



AAH.. THIS  
FEELS A LITTLE  
AWKWARD..

SO.. YEAH..  
AHUM..

HI.. I'M  
LEXI!

I'M 18 YEARS  
OLD AND THIS IS  
GOING TO BE..  
WELL..

I.. SUPPOSE IT'S  
GOING TO BE A BIT OF  
A BLOG/VLOG ABOUT  
MY JOURNEY..

OK.. I SUPPOSE  
THAT SOUNDS A  
LITTLE VAGUE..

HMMM.. I  
SHOULD  
EXPLAIN..



OKAY, SO  
YESTERDAY, I  
WAS AT THE  
PARK..

AND THIS  
BLONDE GIRL  
WAS RUNNING  
BY!

AND I MEAN..  
JESUS, LOOK AT  
HER!

THOSE  
ARMS, THOSE  
LEGS, THOSE  
ABS!

I GET  
EXCITED JUST  
THINKING ABOUT  
IT!



OK.. I'M SURE YOU'RE ALL THINKING..

"LEXI WHY ARE YOU TAKING RANDOM PICTURES OF GIRLS JOGGING LIKE A CREEP"

BUT YOU'D HAVE DONE THE SAME IF YOU SAW HER!

BUT.. WHAT I'M TRYING TO SAY HERE..

I WANT TO BE SO STRONG AS WELL!

IT MUST BE AMAZING TO BE SO MUSCULAR!

SO YEAH, THAT IS WHAT THIS IS GOING TO BE ABOUT REALLY..

I GOT A SUBSCRIPTION TO MY LOCAL GYM AND I'M GOING THERE THIS AFTERNOON!

NOW DON'T GET ME WRONG! I KNOW IT'S A LOT OF HARD WORK TO EVEN GET CLOSE TO THE GIRL I JUST SHOWED YOU!

BUT YEAH.. I'LL KEEP YOU GUYS UPDATED ON MY PROGRESS!

DAY 1







Sarcasm  
isn't an  
Attitude  
it's an  
Art



DAY 2

I'M  
DYING..

I'M  
BROKEN..

EVERYTHING  
HURTS..





WITH A LOT OF EFFORT  
AND GROANING LEXI SAT  
UP STRAIGHT..

OK..  
EVERYTHING  
HURTS SO  
MUCH..

I CAN  
HARDLY  
MOVE..

IT SEEMS I'M  
NOT VERY USED  
TO WORKING OUT  
YET..

I.. I'M GOING  
TO TAKE A DAY  
OF AND  
RECOVER..

OUCH.. I'LL GET  
BACK TO YOU GUYS  
WHEN I FIGURED OUT  
A PROPER  
ROUTINE..



DAY 30







DAY 31

HEY EVERYONE!

I KNOW IT'S BEEN A WHILE.. I SPEND A LOT OF TIME TRYING TO FIGURE OUT A PROPER ROUTINE..

BUT I THINK I GOT IT FIGURED OUT MOSTLY!

ATLEAST I DON'T DIE OF MUSCLE ACHES ANYMORE EVERY MORNING..

BUT I ALSO HAVE GREAT NEWS!

THIS MORNING I WOKE UP, AND LOOK!


OOH.. WAIT.. YOU PROBABLY DON'T SEE IT FROM THERE..





LOOK! RIGHT  
THERE!

I HAVE ABS!  
YOU SEE  
THEM!?



YEAH OKAY.. I'M  
NOT LIKE THAT GIRL IN  
THE PICTURE YET.. NOT  
EVEN CLOSE..

BUT IT'S  
PROGRESS,  
RIGHT!

I'M GOING TO  
START REAL  
STRENGTH TRAINING  
SOON!

SO YEAH, STAY  
TUNED FOR MORE  
UPDATES!

DAY 35

HEY  
EVERYONE!

AS I SAID LAST  
TIME I'M REALLY  
GOING TO START  
WEIGHTLIFTING AND  
BUILDING SOME  
MUSCLE..

YOU KNOW I'VE  
ACTUALLY NOTICED  
I'VE BEEN **LOSING**  
WEIGHT IF  
ANYTHING..

THOUGH I'M  
SURE THAT WILL  
CHANGE WITH  
SOME MUSCLE  
GROWTH..





SO I'VE  
ACTUALLY TALKED TO  
THE PERSONAL TRAINER  
HERE, AND HE CONFIRMS  
WHAT I FOUND EVERYWHERE,  
REPITITION IS FAR MORE  
IMPORTANT THEN TRYING  
TO LIFT YOUR  
MAXIMUM..

SO HE TOLD ME  
TO SIMPLY START  
WITH LIGHT  
WEIGHTS

IN THIS CASE  
IT'S TWO 10KG\*  
PLATES AND THE  
BAR..

\*22 LBS



NOW DON'T YOU  
DARE LAUGH AT ME  
WHILE DOING THIS..  
IT'S MY FIRST  
TIME..

IF YOU GUYS  
LAUGH I'LL STOP  
MAKING MY VLOG  
RIGHT AWAY..

WITH A SLIGHT GRUNT LEXI LIFTED UP  
THE BARBELL

OOH WOW,  
THIS ACTUALLY  
ISN'T SUPER  
HEAVY..

MAYBE I  
SHOULD'VE PUT  
ON MORE  
WEIGHT..?



THOUGH AFTER THE TENTH REP..

AAAAH  
OKAY NEVER  
MIND!

THIS IS  
KILLING ME! AND I  
STILL NEED TO DO  
TWO SETS!



DAY 62

TADAAAAA!

LOOK AT  
ME!

I FEEL  
AMAZING!

I'VE BEEN GOING  
AT IT LIKE CRAZY!  
LOOK AT MY ABS!





AND MY ASS AS WELL! I CAN'T STOP FEELING AND SLAPPING IT, IT'S SO FIRM!

AAH I'M SO EXCITED!



IF YOU LOOK CLOSE ENOUGH I EVEN HAVE A LITTLE BICEP ALREADY!

I'VE ACTUALLY STARTED USING 20KG ON EITHER SIDE OF THE BAR FOR MY BENCHPRES YESTERDAY..

THE 10KG PLATES WERE GETTING A BIT TO EASY

I'LL RECORD SOMETHING IN THE GYM IN A FEW DAYS!

DAY 69

HEY  
EVERYONE, SO  
HERE IS A QUICK  
UPDATE..

WELL, I  
ACTUALLY WANTED  
TO SHOW SOME  
STRETCHING AND  
STUFF..







BUT I WAS JUST  
CHECKING MY PHONE  
AND MY MAILBOX  
ABSOLUTELY  
EXPLODED..

LIKE I JUST  
SPENT THE PAST HALF  
HOUR JUST READING  
TROUGH ALL OF  
THEM..

BUT I'VE  
NOTICED TWO  
THINGS FROM ALL  
YOUR EMAILS AND  
COMMENTS ON MY  
BLOG



ONE, SOME OF YOU ARE ASKING WHEN I THINK I'LL BE ABLE TO LIFT A CAR..

WHAT KIND OF QUESTION EVEN IS THAT..? HOW THE HECK AM I GOING TO LIFT A CAR..?

AND THE SECOND THING WAS THAT A LOT OF YOU ARE HAVING TROUBLE SEEING THE REAL PROGRESS BECAUSE I KEEP SHOOTING EVERYTHING FROM A DIFFERENT ANGLE..

WELL.. DON'T WORRY ABOUT THAT.. I'VE GOT A LITTLE SOMETHING IN THE WORKS THERE!

I'LL TELL YOU ALL LATER WHEN IT'S DONE!

DAY 98

HEY!

CAN YOU  
SEE IT? MY  
LEGS...?

THEY  
ALMOST FEEL  
LONGER!

MY PANTS FELT A  
BIT TIGHTER AS WELL  
THE OTHER DAY

MAYBE A FEW  
MORE WEEKS AND I'LL  
NEED TO BUY SOME  
NEW CLOTHES!





SO REMEMBER  
WHAT I SAID ABOUT HAVING  
SOMETHING IN THE WORKS  
ABOUT THE ISSUE WITH  
CAMERA ANGLES AND  
EVERYTHING?

NOW THIS WAS A FEW  
MONTHS BACK ALREADY  
WHEN I JUST STARTED  
THIS..

WELL I ACTUALLY  
HAVE A FRIEND,  
RACHEL, AND SHE IS A  
PROFESSIONAL  
PHOTOGRAPHER..

SO I DO  
ACTUALLY HAVE  
PICTURES OF MY  
PROGRESS, ALL OF  
THEM IN THE SAME  
POSE!

NOW SHE  
WORKS AT THIS  
COMPANY THAT MOSTLY  
DOES LIKE STATIC SHOTS,  
LIKE FOOD ETC.. ALL  
SOUNDS A BIT BORING  
TO ME TO BE  
HONEST..

SO I'VE ADDED THEM  
TO MY BLOG! I'M  
PRETTY PROUD OF  
THEM..

BUT SHE'S  
BEEN TRYING TO  
GET INTO MODEL  
SHOOTS AND SHE GOT  
PERMISSION FOR US TO  
USE THEIR STUDIO  
OUTSIDE WORK  
HOURS..



I HOPE YOU  
GUYS ENJOY  
THEM!

I THINK THEY  
SHOW MY  
PROGRESS REALLY  
WELL..

I'LL KEEP  
ADDING THEM EVERY  
TIME I PROVIDE A  
UPDATE!

I'LL SEE  
YOU GUYS  
AGAIN NEXT  
TIME!

DAY 101

HEY EVERYONE!

I KNOW.. IT'S ONLY A FEW DAYS AFTER MY LAST POST..

BUT IT TURNS OUT QUITE A FEW PEOPLE GOT INSPIRED BY MY BLOG AND THEY WANT TO KNOW MY ROUTINE!

SO I THOUGHT I'D SHOW IT BIT BY BIT..

OOH AND I ALSO GOT A NEW GYM OUTFIT WHICH I JUST REALLY, REALLY LOVE..

SO I KINDA WANTED TO SHOW OF..



A woman with long blonde hair, wearing a pink and black sports bra and black leggings with pink stripes, is running on a treadmill in a gym. She is looking towards the camera. The gym has various pieces of equipment, including a barbell rack and a yellow pillar. The treadmill's control panel is visible in the bottom left corner, showing a speed of 12 mph. There are six speech bubbles containing text about warm-ups and stretching.

OKAY, FIRST  
THING FIRST,  
WARM-UP..

DO NOT START  
STRETCHING BEFORE  
YOU'VE DONE YOUR  
WARM-UP!

TRUST ME!  
YOU'RE JUST  
GOING TO PULL A  
MUSCLE!

ALSO DON'T RUN  
LIKE 5 MINUTES AND  
CALL IT A  
WARM-UP..

THAT'S NOT A  
WARM-UP, THAT'S  
RUNNING TO THE  
STORE..

JUST START EASY  
WITH WALKING, THEN  
SPEED UP SLOWLY BUT  
SURELY..

AFTER ABOUT 20  
MINUTES..

MAKE SURE YOU  
USE YOUR ARMS AS  
WELL WHILE  
RUNNING..

CAUSE THEY'RE  
GONNA HURT LIKE  
HELL IF YOU DON'T AND  
YOU START WEIGHT  
LIFTING..





AND ANOTHER 10  
MINUTES LATER..

IF THERE IS  
ONE THING I DON'T  
LIKE ABOUT WORKING  
OUT IT'S THE  
SWEAT..

I DON'T  
KNOW WHY BUT I  
SWEAT SO  
QUICKLY..



SHE DRIED HERSELF OF  
THE BEST SHE COULD..

EVEN MY  
PANTS ARE  
ALL DAMP  
NOW..


BUT  
STRETCHING IS  
EASIER WITHOUT  
THEM ANYWAY..





WHEN YOU'RE STRETCHING YOU REALLY WANT TO STRETCH YOUR BACK MUSCLES AS WELL..

IT DOESN'T MATTER WHAT YOU DO WITH WEIGHTS, YOU'RE ALMOST ALWAYS GONNA USE YOUR CHEST AND BACK MUSCLES AS WELL!

A woman with long blonde hair is sitting on a red mat, performing a hamstring stretch. She is wearing a pink and black sports bikini. Her right leg is extended forward, and she is pulling her right foot towards her knee with both hands. Her left leg is bent and tucked under her right leg. She is looking back over her shoulder towards the viewer.

YOU ALSO  
REALLY DON'T  
NEED TO FORCE  
IT..

YOU JUST WANT  
TO STRETCH THE  
MUSCLES A BIT TO WARM  
THEM UP FURTHER AND  
MAKE THEM A BIT  
FLEXIBLE..

DON'T TRY TO  
REALLY PULL ON THEM  
OR SUDDENLY TRY TO  
STRETCH THEM, JUST  
SLOWLY PUT PRESSURE  
ON IT..



**\*LAUGHS\***

**YOU CAN  
ACTUALLY SEE MY  
LEGS REALLY NICE  
HERE, LOOK AT IT, IT'S  
ALMOST BULGING  
OUT!**



OK.. THAT  
WAS THE ENTIRE  
WARM-UP..

I'LL SHOW  
THE NEXT  
EXERCISES NEXT  
WEEK!

BYE!

DAY 108

HI EVERYONE!

AS PROMISED  
I'M GOING TO SHOW  
MY ACTUAL  
EXCERCISES  
TODAY..

I'VE ALREADY  
DONE MY  
WARM-UP SO  
WE'RE ALL GOOD  
TO GO!





FIRST  
THING!  
PUSH-UPS!

WHY? I DON'T  
KNOW!

I JUST LIKE  
PUSH-UPS..



A muscular woman with blonde hair, wearing a red and black sports bra and shorts, is performing a one-handed push-up on a red mat in a gym. She is viewed from the side, showing her powerful physique. The gym has wood-paneled walls and various exercise machines in the background.

YOU GUYS  
REMEMBER THAT  
FIRST DAY?

WHEN I HAD SO  
MUCH TROUBLE WITH  
EVEN A SINGLE  
PUSH-UP..?

NOW I  
USUALLY DO  
THEM WITH ONE  
HAND!




NEXT UP! LAT PULLDOWNS!

CAUSE AS I SAID LAST WEEK, BACK MUSCLES ARE IMPORTANT!



ONCE AGAIN,  
DON'T FORCE IT!  
SLOW AND STEADY  
WINS THE RACE!

REALLY FEEL  
THE WEIGHT, BOTH  
WHEN YOU PULL IT  
DOWN AND LET IT GO  
UP!




OK, I'VE ACTUALLY  
ONLY RECENTLY  
STARTED DOING  
SQUATS..

BUT THE  
PERSONAL TRAINER  
HERE TOLD ME I  
ACTUALLY LIFT QUITE A  
BIT OF WEIGHT FOR MY  
BODY WEIGHT!

THIS IS 80  
KILOS!\*

\*175 LBS



SEE NOW  
WHAT YOU NEED  
THE BACK  
MUSCLES  
FOR?

WITH A SLIGHT GRUNT LEXI  
WENT DOWN ALL THE WAY..





HUH?

LEXI WAS ON HER THIRD SET WHEN SHE SUDDENLY HEARD SOMEONE ENTER THE GYM, THE CAMERA SHUTTING DOWN SHORTLY AFTER..



I'M SORRY ABOUT THAT GUYS..

BUT SOMEONE CAME IN SO I KINDA ENDED IT ABRUPTLY..

USUALLY IT'S REALLY QUIET IN THE GYM SINCE IT'S MOSTLY A WELLNESS AND YOGA CENTER.. VERY FEW PEOPLE KNOW THERE'S ALSO A SMALL GYM THERE..

BUT YOU KNOW.. SOMEONE CAME IN..

AND.. I JUST FEEL REALLY AWKWARD TALKING IN A CAMERA WHILE PEOPLE CAN HEAR ME..

I DON'T KNOW.. JUST FEELS WEIRD..

I'LL POST AGAIN WHEN I HAVE A UPDATE!



DAY 127

HIII!

OK, SO I WAS SHOOTING SOME PROGRESS PICTURES AGAIN THIS AFTERNOON..

AND RACHEL ACTUALLY HAD A PRETTY GOOD IDEA

SHE SAID IT MIGHT BE FUN TO SHOOT A VLOG INSIDE THE STUDIO

SINCE YOU GUYS HAVE REALLY ONLY SEEN THE GYM AND MY BEDROOM SO FAR..

I THOUGHT IT WAS A PRETTY COOL IDEA, WE CAN SHOW OF SOME OUTFITS AND WHAT NOT

IT'LL PROBABLY BE IN THE NEXT VLOG, A LITTLE WHILE FROM NOW, WHEN I GO THERE AGAIN TO SHOOT PICTURES OF MY PROGRESS..

AND YEAH.. I KNOW WHAT YOU'RE THINKING "BUT LEXI YOU SAID IN YOUR LAST VLOG YOU DON'T LIKE TALKING IN A CAMERA WITH OTHER PEOPLE AROUND"

THAT WAS DIFFERENT, THOSE ARE STRANGERS! I'VE KNOWN RACHEL SINCE I WAS 10!



BUT  
ANYWAY.. TALKING  
ABOUT PROGRESS..  
LOOK AT MY  
OBLIQUES!

I REALLY WORKED  
HARD ON THEM! NOW I  
KINDA HAVE TO FOCUS ON  
MY ABS THOUGH..



I'LL INCLUDE MY  
PROGRESS PICS  
FROM THIS  
AFTERNOON!

BYE!

DAY 162

AFTER ANOTHER MONTH OF WORKING OUT LEXI EVENTUALLY DECIDED IT WAS TIME TO SHOOT A PROGRESS PICTURE AGAIN.. SHE FOUND RACHEL TALKING TO HER BOSS JUST AS SHE ENTERED THE BUILDING..

AND DON'T FORGET! TURN ON THE ALARM WHEN YOU LEAVE!

YES MISS ROGERS..

AND DON'T STAY HERE TO LATE!

I DON'T WANT TO SEE YOU AL TIRED TOMORROW OR THIS IS THE LAST TIME I'M ALLOWING THIS!





HI RACHEL!

WHAT  
WAS THAT  
ABOUT...?

AAH DON'T MIND  
THAT, MY BOSS IS A  
BIT NERVOUS..

WE GOT THIS  
IMPORTANT  
CUSTOMER COMING  
TOMORROW, A HUGE  
SAUCE  
MANUFACTURER..

UUH.. SAUCE  
MANUFACTURER..?

YEAH.. YOU  
KNOW..  
KETCHUP,  
MUSTARD AND  
STUFF

DOESN'T  
MATTER! LET'S  
GO TO THE  
STUDIO!

RACHEL LEAD  
LEXI THROUGH THE  
DARK OFFICES TO  
THE STUDIO..



WAIT.. YOU WERE  
PHOTOGRAPHING A  
APPLE...?



OOH NO,  
NOT JUST  
APPLES!

YEAH..  
THIS SOUNDS  
INCREDIBLY  
DULL..

WE DID A  
BURGER, AND  
LOOK, EVEN  
BEER!

...

JESUS CHRIST  
I NEED A NEW  
JOB..

IT IS  
INCREDIBLY  
DULL..

AND I'M  
FREAKING DONE  
WITH IT..

WHY DO YOU  
THINK I'M  
PHOTOGRAPHING  
YOU!?

YOU'RE MY TICKET  
TO A PROPER  
PHOTOGRAPHING  
JOB!

AND HERE I  
WAS THINKING  
YOU WERE DOING  
THIS OUT OF  
KINDNESS!

OOH JUST GET  
DRESSED LEXI!



IF ANYONE  
DESERVES THAT  
IT'S RACHEL  
THOUGH..

I HOPE I  
CAN HELP HER  
WITH GETTING THE  
JOB SHE  
WANTS..





OK, SMILE!

**SNAP!**

I JUST CAN'T UNDERSTAND HOW YOU MANAGE TO HIT THE EXACT SAME POSE EVERY TIME..

I PRACTICED IT LIKE A HUNDRED TIMES BEFORE WE EVEN DID THE FIRST SHOOT..

... I SHOULD'VE KNOWN THAT..



BUT LEXI, JUST  
TAKING A PICTURE OF YOU  
FROM THE FRONT AND BACK  
ALL THE TIME DOES NOT  
MAKE FOR A INTERESTING  
PORTFOLIO..

WELL..  
WHAT WERE  
YOU THINKING  
THEN..?

JUST SOME OTHER  
POSES YOU KNOW!  
OTHER ANGLES! ACTION  
SHOTS! SOMETHING SO  
PEOPLE CAN SEE I KNOW  
HOW TO SHOOT!

YOU JUST SIT  
DOWN ON THE  
FLOOR AND LOOK  
SEXY, I'LL DO THE  
REST!

SURE!



**SNAP!** **SNAP!**

GREAT! GIVE ME YOUR SEXY FACE!

SHE'S GOTTEN PRETTY MUSCULAR...

AFTER A FEW  
POSES..

UHH..  
WHAT'RE YOU  
DOING  
RACHEL..?

WHAT DOES IT  
LOOK LIKE I'M  
DOING? IT'S  
FREAKING HOT  
UNDER THESE  
LAMPS!

AND YOU'RE ONE  
TO TALK! YOU'RE  
ALSO NAKED  
REMEMBER!





GREAT!  
NOW LOOK  
CUTE!

GOOD!  
AMAZING!

WAIT! I  
HAVE A EVEN  
BETTER  
IDEA!

**SNAP!**



RACHEL RUMAGED AROUND A BIT AND EVENTUALLY RETURNED WITH A BOTTLE IN HER HAND..

UHH.. WHAT'S THAT..?


OIL!

OIL?

YEAH, OIL! WE USE IT TO MAKE APPLES SHINY AND STUFF

GO LIE DOWN LEXI.. I'M GOING TO RUB IT ON YOU!





OFCOURSE!  
WE USE IT FOR  
MEAT AS WELL,  
LIKE SHRIMP AND  
BEEF..

ARE YOU  
SURE THIS  
STUFF IS EVEN  
SAFE FOR  
SKIN..?

...

OK.. BUT  
THOSE ARE DEAD  
PIECES OF MEAT!  
I'M ALIVE YOU  
KNOW!




RACHEL STARTED  
RUBBING THE OIL  
ON LEXI'S LEGS..

THEY'RE SO  
FIRM!

OH MY  
GOD.. THOSE  
LEGS..

OOH TRUST  
ME, IT'LL BE  
FINE!





LEXI WAS ACTUALLY QUITE ENJOYING RACHEL'S SOFT TOUCH AS SHE STARTED SPREADING THE OIL ON HER BUTT..


GOOD!  
NOW TURN AROUND!



WOW  
LEXI! YOUR  
ABS ARE SO  
DEFINED!

I CAN  
FEEL EVERY  
ONE OF THEM!  
LIKE SMALL  
STONES!

\*GIGGLES\*



ACTUALLY YOUR BODY  
IS LOOKING GREAT!  
EVERYTHING IS SO FIRM  
AND STRONG!

YOU MADE SO  
MUCH PROGRESS!

OOH STOP  
IT!

RACHEL PLAYFULLY PINCHED  
LEXI'S NIPPLE--

AND CURIOUSLY  
ENOUGH-- THESE  
BABIES HAVEN'T  
LOST ANYTHING!

HEY! OUCH!

WHAT  
WAS THAT  
FOR?!

OH COME ON!  
THEY'RE JUST  
ASKING TO BE  
PINCHED!



... YOU  
KNOW HOW  
SENSITIVE THEY  
ARE!

OOH WOW...  
LOOK AT HOW  
SHINY I AM!

I KNOW  
RIGHT!

LET'S TAKE  
SOME MORE  
SHOTS!



BEAUTIFUL!

SNAP!





YEAH LEXI!  
SHOW THOSE  
BICEPS!

SNAP!