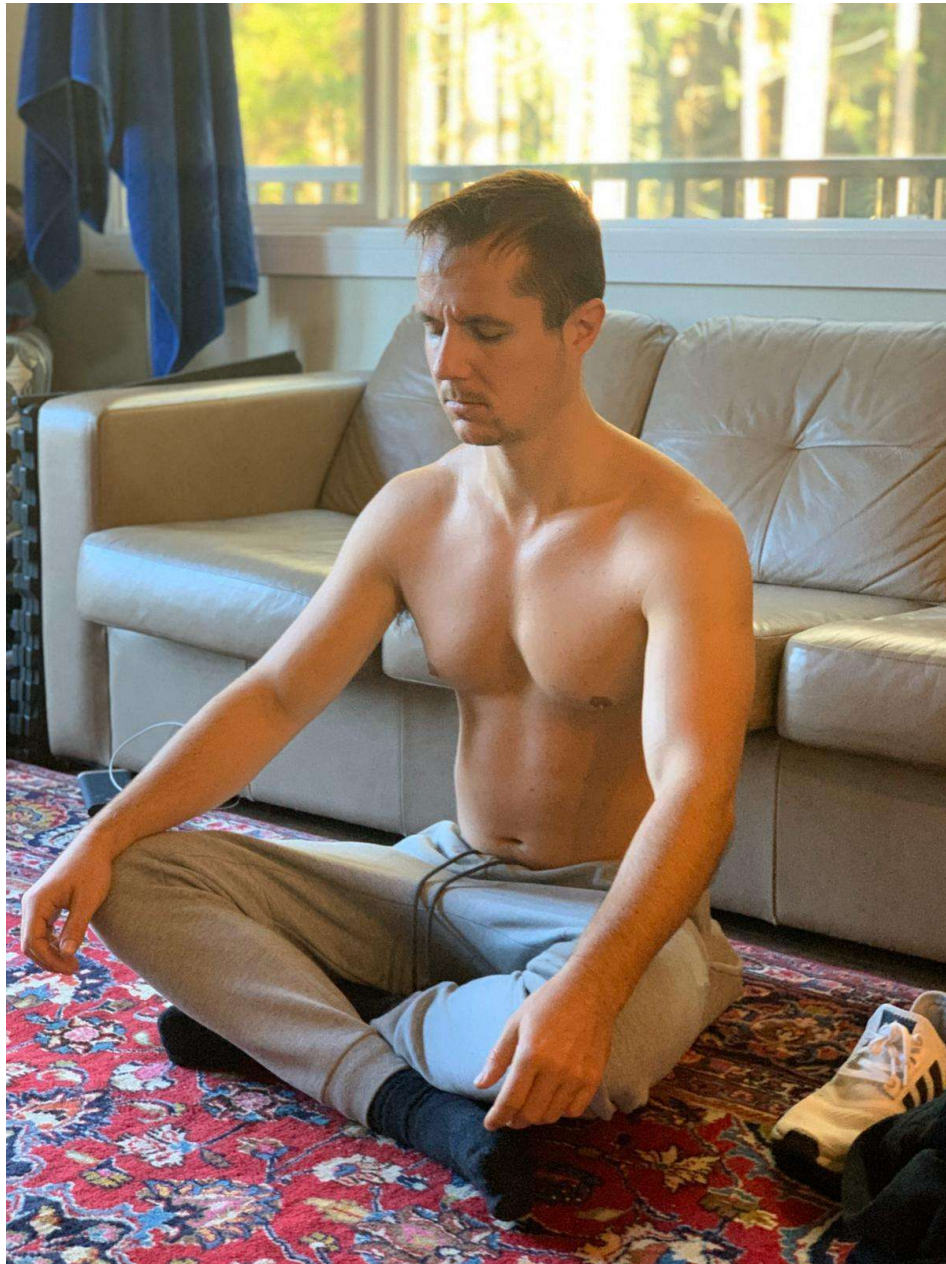
After

But I didn't like how I looked, so I started eating more to get bigger.



Om Nom Nom Nom

But then I just became skinny fat :'(



All I wanted was to have a fit, strong, healthy looking body, but I would often have this conversation with myself:

“If I eat less, I’ll just be skinny. And if I eat more, I’ll just be fat... so how do people actually build those awesome, ripped bodies?”

I never seemed to be able to crack the code...

I'd keep bouncing between being too skinny or too fat.

And then...

One day...

I found the way.

It finally clicked.



And BOOM!

Steroid accusations!



@halcyon-369 · 1 day ago

Where can I get this TRT?

10%
BODY
FAT



Susan Michelle Blythe

Steroids aren't good for you mate

1w

Like

Reply

Share

9



AK Chutes

You're on gear

5h

Haha

Reply

Send message

Share



Replies to Divyne's comment on your [post](#)



Divyne Dokolo

I think the juice he is really consuming 😂



2h

Like

Reply



Andrew Kaveney

I'm pretty sure I can see the
needle marks..

7h

Haha

Reply

Hide





Wade Wavey · [Follow](#)

Powered by steroids you fool.

11h

[Like](#)

[Reply](#)

[Send message](#)

[Share](#)

2



Eva Saxonne

Gear. Giant upper traps and small legs

32m

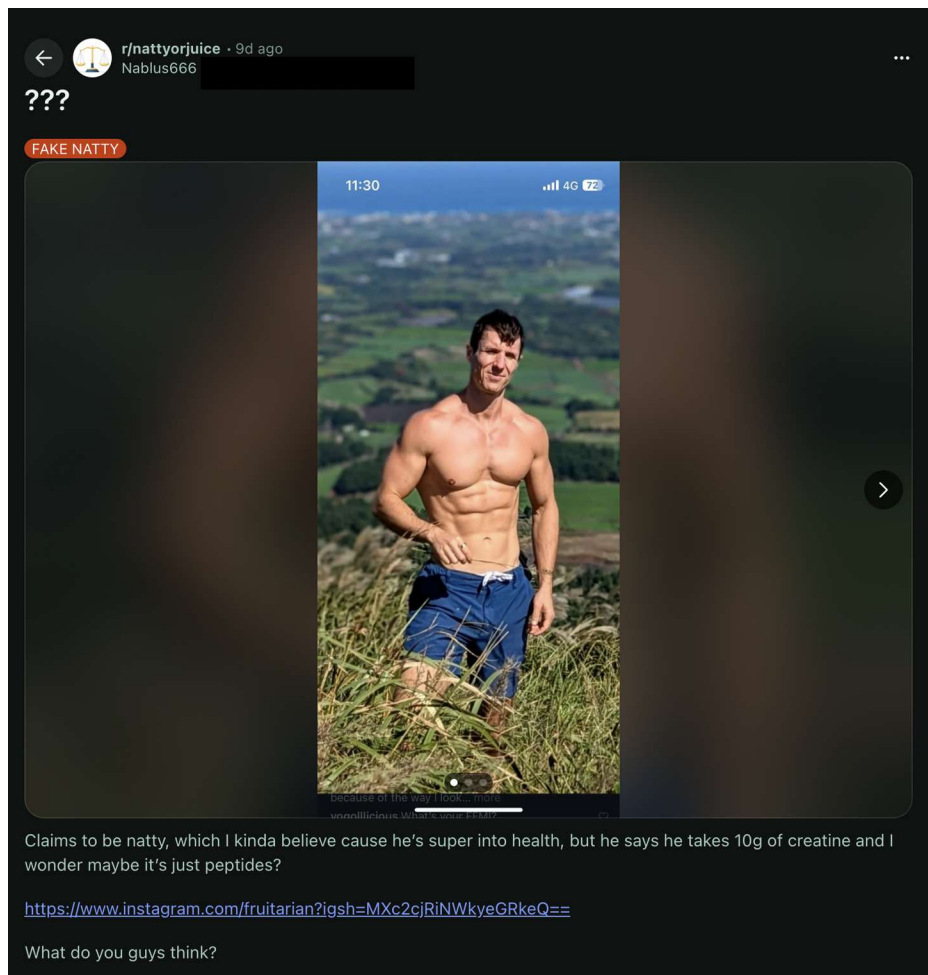
[Like](#)

[Reply](#)



Claire Petersen

Bartholomue Happie I am a fruitarian and I was a personal trainer and multi disciplinary athlete - and this man is drug abuser. It's time under tension using peds and steroids even if he says he only does creatine . And creatine is synthetic. Anyway he is putting a lid on his ascension for the sake of ' jacked ' body . And his kidneys will have the last word



To be clear, I'm not on steroids or peptides, but I do appreciate the compliments.

If I was actually on steroids, I'd be WAY stronger...

As of this writing, I'm 155lbs and can only bench press 185lbs for 12 reps.

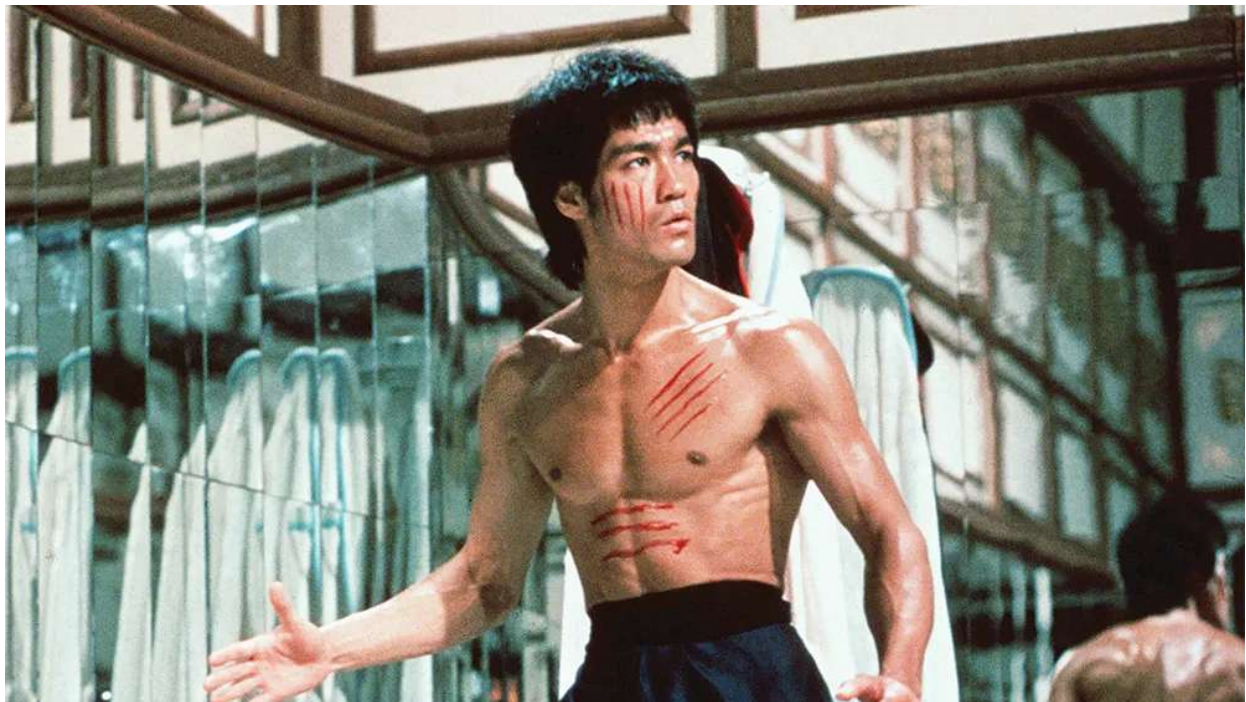
That's not *that* strong.

So then how did I achieve this physique without steroids?

This book will reveal the way...

The Way

In the words of Bruce Lee, “The path of no path is the path. No way is the way.”



So while I do suggest you follow the protocols in this book to get great results ASAP, I also suggest trying new things *occasionally* to see if you can beat what I'm telling you here.

Take the best parts of this book that resonate with you and make them your own.

Disregard the rest if they've proven to be ineffective for you.

I'm constantly trying new things here and there as I learn more, but I always keep the fundamentals (which you'll learn in this book) in mind.

Yesterday for example I experimented with a new tricep exercise I'd never done before.

Today my triceps are toasted!

A week earlier I experimented with a new exercise to hit my lats.

Next day my lats were cooked.

My point?

Stick to what OBVIOUSLY works, but try some new stuff every now and again to satisfy your curiosities and see if you can find something even better.



How to Use This Book

Read this book through in its entirety in one sitting and take notes as you do.

If you don't start looking better within 14 days after reading it, come back and read it again because it just means you're not implementing a key point.

I've separated this book into 2 parts for you.

Part 1 is How to Get Lean.

Part 2 is How to Build Muscle.

Why only 2 parts?

Because you don't need to know anything else.

You need to keep things simple.

Think about this for 10 seconds...

When you're lean, it means you're not fat.

Right?

Right.

And fat NEVER looks good.

Right?

Right.

And you never want to be fat...

Right?

Right.

Exactly.

So Part 1 solves that for you.

Part 1 ensures you'll never be fat again.

Lean for life, baby!

But what about muscles?

Great question.

Part 2 covers that.

You ready?

Let's do this!

DISCLAIMER

None of what you're about to read is medical, health or fitness advice.

I have no certificates or formal qualifications of any kind.

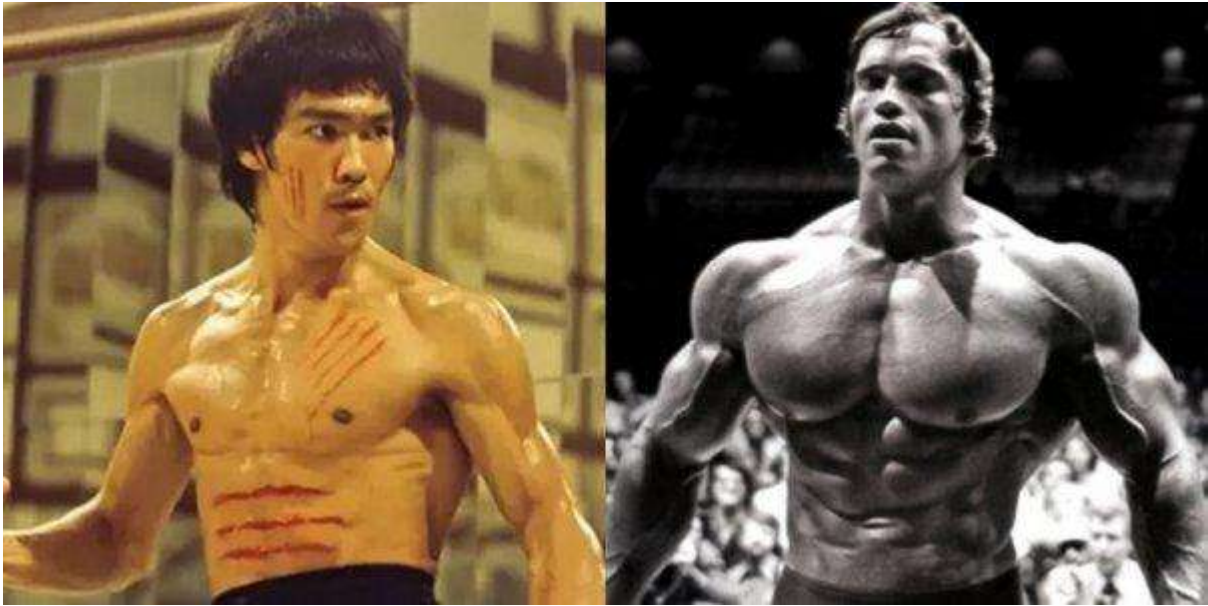
I'm just a random dude on the internet who gets a lot of views on his content for posting shirtless pics and videos.

Make sure to consult with your doctor before implementing anything you're about to read.

Part 1: Getting Lean

Question for you:

What do Bruce Lee and Arnold Schwarzenegger have in common in these photos?



Answer: They're both lean, with above average muscle size.

And that's what makes them look incredible.

That's the formula!

Leanness + above average muscle size = sexy AF.

Turns out, when men have an above average amount of muscle on a lean frame, they look incredible...

But muscle on a fat frame?

Dumb.

You can't even see it.

You look completely average and unimpressive.

Here's an example:



Yuck!

I see guys at my gym who have been working out for over 5 years and you'd never even know it because they're carrying too much fat.

Same with women.

Perhaps nobody ever told them what I'm telling you now.

Or perhaps they just don't know how to get lean and struggle to lose fat.

I don't know.

But what I do know is having a high body fat % ruins your aesthetics and makes it look like you don't even workout.

And that's sad if you're working out for aesthetics but can't even see it...

It's sad that someone (me, you, anyone) can legitimately workout HARD for 5-10 years but nobody would ever know simply because you're carrying too much body fat.

So you must build muscle, yes, but no amount of muscle can fix a fat frame.

Getting LEAN is the key.

The leaner I get, the more steroid accusations I get.

There's a direct correlation between my body fat % and # of accusations.

Also, the leaner I get, the more stares I get when I walk around shirtless.

Direct correlation between my body fat % and the # of stares I get.

And it makes sense because whenever I see someone super lean, I can't help but stare!

Just look at that photo above again...

Even though Bruce Lee has 1/10th of the muscle mass Arnold has, he STILL looks equally impressive.

How is that possible?!

It's possible because even though he doesn't have huge muscles, he's lean.

His low level of body fat shows off the muscle he does have.

And that's what I want for you.

I want you to **get LEAN**.

I want you to be able to see the muscles you already have... and then we can make those muscles bigger over time :)

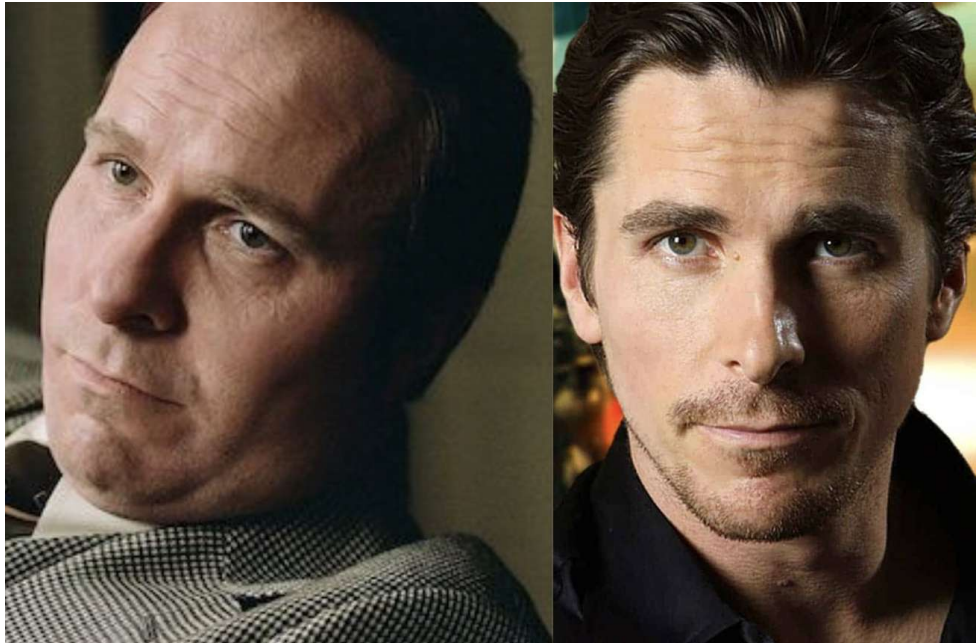
Great news by the way...

It's WAY FASTER to get lean (and start looking great) than it is to build a lot of muscle.

Building noticeable muscle takes MONTHS.

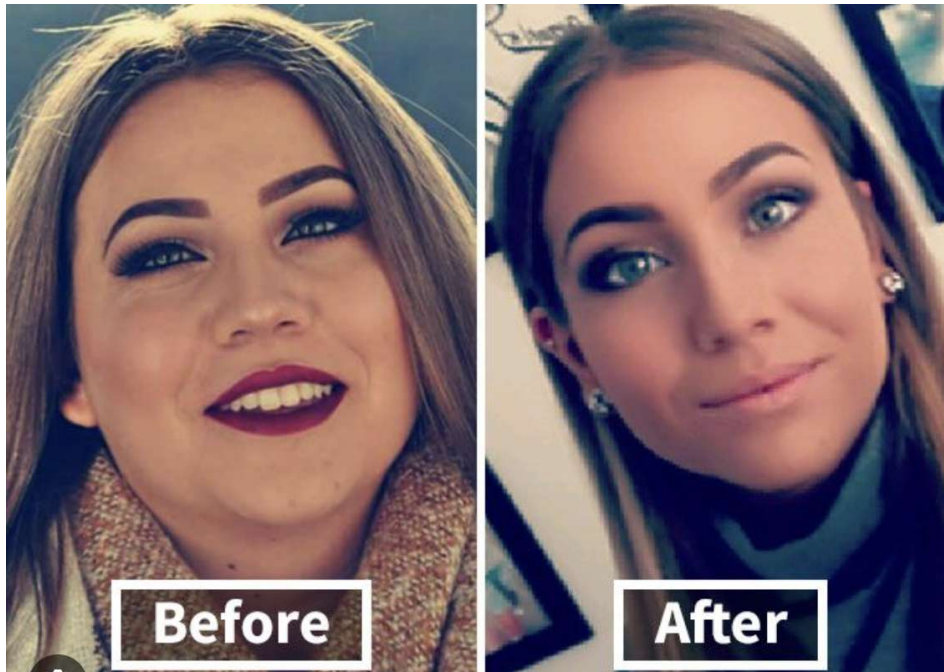
But getting noticeably leaner takes just days.

Plus, getting leaner makes YOUR FACE look more attractive, too.



Uglier men have higher body fat % than leaner men.

And, same goes for women...



Truth is, if you've already been working out for awhile in the gym and making gains, and you believe you already have an above average amount of muscle on your frame but...

You're not looking as good as you want...

You're probably just not lean enough.

Why's that?

There can only be 2 reasons why you're not lean enough.

Reason 1: You've been eating too much.

Reason 2: You're not walking enough.

Reason #1 is the #1 issue I see people face.

They don't understand that getting lean requires being in a calorie deficit so they eat too many calories thinking they need to if they want to build muscle.

I've been there.

I've lived there.

I was an idiot.

Because the truth is...

Until you're lean, you can't even see your muscle.

So what's the point in grinding hard in the gym, checking yourself out in the mirror everyday, and not seeing what you like?



Lower ab veins are a great sign you're lean.

Getting lean should be your number one priority so you can quickly see results.

And like I said: Getting lean requires being in a calorie deficit.

Meaning, you've got to be burning more calories than you're taking in.

Example: If I'm eating 2,000 cal/day but burning 2,200 cal/day, I'm going to get leaner.

And since 1lb of body fat = 3,500 calories...

If I'm in a 200~ cal deficit, I'll lose about 1lb of body fat within 2-3 weeks.

The bigger the calorie deficit you're in, the faster you'll get lean, but the worse you'll feel.

Which is why when I get lean I like to be in a **slight** calorie deficit of just 200-300 calories - not a major calorie deficit.

I've found the slower I lose the fat, the longer I keep it off, and the stronger I can remain.

I've lost a lot of fat in a short period before from being in a major deficit, but I gain it back just as quickly, so it's pointless.

And since the phrase "eating in a calorie deficit" doesn't sound very appealing, I like to use the phrase "eating an appropriate amount of calories" instead.

An appropriate amount of calories is when you're eating just the right amount to reach your goals comfortably and sustainably.

An appropriate amount of calories is when you are not hungry, and you're not stuffed.

You're either eating just enough to build muscle (in a slight surplus).

Or you're eating *just enough* to lose fat (in a slight deficit).

You're right on the razor's edge.

Good news?

The diet protocol laid out in this book is designed to keep you on the razor's edge as easily and as enjoyably as possible.

Here's a pic of when I first discovered the razor's edge truth 5 years ago...



Notice how I don't have a ton of muscle but still look aesthetic?

Here's how I do it:

The Diet Plan

90-100% of my calories throughout the year come from fruit.

This is why I call myself a fruitarian.

I eat two meals a day - no snacks except for maybe the off piece of fresh fruit.

2 meals/day reduces the likelihood of me screwing up my calories.

Every time I try 3 meals a day, I give myself 1 more chance to screw up and over eat.

Every time I eat 3 meals a day, I give myself 1 more chance to make the wrong choice.

2 meals is king.

It's simple.

It's sustainable.

And it works.

My first meal ends my morning hunger and keeps me full until dinner.

My first meal (breakfast) is my smaller meal.

I do not count macros.

Most of my calories come from carbs, but I do eat avocados as well, which are high in fat.

The only “protein” I’m getting comes from the amino acids found in fruit.



Breakfast

Breakfast is usually 500-800 calories.

Always fruit.



Either a smoothie, a fruit bowl or just the entire fruit as is.

If you don't eat fruit for breakfast, you're going to feel sluggish.

Fruit digests the easiest, is very hydrating, and keeps you feeling light and clear.

Having cooked food for breakfast is a recipe for disaster because it digests so much slower than fruit so if you have some fruit afterwards, it can mess up your digestive system because fruit digests much quicker and can run into the cooked food.

(Think of a fat kid going down the water slide first, followed by the skinny kid... the skinny kid is going to run into the fat kid and cause a pileup on the slide!)

What do I put in my fruit smoothies?

It depends what I have in stock, but here are my 4 classic recipes:

1. Just mango. Pure, blended mango. Heaven.
2. Mango, date, banana. Very dense. Very delicious.
3. Bananas & dates. Simple. Gets the job done every time.
4. Bananas & blueberry or mixed berries. A true classic. Can't go wrong.

My 3 Smoothie Tips for making the best smoothies in the entire universe:

- 1) No water.

Water is what you use to DILUTE the flavour of something.

Why would I want to dilute my smoothie flavour?

Instead, I add coconut water, juice, or nothing at all because my fruit has water in it already and is especially easy to blend if thawed from frozen.

2) Vacuum blended.

Why would I want to eat oxidized food?

I wouldn't! That's why I use (and travel with!) a vacuum blender.

[Here's the vacuum blender I use.](#)

3) Bananas frozen with the skin on.

I like to thaw my bananas at the last minute before peeling and blending them for maximum flavour and a wonderful smooth and silky texture.

My smoothie ingredients are usually frozen, but since room temp smoothies taste way better, I usually let my ingredients thaw out completely overnight, either in the fridge or on the counter.

My second meal (dinner) is always my biggest meal of the day.

Usually 1,200 - 1,500 calories.

Either more raw fruit, or a bowl of cooked pumpkin/squash, rice, buckwheat or quinoa with guacamole.

No extra protein required.

But if my girlfriend makes me some delicious air fried tofu with my favourite seasoning on top, it's hard to say no...

The issue with protein for me is it makes me gassy.

If you can handle higher protein with no gas, go for it.

But you don't NEED it for gains.

Hopefully by now you can see I am proof of that.

Protein is just made of amino acids, and fruits contain all the amino acids you could possibly need to form adequate amounts of protein to make gains.

Also, I almost always eat organic because why the F*@K would I want to eat pesticides, herbicides and fungicides?

I wouldn't.

Now in terms of what I actually eat, it depends on where I am and what season it is.

If it's peach season and I'm in Canada, 100% of my calories are coming from peaches.

I mean it.

I'll eat peaches for breakfast and dinner.

Or when I was in Russia for example, all I ate for a week was grapes and figs because that's what was in season and absolutely delicious.

But if I'm travelling and can't get enough quality ripe fruit with ease, I'll just have some plain white rice or sweet potatoes and sea salt.

But breakfast is always the same: The most delicious fruit I can find.

Today I had some Korean grapes and a kiwi.

Breakfast never changes.

But dinner?

My dinner varies.

Dinners

Throughout the year, I have 3 kinds of dinners.

Dinner 1: Fruit only.

Dinner 2: All raw.

Dinner 3: Mostly raw.

The first type of dinner is my most preferred type of dinner.

Fruit Only Dinners

Eating more of what I had for breakfast is ideal (more in season fruit as a mono meal), but if I'm feeling fancy, I'll make something like zucchini noodle pasta with mango-date-basil sauce.

Fruit only dinners are my favorite and my go to.

All Raw Dinners

Mixed salad greens with guacamole & chopped tomatoes and sprouts.

Rarely do I eat this but sometimes I'll go through a short phase once or twice a year where I'll eat greens with my dinners.

Recently I've started eating more alfalfa sprouts because I love their freshness when mixed with guacamole.

Mostly Raw Dinners

½ cup of quinoa, rice, or buckwheat (about 300 calories worth) or some steamed sweet potatoes and guacamole or avocado.

My mostly raw dinners are usually higher in fat (from avocado) since I don't want more than 300 cals of cooked food in a day.

What do I NOT eat?

I avoid all nuts/seeds except for maybe some occasional hemp seeds and alfalfa seeds which I sprout.

Nuts and seeds are way too high in calories and don't give you the carbs you need.

I also don't eat any gluten, anything high in oil, or any animal products.

How many calories do I eat each day?

Depends how much I walk, but usually I hit 2,000 per day when I'm

wanting to get leaner, and 2,200 calories per day if I want to maintain my weight.

Why?

Calorie math...

Calorie Math

The “get lean math equation” is $13 \text{ calories} \times \text{your goal body weight}$.

So if my goal is to be 150 lb then I'll eat 2,000 calories per day because $150 \times 13 = \text{approximately } 2,000$.

The maintain math equation: $14 \text{ calories} \times \text{your current body weight}$.

So if I weigh 155lbs, and I want to maintain this weight, I'd eat 2,200 calories per day because $155 \times 14 = \text{approximately } 2,200$.

Important Note: These formulas assume you're also walking 10-20k steps/day.



Q: “Do you use a scale to weigh my food to measure calories?”

A: No.

I’ve learned to eyeball certain meals for calories.

½ cup of dry white rice for example yields about 300 calories of cooked rice.

5 bananas for example is 500 calories.

5 persimmons is 500 calories.

10 mandarin oranges is 500 calories.

I got good at eyeballing my calories because for a while I used [cronometer](#) everyday to see how many calories were in everything I was eating.

I only use a scale to weigh myself.

Daily Weigh-Ins

Before I did daily weigh-ins, I could never make consistent progress because I could not SEE my progress!

Before I did weigh-ins, I'd yo-yo with my weight because I couldn't actually SEE any objective measurement of progress, and I couldn't SEE if I was off track.

I was purely going by "feel."

Big mistake.

Once I committed to daily weigh-ins and made friends with the scale, getting lean became so much easier.

I now weigh myself every night and morning whenever I'm not travelling.

Note: Even when I AM travelling for long periods, I'll buy a scale whenever I arrive!

Because when I don't weigh myself, it's like driving blind.

Here's [the scale I use](#).

When I weigh myself everyday, I can see exactly where I'm at, and where I'm headed.

Plus, tracking my progress gamifies the journey.

It's like being able to see your points as you play a game.

I can see the downward trend over time and I can course-correct quickly if I see the number getting higher.

Key phrase: Downward TREND over TIME.

Meaning, when I'm losing weight, I don't weigh less and less every single day.

Some days I go up in weight!

But that's okay.

Because I know from years of experience that as long as I hit my daily 10-20k steps, and I hit my 2 meals, I'll likely weigh less the following day.

Weight loss is not always linear.

Here's an example 2 weeks of weight loss numbers I see for myself when cutting:

Green = Weight was lost (some fat, some water.)

Red = Weight was gained (probably all water weight + muscle.)

Day 1: 156 lbs

Day 2: 155.8 lbs

Day 3: 155.3 lbs

Day 4: 155.7 lbs

Day 5: 154.9 lbs

Day 6: 154.4 lbs

Day 7: 155.5 lbs

Day 8: 155.0 lbs

Day 9: 154.2 lbs

Day 10: 154 lbs

Day 11: 153.9 lbs

Day 12: 154.6 lbs

Day 13: 154.1 lbs

Day 14: 153.2 lbs

The downward trend is what I'm looking for.

Most people avoid looking at the scale because they don't like the number they see.

But the scale is your friend when you embrace the greens and the reds.

Think about it...

If you can't see if you're going up or down in weight each day, how do you know if you're on track, or off track?

How do you know to course-correct?

Imagine following a leader who doesn't know up from down?

You'd never follow that leader...

If you really want to get lean, you must become the leader and lead yourself to greatness.

Make the scale your friend.

Your ally.

Get naked and step on the scale every morning.

Write down the number you see.

Do the same in the evening, right before you sleep.

If you want to get shredded, tracking your weight objectively is paramount.

No more guessing.

I keep a notebook right in front of the scale.

Important note regarding the scale: Your weight can easily fluctuate by 2–5 lbs every day depending on your food/water intake. That's normal.

Happens to me all the time.

What should you do if you're trying to lose fat and the number on the scale isn't moving in the right direction?

Accept the fact that you haven't been in a deficit, and then make 1 of 2 choices.

Choice 1: Walk more

Choice 2: Eat less

Choice 2 sucks, so I prefer choice 1.

Eat the same amount so you're not restricting yourself, and just walk more.

Simple.

It's much easier to just walk more than it is to eat less.

And look: Here's something nobody tells you...

When you finally hit your dream physique, you're going to weigh less than you want.

I used to dream of being 180 shredded, but in reality, at true leanness (7-8%), as of this writing, I'm 150lbs.

And at 150, I look the best I ever have.

Do I want to weigh 150 lbs?

No.

I'd love to be 180!

But 150lbs at 5'10 is just what a shredded body at my height and current level of strength actually weighs.

Could I get bigger and stay just as lean?

Absolutely.

But I need to get stronger.

I need to hunt for more PBs.

What about Cardio?

I'm a runner.

Been a runner since I was a little kid.



Me running a 5k race. 19m 50s.

Played soccer from ages 0-18.

Raced as a professional triathlete in my 20s.

But you don't need to run to make gains.

In fact, running (or any type of long distance cardio) may even hurt your gains a bit.

But since I love running, and I know I might not be able to run when I'm older, I run now while I still can.

Usually 2x per week.

1 hard 5k every other weekend, 1 easy (zone 2) 5k every other weekend.

1 hard interval session (5 x 1km repeats with 2min rest between)

What about walking?

YES!

Fat-Loss Walking

Walking is my secret weapon for attaining AND maintaining a lean physique.

I sincerely used to struggle to **maintain/sustain** a lean body for long periods of time, but not anymore with the amount of walking I do.

Walking is truly the ultimate life-hack for getting your dream physique a lot quicker with a lot more ease AND sustaining the results so you can ALWAYS look lean.

Walking allows for permanent fat loss...

It's how I achieved this physique:



Here's why walking is so powerful for building your dream body:

Walking not only burns calories, it also *lowers your appetite* so you don't even feel like eating as much.

This appetite suppression effect happens because your hunger hormones

get affected by walking.

Without getting too scientific, here's what happens to some of your hormones when you walk:

- 1) Ghrelin ("hunger signaling" hormones) gets lowered so your appetite goes away.
- 2) YY peptides shoot up so you don't even think about food.
- 3) GLP-1 peptides shoot up so your cravings disappear.
- 4) Blood sugar regulation improves so your energy levels increase.
- 5) Your "happiness hormones" get released... Endorphins, dopamine, and serotonin get released so your mood and sense of self respect improves.

Plus, any time spent walking is time spent out of the kitchen - so you're **physically** away from temptation and physically away from the very thing that can make you fat.

And it does all of this without eating into your muscle gains.



To max out, I aim for 20k steps a day.

But my bare minimum is 10k.

I use an Oura ring to track my steps.

Yesterday I hit 28,000 steps.

Today I hit 25,000.

Bottom line: Walking is the most underrated and overlooked habit for fat loss - and the more you walk, the leaner you'll get with EASE and the longer you'll be able to sustain your lean physique.

(Seriously, try to find someone who walks 20,000 steps/day, eats 2 meals per day and is FAT.)

If you do too much intense cardio, it's easier to work up an appetite and eat all the calories you burned during the cardio.

But with walking, the intensity is so low that it not only doesn't raise appetite, it actually LOWERS appetite.

Walking is the counterweight to eating.

In a perfect world, if you could, I'd suggest walking 3-5 hours a day everyday.

Because I'll say it again: **The more you walk, the leaner you'll get & remain.**

But I know not everyone is going to or can walk 3-5 hours a day.

So aim for 10k steps (about 90 minutes) minimum - but ideally 20k (3+ hours) wherever possible.

Here are 4 ideas to make getting your steps in easier:

1) Break it up. Walk 10k in the morning and 10k in the afternoon.

2) Get a walking treadmill for under your stand up desk. [This one](#) is my favourite.

3) Fall in love with really good audiobooks or podcasts and listen to them while walking outside or on the treadmill.

4) Rather than only aiming for 20,000 steps, you can also just aim for 4 hours of total walk time, or 15km/9 miles of total distance.

There is a direct correlation between the amount of steps you take each month and your body fat %.

- More steps = less body fat %.
- More steps = more leeway for eating more food.
- More steps = less likely to over eat on calories.
- More steps = better mood.

And check out this logic:

20,000 steps/day = 800 - 1,200 calories burned/day, right?

Right.

And it's hard to overeat by 1,000 calories every single day, right?

Right.

So when you walk a lot, you can ***either***:

A) Eat the same amount of calories as before and burn fat faster...

Or

B) You can eat 500-700 calories MORE each day and *still* be in a deficit!

Massive Pro Tip: Walk with a destination.

If you can somehow find a place to live where the gym, grocery store, or coffee shop is a 5-10k step walk away, hitting 20k steps will feel

effortless... especially if you've got a great audiobook or podcast series to listen to.

Here are [some of my favourite audiobooks](#).

Mental Conversations

Below is a list of old thoughts I used to have when I was fat followed by the NEW thoughts I have now that I'm lean.

If I ever have one of these “old” thoughts pop up in my head (which I do!), I notice it right away for what it is, and I replace it with a “new” thought.

● Old thought: This food has good nutrients! It's nourishing me. I should eat it.

● New thought: My body already has all the nutrients it needs.

● Old thought: I paid for it. Might as well eat it.

● New thought: Every dollar I spend is a vote for what I believe in, so just by me paying for something, I've done a good job.

● Old thought: I earned it! I ran hard earlier today.

● New thought: To benefit from the hard workout, I won't overeat now.

● Old thought: I'll burn it off later...

● New thought: What I practice now is what I'll practice later.

● Old thought: I need to eat this to make gains!

● New thought: By not eating this, I'll be able to see my gains so much clearer.

● Old thought: I don't want to lose my gains... might as well eat this.

● New thought: I want to be able to see my gains in the mirror and in photos.

● Old thought: That's a waste of food if I don't eat it!

● New thought: I am abundant. I live in a first world country. There's no shortage of food here.

● Old thought: I don't want to be hungry later... might as well eat more now.

● New thought: I'm curious to see if I'll be hungry later.

● Old thought: I don't want to lose weight too fast... might as well eat a bit more now.

● New thought: Losing fat quickly is a blessing I will happily accept.

● Old thought: I don't want to get too skinny!

● New thought: I can't get skinny if I keep showing up in the gym and lifting heavy.

● Old thought: I don't want to be 145 lb...

● New thought: I'm curious how shredded I'd be at 145...

● Old thought: I'm hungry 😞.

● New thought: Being hungry is healthy. It's a sign of vitality. It's also the feeling of the body eating into fat reserves. Hunger = getting leaner quickly.

● Old thought: It's time to celebrate!

● New thought: Why celebrate by ruining an aesthetic physique? I'd rather celebrate with a long walk!

● Old thought: Live a little!

● New thought: Why live a little when I could live A LOT in a way that let's me easily respect myself?

● Old thought: This will help me recover faster from yesterday's hard workout.

● New thought: Anything over 200 calories in surplus does not help you recover faster, it simply makes you fatter.

● Old thought: I should bulk.

● New thought: Bulking is just an excuse for being fat for no reason. You can still make gains and get stronger when lean. Bulking provides zero benefit for getting stronger PLUS you just look fat and unimpressive.

● Old thought: I could probably use more protein.

● New thought: Protein is a scam. I've already proven I don't need it to make gains, and the more I prove it, the more respect I have for myself.

Part 2: Getting Jacked

Do you even lift, bruh?



If you want to get jacked, write down this formula and never forget it...

The formula for building muscle = Hitting personal bests in the 6-12 rep range + Giving yourself 48 hours to rest + Eating an appropriate amount of calories X to support muscle growth.

To get jacked, you have to get stronger than you currently are.

I'll say that again because you will probably try to complicate muscle growth when in reality all you need to do is:

Get **STRONGER** than you currently are in the 6-12 rep range.

Which means, you need to be hitting new personal bests as often as you can.

You need to become a PB Hunter.

A what?

A PB (personal best/personal record) hunter.

You need to be that guy who enters the gym, looks at what he did last workout, and aims to beat it today.

NOT someone who enters the gym and just tries to get a good pump!

Getting a good pump does NOT equal getting stronger.

Your only goal in the gym should be to get stronger on your **FIRST** set of your **FIRST** exercise in the 6-12 rep range because stronger muscles in certain areas of your body will equate to bigger and better looking muscles in those areas.

Danger: Purely chasing PB's can lead to weight gain because it's often easier to get stronger when you're eating more and gaining fat. The fix? Daily weigh in's as I mentioned **AND** making sure you're chasing PB's with your pullups - because pullups get harder as you gain weight, and easier

as you lose weight.

In this chapter you'll learn how to train like a PB Hunter so you can get jacked.

Train like a PB Hunter

PB Hunters are like bank robbers.

They go in, get what they want, and get out.

They don't mess around.

PB hunters train with minimal volume, and **maximum intensity**.

Why?

Because that's what's required to hit personal bests as often as possible!

PB Hunters workout every **other** day, with a full rest day in between.

PB Hunters only do 1 (MAYBE 2) sets per exercise.

And we only do 6-12 exercises per workout.

Why?

Because more than that will actually slow down your gains.

Turns out, weight training breaks down your muscles and temporarily makes them weaker.

That's why you're weaker at the end of a workout than you were at the start.

It's only during **the recovery between workouts** that you get bigger and stronger.

As natural lifters who don't use steroids, we want to maximize our recovery, which is why the training volume is so "low" compared to steroid users or the average gym bro who just copies steroid users workout plan.

I used to train more frequently, but I found a lot of the times I wouldn't get stronger because I wasn't fully recovered from the last workout.

And it'd piss me off because I was pushing hard for MONTHS but no evident progress was being made.

It wasn't until I started doing less sets, and less workouts per week that I started making more gains.

By training less now, I'm able to put in **more intensity** into my workouts, and as a result, it's easier to hit PB's.

I now hit a PB at least 1x per month. Sometimes 4x per month.

It's addictive.

Training every other day and giving myself a full rest day between workouts gives my body ample time to actually recover and come into the next workout stronger.

I'm actually jealous of guys on steroids - not because of how they look, and not because of how strong they are, but because they can workout way more frequently than me.

With that said... If you want to look great as a natural, your goal should be to build muscle in certain areas of your body.

Your shoulders, upper chest, lats, biceps, etc.

But especially your shoulders/side delts!



This month I learned how to train shoulders properly.

Turns out you should actually start by training your rear delete to exhaustion at the start of the workout.

Then move on to hitting the side delts to exhaustion.

Then finish with front delts last, exhaust them once the rear and side delts r nuked.

I used to do it in reverse but never saw much progress w my shoulder size...

Now I'm seeing progress just by starting w rear delts.

And to do that, you must get stronger on key lifts in the 6-12 rep range.

You must become a PB Hunter.

You must be the guy who enters the gym with the purpose of getting a personal best in the 6-12 rep range.

What that means is you're either:

A) Adding weight (2.5 to 5lbs) and doing the same amount of reps as last week

Or

B) You're adding 1 extra rep and keeping the weight the same as last week

I find option A to be a lot easier.

Adding an extra 2.5lbs and keeping the reps the same as last week seems to be a much faster way to progress than trying to add in an entire extra rep.

Probably because adding 2.5lbs to a 100lb lift is just a 2.5% improvement, and adding 2.5lbs to a 185lb lift is just a 1.35% improvement... whereas going from 11 reps to 12 reps is a 9% improvement and going from 6 reps to 7 reps is a whopping 16% improvement.

So...

How do you get stronger?

Do whatever works! No dogma.

But if you want to know what I've found to work, here are the proven principles:

- Use the “Every Other Day” Workout Split outlined in this book.
- Track your first working set of your first exercise.
- Do slow and controlled lifts, with full range of motion.
- Perform your key lifts with **maximum intensity**. Whenever safe and possible your last rep should make your face scrunch up and should be attempted even if you don't think you can complete it. This is going to **actual failure**.
- Aim to improve on your key lifts (while ideally keeping the same body weight) each workout.
- Do just 6-12 reps per set. 8-10 is the sweet spot.
- Do 1-2 sets per exercise. 1 set is ideal.
- If doing 2 sets, make the 2nd set 10-20% lighter than the first set after a 5+ min break.
- Do 6-12 sets total (of various exercises) per workout. 6 sets is ideal.
- Always give yourself a full 5+ minutes of rest between your sets.
- Give yourself a full 48-72 hours of rest between your workouts.
- Keep cardio to a minimum, but walk as much as you can.

- Workout in the evening (between 3-6pm) for max strength performance.
- Film yourself doing each exercise and watch it back to see your technique.

⚠ Warning: If you prioritize getting stronger above staying lean, you're going to store more fat and not look as good. This has happened to me **MANY TIMES**. The fix? Try to get stronger while maintaining the same weight as when you're shredded - and if you are going to gain weight, only gain 1lb per month MAX while getting stronger.

If you hit every bullet point above, I do not see how it's possible to fail.

Especially when combined with my every other day workout split...

My “Every Other Day” Workout Split:

Day 1: Back Day (AKA: Back and Biceps)

Day 2: Rest

Day 3: Chest Day (AKA: Chest, Shoulders and Triceps)

Day 4: Rest

Repeat.

Rest days = just walk.

What about leg day?!

I hate leg day.

And I don't want big clunky legs because they take away from the upper body.

But I also don't want weak, skinny legs...

The solution?

I hit my legs every workout.

2 sets (minimum) of legs at the end of every workout.

On back day, I do 1 set of quad extensions and 1 set of hamstring curls.

And on chest day, I do 1 set of leg press and 1 set of walking lunges.

Simple.

What about core?!

Same deal - **I do core every workout.**

When I'm done hitting legs, I finish every workout with 2 sets (minimum) of core.

I play around with various core exercises, mentioned below.

Want to see videos of me performing every exercise I do?

I've uploaded a full playlist [here](#) for you.

But abs are NOT built in the gym.

Abs are 100% built on the tip of your fork.

My friend Mike always tells me: “The hardest ab workout you’ll ever do is in the kitchen.”

I only train core to help me get stronger on my other lifts and to help me run faster, not to help my 6 pack pop more.

Your 6 pack will pop more when you’re lean.



When you take a photo in front of a car window reflection, it can make you look extra wide.

My Go-To Staple Exercises

Like a skateboarder only doing tricks he enjoys, or a singer only singing songs she enjoys, I only do exercises I enjoy.

I never do exercises I don't like, nor do I do ones that I think I can easily get injured with, such as heavy squats or deadlifts.

With that said, here are my top 2-4 exercises for each body part...

I've been using these exact same exercises now for years, and they all feel really good for me.

These are the exercises you want to MASTER to sculpt the ideal male physique.

Just get REALLY good at performing these exercises in the 6-12 rep range.

The higher weight you can load onto these exercises, the better you'll look - *but only if you're lean.*

Top 3 Chest Exercises:

- 1) Weighted Dips
- 2) Incline Press (Dumbbell or Barbell)
- 3) Flat dumbbell chest press

Top 3 Shoulder Exercises:

- 1) Overhead Press (Dumbbell, Barbell, or Machine)
- 2) Lateral raises (Cable, Machine or Dumbbells)
- 3) Reverse Chestfly Machine

Top 2 Tricep Exercises:

- 1) Overhead extension
- 2) 1 arm rope pushdown

Top 3 Back Exercises:

- 1) Weighted pullups (all grips, but preferably neutral grip)
- 2) Bent over row (barbell)
- 3) One arm side facing lat pull downs.

Top 2 Bicep Exercises:

- 1) Bicep curl (Incline, Seated, Standing - in that order)
- 2) Chin ups.

Top 5 Leg Exercises:

- 1) Leg press machine
- 2) Walking lunges with dumbbells
- 3) Pistol squats
- 4) Hamstring curl machine
- 5) Quad extension machine
- 6) Bonus: Standing one legged calf raises while you brush your teeth at night or wait for the crosswalk light to turn green.

Top 6 Core Exercises:

- 1) Hanging leg raises (toe to bars)
- 2) Roman chair situps
- 3) Dragon flags
- 4) Dumbbell oblique bends.
- 5) Lower back extensions.
- 6) Plank variations.

Important note: There is a very good reason I do each of these exercises.

I don't do them because they 'look cool' or just because I saw someone else doing them...

I do them because I can FEEL them working the muscles I want to grow.

The next day after a workout, I know exactly what exercise caused a specific muscle to be sore.

I have a very good mind-body connection with each of them.

I also do them because they're easy to measure my progress on.

If you want to see videos of me performing every exercise I do, I've uploaded a full playlist [here](#) for you.

As for my rest between sets, I take 5+ minutes.

I used to take just 2-3 minutes, but I find the longer I rest between sets, the stronger I am.

I'll even rest for up to 10 minutes between my sets for max strength.

Below are 4 example workouts.

2 chest day examples and 2 back day examples so you can see how it all looks when put together.

I alternate between the higher volume days and lower volume days depending how lean I'm getting.

The leaner I get, the lower volume I want to do.

Higher Volume Chest Day Workout Example

- ☐ Standing overhead barbell press for 8 reps
- ☐ Rest
- ☐ Seated overhead dumbbell press for 8 reps
- ☐ Rest
- ☐ Incline bench press for 8 reps
- ☐ Rest
- ☐ Rear delt machine for 10 reps
- ☐ Rest
- ☐ Lateral dumbbell raises for 12 reps
- ☐ Rest
- ☐ Weighted dips for 8 reps
- ☐ Rest
- ☐ Overhead tricep extensions for 12 reps
- ☐ Rest
- ☐ Leg press for 12 reps
- ☐ Rest
- ☐ Walking lunges for 24 steps total (12 each leg)

- ☐ Rest
- ☐ Hanging leg raises for 20 reps
- ☐ Rest
- ☐ Roman chair situps for 20 reps
- ☐ Go home

Total sets: 11

Lower Volume Chest Day Workout Example

- ☐ Standing overhead barbell press for 8 reps
- ☐ Rest
- ☐ Incline bench press for 10 reps
- ☐ Rest
- ☐ Weighted dips for 10 reps
- ☐ Rest
- ☐ Overhead tricep extensions for 12 reps
- ☐ Rest
- ☐ Pistol squats for 12 reps
- ☐ Rest
- ☐ Hanging leg raises for 25 reps
- ☐ Rest
- ☐ Go home

Total sets: 6

Higher Volume Back Day Workout

Example

- ☐ Weighted pullups for 8 reps
- ☐ Rest
- ☐ Weighted pullups (20% lighter than first set)
- ☐ Rest
- ☐ Bent over rows for 8 reps
- ☐ Rest
- ☐ Bent over rows (10% lighter than first set)
- ☐ Rest
- ☐ Standing bicep curls for 8 reps
- ☐ Rest
- ☐ Seated incline curls for 12 reps
- ☐ Rest
- ☐ One arm side facing lat pull down for 10 reps
- ☐ Rest
- ☐ Leg extension machine for 12 reps
- ☐ Rest
- ☐ Hamstring curl machine for 12 reps
- ☐ Rest
- ☐ Plank for 5 min
- ☐ Rest
- ☐ Hanging leg raises for 20 reps
- ☐ Go home

Total sets: 11

Lower Volume Back Day Workout

Example

- ☐ Weighted pullups for 12 reps
- ☐ Rest
- ☐ Seated incline bicep curls for 10 reps
- ☐ Rest
- ☐ One arm side facing lat pull down for 10 reps
- ☐ Rest
- ☐ Leg extension machine for 12 reps
- ☐ Rest
- ☐ Hamstring curl machine for 12 reps
- ☐ Rest
- ☐ Plank for 5 min
- ☐ Go home

Total sets: 6

My goal with each workout is to either get a PB on the first set of my first exercise, or at the very least, maintain my strength from the previous week on that first exercise.

Each workout is an opportunity to see if I'm making gains or not.

If I haven't improved from my last workout, something needs to change...

I either need to eat more, or rest more.

But to make sure I get PBs as often as possible, I make sure to **track** the first working set of my first exercise using an app called "FitNotes" on

Android.

You'll have to use a different tracking app if you have an iPhone.

The issue I had in the past was I would just show up and go through the motions of each exercise, but I was never intentional enough with the reps and weight I was using and I never tracked my workouts.

But once I started tracking my lifts with an app, that's when I started seeing major gains in the reflection of the mirror and in photos.

But here's a huge key point:

The only accurate measurement you're going to get for each workout is on the first set of your first exercise.

I do try to improve on ALL my lifts each workout, but my measurements won't be 100% accurate because of the fatigue from that first set.

Which is why I will often rotate which exercise goes first.

My first exercise of choice is usually either: incline bench, weighted pull ups, or shoulder press.

But I'll mix it up sometimes and start with dips, bicep curls or tricep extensions.

It just depends what sort of PB I'm going for.

Important Note: Asides from pullups, getting new records is easiest when you're eating excess calories/gaining weight.

And it gets A LOT harder (sometimes downright impossible!) when you're

cutting calories and losing weight.

So my favourite way to truly track progression is to maintain my body weight and get stronger.

When you're eating at maintenance, the progress you make is fair.

But regardless of your caloric intake, if you can just keep getting stronger each workout, your body will keep growing bigger and bigger.



Shoulder gains.

Supplements

What supplements do I take?

The ONLY supplement that makes any noticeable difference is creatine.

I take [this brand](#).

And I take 5-20g per day of it.

If I take more than 5g, I break up my doses throughout the day. But even with 5g, I prefer taking 2.5g in the morning, and 2.5g at night.

Too much creatine at once can cause diarrhea or gas.

3 Optional supplements I take when I'm settled and not travelling:

1. Ashwagandha (600mg before breakfast, daily) for testosterone boosting.
2. Zinc (50mg with dinner, daily) for testosterone boosting.
3. Tongkat Ali (400mg before breakfast, Mon-Fri, weekends off) for testosterone boosting.

2 Bonus supplements:

1. Yerba mate for appetite suppression. Use with caution because it's highly addictive and can mess with your mood, sleep, and focus for a few days after using it. But it does work like a charm for eliminating your appetite. It lets you go HOURS without any hunger. I would not recommend taking it more than 1x per week due to its addictive nature, though.
2. TMG (5,000mg of betaine daily) for extra strength gains.

Part 3: The Secret

I told you you'd find the secret if you kept reading.

Well done.

You made it.

Without this secret, you'll be like a dog chasing its tail... exerting lots of effort but getting nowhere.

So here's the secret: Your self image is the root cause of all the results you get in life.

Optimize your self image and you'll optimize your gains.

"Everything we do, unaccompanied by a change of consciousness, is but futile readjustment of surfaces." - Neville Goddard

Most people fail NOT because they don't know *what* to do, but because they don't see themselves differently.

They maintain the old image of themselves, not the new one.

If you want a lean, muscular, confident body, you must first see yourself as someone who already has it.

What I did was write a short story about a guy named Ted Carr who was a certain body fat % and who could lift a certain amount of weight and who looked a certain way, and I recorded myself reading that story, and then I listened to that Mp3 every night.

Turns out, your imagination is connected to your nervous system.

And your nervous system (which controls your appetite) cannot tell the difference between what's real and what's vividly imagined.

So whatever you're imagining, your body thinks is real!

So when you listen to a self hypnosis, and can see yourself shredded in your imagination, your appetite naturally down regulates, and you naturally eat the appropriate amount of calories to lose weight and get shredded.

But if you see yourself as overweight, your appetite naturally upticks to keep you fat and in alignment with the way you see yourself.

Your self-image literally controls you.

This is why people self-sabotage so often...

They don't address the ROOT CAUSE of their results in life...

They look outward, rather than inward.

But when you change the way you see yourself inside, everything on the outside changes...

Recommended Reading:

- Psycho-Cybernetics by Maxwell Maltz.
- Feeling is the Secret by Neville Goddard.

These books will show you how powerful self-image really is.

This is the secret.

THE END

F.A.Q.

Question: How can I ask you anything, Ted?

Answer: [Join my free private Skool community here](#) and ask me anything.

Question: What should I do now that I've finished this book?

Answer: 3 things.

1) Take a before photo of yourself in the mirror right now and weigh yourself. You're going to be glad you did this from Day 1.

2) Get a baseline measurement of where you're currently at with your strength levels in the 6-12 rep range for the following exercises:

- Weighted dips
- Weighted pullups
- Overhead press
- Incline press
- Bench press
- Bicep curl
- Leg pres

And then track what you did in an app of some sort so you have something to beat next workout.

3) Join my free Skool community [here](#).

Question: What do you do on your off days?

Answer: I like to go for walks, and if I didn't work my legs the day before, I might go for a run as well.

I'll also sometimes go to the park and slackline, do handstands, and play on the playground like a kid, just swinging on the monkey bars.

But some days I do absolutely nothing except rest and work on the computer like a geek.

Question: How much cardio do you do?

Answer: I train cardio 1-2x/week, mostly running 5-10km each workout.

Question: Do you fast?

Answer: I do a 36 hour water fast on the first of every month.

And if I'm eating breakfast at 10am and dinner at 4pm, I'm fasting for about 18 hours everyday.

Question: What would you say are the top 10 most common mistakes people make when trying to achieve their goal physique?

Answer:

0) They don't take a "before" photo on day 0. This is actually people's biggest regret when transforming. They don't take the photo because they're embarrassed, but they later regret not taking it because of how EPIC their before/after would be.

1) They don't prioritize getting lean. They think they need to bulk up and eat more protein and more calories to build muscle.

2) They don't prioritize getting stronger. They think it's okay to lift the same weight for years and don't push hard enough to make progress on their lifts.

3) They think they're in a calorie deficit when they're not. They're sneaking in snacks and they don't actually track calories properly.

4) They don't track their workouts properly. They don't have an app. They don't take their first set seriously.

5) They don't use proper technique when lifting. They've never filmed themselves or had anyone review their form. Whenever I filmed myself, I've made improvements to my technique.

6) They don't take their sets to max intensity. They leave 1-2 reps in reserve and don't go to actual failure.

7) They don't take the self hypnosis seriously enough to do it. They think the inner work is too woo-woo when in reality it's the inner work that determines the outer results.

8) They don't use the scale to weigh themselves. They're afraid of the scale and think just because their weight doesn't go down everyday they're not doing it right.

9) They don't walk enough. And they don't track their steps with an Oura ring.

10) They do too much volume in the gym. They think if 1 set is good, 3+ sets must be better.

Question: What activities do you track?

Answer: My daily steps, my first working set of my first key lift, my daily weight on the scale.

Question: What videos would you suggest I watch to master the fruit diet?

Answer: [This one](#).

Question: Do you take creatine?

Answer: Yes, 5-20g per day [of this creatine](#).

Question: Where can I see your entire transformation in one place

Answer: [Here](#).

Question: What about bulking?

Bulking is just being fat and doesn't look good at all.

Why bother bulking when you can build muscle on a lean frame?

Here's me bulking:



And here's me being lean and still making gains:





Which look do you prefer?

Bulking is useless when you realize you can get stronger and build muscle with just a 200 calorie surplus.

Question: Can you summarize the main 5 key points of this book?

Answer:

1. Your self-image dictates your results. If you don't see yourself as already being lean, you'll forever struggle to get lean or maintain a lean physique. Your self image is like the software you've installed on your computer. The better your self image, the better experience you'll have with your hardware (your body). Once you've installed the ideal software, the next 3 points will come more naturally to you.
2. Walking is your secret weapon. Track your steps using an Oura ring and aim for 20,000 steps daily and if you fall short, at least hit 10,000. The more you walk, the leaner you'll get. And the leaner you get, the better you'll look. Walking not only burns calories, it actually suppresses your appetite, allowing you to get leaner way easier.
3. Two meals are king. First meal: Smaller. Fruit only. Second meal: Bigger. More fruit and some cooked starches if desired. More than 2 meals/day gives you more chances to overeat on calories.
4. Train like a PB Hunter: Track and aim to get a new record on your key lifts. The stronger you get in the 6-12 rep range, the bigger your muscles will become. Use an app like FitNotes on Android to track your workouts.
5. The scale is your friend. Track your weight morning and night on a scale with pen and paper. The scale will tell you if you've been adhering properly to the above 4 key points. The scale is how you measure success or failure, objectively.

Closing words:

I genuinely do not see how it is possible to fail at building your dream body if you adopt the correct self image and then proceed to walk 10-20k steps a day, eat two meals a day, and workout like a PB hunter.

This is all that is required: Just walk a lot. Eat twice a day. And get stronger on your key lifts.

That's it.

And by stepping on the scale everyday, you'll be able to see your progress twice per day so you can objectively determine if you need to course-correct or stay the course.

It's very simple.

I sincerely hope you enjoyed this and I do hope you implement the action steps laid out in this book.

Ted

P.S.

If you have any questions for me, feel free to ask me anything inside my [free Skool community](#).



Ted Carr



Tígress Sophia Christos

Omg you're so good they're even calling you AI! 🤖💪🌟🍉🍉🍉

1w

Care

Reply

4





Pal Li
AI

22h

Like

Reply

Message



Ted Carr  Author 

Pal Li what do you mean?

9h

Like

Reply



Pal Li

Ted Carr you know what I mean.
Fake photo

8h

Like

Reply

Message

Mentions • fruitmatrix 33m
Watch full reel

0:14

**So I showed them
how...**

fruitarian

news flash, he isn't natural.

he's on TRT = Testosterone
replacement therapy= steroids