

Quote of the Month

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

"I still remember that first visit to the bodybuilding gym. I had never seen anyone lifting weights before. Those guys were huge and brutal...The weight lifters shone with sweat; they were powerful looking, Herculean. And there it was before me-my life, the answer I'd been seeking. It clicked. It was something I suddenly just seemed to reach out and find, as if I'd been crossing a suspended bridge and finally stepped off onto solid ground." - Arnold Schwarzenegger

He took the words out of my mouth.

Jacob Wilson