

Shedding the Last 10 Pounds: Interview with Andrew Tullio

BEFORE



AFTER



Adonis Lifestyle



Interview with Andrew Tullio

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From The Desk of **Brad Howard**



Dear Friend,

Welcome to the [Adonis Lifestyle Podcast](#)!

Inside this transcript, you'll find a lot of actionable information that you'll be able to put to use **TODAY** to help develop your body for maximum visual impact. With that said, here are a few things to remember as you're reading through this document.

1. Our trainings and opinions are based solely on the end goal of creating a body based on proportions and social influence. Just as baseball players, powerlifters, and MMA fighters train for a specific purpose, the techniques, tactics, and strategies we talk about revolve around "looks based" training and not "performance based" training. (although your average performance across most all regimes will, in fact, increase as a whole with our advice)
2. "Health" based training takes a backseat as the recommendations we give create bodies that fall within all of the generally accepted "parameters" for good health (blood pressure, heart health, etc) by default. And, although we do talk about health and aging from time to time, realize that "health" comes with the package, without having to **FOCUS** on it.
3. Our opinions are strictly our own and sometimes are about as un-PC as you can get, but we'll never hide from the truth or try to sugar coat reality. Our job is to help you get in the exact shape you want, with all the BS aside. So, if you think we're a little harsh sometimes... just know we've got your best interest at heart.

So, with all of that said, dive in and enjoy. If you'd like more information on our workout systems, just [click this link](#). We guarantee you'll save a bunch of time and energy in the process.

Your friend,

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Brad Howard: All right guys, welcome once again on your Adonis Lifestyle podcast. I'm Brad Howard, and I've got John Barban on the phone. And today we've got Andrew on the phone. And we're going to get some good insights because Andrew has done something that a lot of people haven't done yet...he navigated the minefield of the last last ten pounds. We've talked about this in the past about how things start to change. There is a different threshold once you get to that point where a lot of the metrics that we were using don't apply anymore. They become obsolete, so things like the five pounds per inch of waist measurement and that type of thing, they kind of go out of the door. And so we're going to talk about that and talk about some of the different mentalities and kind of AHA moments that Andrew had as he's going down that path. I mean he's got some really big good pictures and he's on the watch list. So, Andrew, I really appreciate you being here, buddy.

Andrew Tullio: Thank you.

Brad Howard: All right, well, first of all, you did a really good job. I mean you dropped 19 pounds with some inches in the waist and things like that. What were some of the big insights that you can tell other people about relative to that. I mean you mentioned that you had a couple of interesting challenges that you had overcome, so I guess maybe let's talk about that for a minute.

Andrew Tullio: Yeah. Well, I think the biggest stumbling block was finding that balance between the weekends and going out and doing my thing and trying not to put on too many inches on the waist, trying not to overdo it and all that. But first, I have a girlfriend in my life and she was very frustrating and she made it very hard sometimes.

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She liked to tease and make it a little difficult, “You know, won’t you have a cookie with me.” With people that I go out with, it’s never difficult to just go out and have a little food. If I’m out and having a bag of chips or whatever or having pizza, you kind of get that odd look when you just stop at half a slice of pizza because you are watching your waistline. Personally, what I would do is I’d let loose a little bit during the weekend between like Friday, Saturday and to a lesser extent through Sunday. I kind of have a higher calorie count then, but during the week, that’s kind of when my main focus of, “All right, well, I need to watch everything coming into my mouth. I’d put a lot of effort kind of like Monday to Thursday or Monday to first half of Fridays; that’s where a tremendous amount of my energy was really spent.” It was in the diet. Yeah.

John Barban: So you literally treated it like a five-day week job?

Andrew Tullio: Yeah, that’s one way of putting it. I mean it kind of never stopped. I mean it’s not like I was ever truly off duty in that sense, but the majority of the hard stuff was kind of done during those first five days of the week and towards the weekend is when I kind of let loose just a little bit. Because I knew that if I went too much, if I went too far, if I went too crazy having five slices of pizza or something, I know that they would throw me off for an entire week or like half a week. So I am cognizant of that, but it’s kind of a balance to strike between going out and being social and not being that kind of stick in the mud.

I should note, a lot of times I failed with that. I think I’d go out and I had a lot of people look at me and they’d always be like, “What’s with the three tons of vegetables you’re eating? Why not the mozzarella sticks or something?”

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John Barban: Did you tell anybody? Like: “Look, I’m competing.” Or did you just keep it to yourself? Was it easier to just not say? Because we’ve had other people say that people were bugging them enough that they are like, “Look, I’m just in a contest. I’ve got four weeks to go. This is why.” And then everyone was like, “Oh, okay, we get it.” Did you cross that bridge with certain people or how did you deal with that?

Andrew Tullio: I think it depends on the person. I know right off the bat on the first day of the contest I was with my girlfriend and we’re going out to eat and she’s like, “Well, where do you want to go?” And it kind of popped into my head, I had to make the right choice here, and I just had to just tell her right off the bat. I’m like, “I’m going to be in a contest for the next twelve weeks. So for the next twelve weeks I’m pretty much going to be hitting the gym every day or as much as I possibly can, and I’m going to be watching what I eat. So I’m just going to give you that warning.

That’s kind of how I treated her. But one thing, with most people, I kind of tried to keep that in the background. I kind of told people I was just watching what I’m eating. I kind of tried to downplay it as much as I could, but I think there are certain times those past 12 weeks where it’s kind of obvious. Or I kind of stood out, not stuffing my face silly.

Brad Howard: Yeah, you have to come to grips with the fact that it’s okay to try something different every once in a while and convey that. A perfect example is right now, I’ll be honest, I got kind of lazy about shaving and so after about three days, it sounds like, “These things kind of come in. I wonder what I look like with a beard because I’ve never done it before.” So right now I’m growing a little beard. I probably am not going to keep it because I don’t think I like the way it looks, but Elle doesn’t like it. She hates it. She’s like, “When are you going to shave that thing off?” I said, “Oh,

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maybe in about five days.” She’s like, “Why?” I’m like, “You know, I’ve never done it. I just want to see what it looks like and go from there.” That sounds like that’s kind of the way you’re treating it as well. It’s like, “You know what? I’m trying something new, and if it didn’t work, so be it.”

Andrew Tullio: Yeah. I think that’s definitely the kind of the approach I had. I was just kind of telling people, “Look, I’m taking a few weeks to really focus on the approach to my lifestyle about how I’m eating and this and that.” And really, I didn’t try to go into great detail on. I think one of the reasons is also I didn’t want to say I’m in a contest and if for whatever reason the end result, my final photographs came out really poorly, I probably wouldn’t want to tell people who would then just go on to ask and take a look at those. If I was just somehow halfway into it, I couldn’t follow through. So I just think from my own personal benefit, I guess I tried to keep on the DL, so to speak.

John Barban: Yeah, that makes sense.

Brad Howard: Yeah, you really don’t have to explain things to people. It’s more like “Okay, I’m not externalizing my goals. I’m not telling everybody in the world what I’m trying to do.” Because for some reasons that tends to take away all the power of what you’re trying to do, but when you kind of internalize them in and you own them, and not feel like you have to explain things to people. You’re like, “Yeah, I’m just trying something new.” And people are just like, “Oh, okay.” And you just have that confidence about it and you are like, “Yeah, I’m trying something new. Let’s see how it works out.”

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And you also have the confidence or you kind of have this internal power, just kind of a powerful feeling because you're marching to the beat of your drum and making a decision to do something for yourself.

Andrew Tullio: Yeah, and I guess it was definitely an internal drive. I've kind of made that decision and I didn't want to let external factors come between me and my goals. So I was going to do everything I personally could to get to that my goal.

Brad Howard: Yeah, it seems that most of the stuff that you run into, and I call them the cancers, like the cancers against whatever goal you have, there are certain things that are just cancers. Like for a lot of people there are certain foods that are just going to be cancers, and you can't negotiate with cancer. You have to eliminate it. So if I know that ice cream if it's in the house, you're going to eat it. I mean you have to get rid of it. You can't negotiate with it and say, "I'm only going to have two or three bites." But you have to be okay with that.

John Barban: And part of it is the duration of the contest for that.

Brad Howard: Sure.

John Barban: We're not saying, "Don't have it ever again." But even over the twelve weeks, maybe it just needs to tighten up towards the end. Andrew, and actually maybe this is a good segueway, you said that the second half of the contest required magnitudes more effort than the first half.

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Andrew Tullio: Oh, yeah.

John Barban: Can you walk us through that , and why you say that? And how that felt?

Andrew Tullio: Yes. The first few weeks, the weight was kind of coming off relatively steadily and then I think probably around the halfway point, maybe even a little bit before the halfway point, I noticed that the scale would not really budge as much and I noticed that I would have to put ten times the amount of energy to get my waistline down further. I think it was the difference between (and I heard Brad say this and I should preface this) but it's a difference between losing bloat and losing water weight and losing fat. And I think once I've gotten to the point where I didn't have any water weight or bloat or didn't literally try to burn fat, that's when you really have to put in the energy.

When I first started, it was one-fast a week and then it became two fasts and then I realized I could definitely start clamping down on the food and everything. I should go to even lower calories. And then I started to try to go a little longer with my fast. I know some people probably did like 48-hour fast. I think the most I was able to deal with was maybe like a 30-hour just because my lifestyle didn't really permit it. Usually I have something that I kind of had to attend, so the biggest stretch I was able to do is maybe a little bit more than 30 hours or so.

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John Barban: Did you add any extra work or did you just stick to the workout towards the end?

Andrew Tullio: Especially through that second half, what I was doing was I add an extra day. I use the muscle building foundations and those were five days a week. So I would add a sixth day, the next day of the previous week, and I'd kind of do six days in a row. I take one day off, six days in a row. Because I knew that also since I didn't have a lot of fat to lose, the best thing that I can hope to do is to get my muscles looking as good as they possibly can. So I tried to put in that extra effort. Early on in the contest, I tried to screw around. I did a few weeks of one session per week of doing the shoulder, what do you call it?

John Barban: Booster?

Andrew Tullio: Yeah, the shoulder booster. But I kind of thought it would be best as it went on to add that extra day. I just thought it would keep me progressing a little quicker and it just kind of worked with my flow a little better.

John Barban: Well, that's good to know. And yeah, the boosters weren't really meant to fit with MBF. I mean six days a week of MBF is tough. But that's impressive that you got through that.

Andrew Tullio: Oh, yeah. By the end of it, I'm on a low-calorie diet. I'm pretty much ready to snap, but I think what made it easy, at least mentally, I was going, "Oh well, I'm only doing this for 12 weeks, this is not the rest of my life." And then by the halfway

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point, "Oh, it's only six weeks. Oh, I've only got four weeks left." So I just got to get counting in my head. I think that helped me with my mental strength to keep me working. It was knowing that I'm only doing this for a few weeks and then I'm going to go back to my regular workouts and hopefully things will come down a little bit

.

Brad Howard: Yeah.

John Barban: Actually, since the contest, have you been maintaining more or less that new leaner look?

Andrew Tullio: Yes, right after the contest was Thanksgiving and I stuffed myself silly that day, and I know my waistline started to expand a little bit, so I really put a tremendous amount of energy to keep my waist down and get back to that contest look. And for the most part I'm pretty much at the look I was right at the contest. But I was hoping that I would be able to go back into more of a maintenance sort of diet, although unfortunately, I find that every time I starting upping my calories, my waist starts getting a little larger. So I've found a natural little comfortable pace with my low calories with a few fasts per week that is just kind of a rhythm that I had developed during the contest that I think I'm going to try to stick with, or at least until I am comfortable that I feel confident that if I ever raised my calories a little higher that my waist isn't going to go off.

John Barban: So right now you're in the experimental phase of finding what eating to energy expenditure is at this new look?

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Andrew Tullio: Yeah, definitely. Because I know that it's a very fine line. Sometimes, I'll wake up in the morning, and it's kind of an experiment, I've been checking my waistline at various points of times for the day, and I noticed if I eat certain foods the night before or if I have a certain sized dinner, my waistline will be drastically different from yesterday morning to the next. Or of course, between fasting days and a non-fasting day, also with weird fluctuations, and I'm just trying to figure out how I can go about getting that rhythm where I don't have to think about it.

Brad Howard: Yeah, sure. You're also at a point where what you eat is going to have a dramatic impact on how you look from day to day, just like you're talking about. I mean, you could easily hold bloat hour to hour.

Andrew Tullio: Yeah.

Brad Howard: And John talks about that quite frequently.

John Barban: And the interesting thing is when you get as lean as you've gotten to, that's when you can see really acute changes, like someone who's got 40 pounds to lose wouldn't know if one meal changes their look. They wouldn't know if a high or low-carb meal does anything, where as you can actually look a few hours later and be like, "Whoa, that meal blurred my abs that other meals seemed to tighten me up a bit." And that's the thing. I think a lot of the diet advice people get works on someone as lean as you. It doesn't work on people who still have a long way to go. And that's where the whole, "Does a high or low-carb meal earlier or later in the day actually changed your

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look?” And you are at a state where you could see it, but most people can’t or aren’t even lean enough to see that.

Andrew Tullio: Oh yeah, definitely. It’s definitely a new experience for me. Carbs are a perfect example. I know that if I have a high-carb meal that will definitely affect my look. It’s kind of an interesting observation to see how which foods you have affect how your end result is when you look in the mirror.

John Barban: And this is a good experiment you’re doing now. Are going to be entering the Open?

Andrew Tullio: Yeah, I’m definitely going to. I don’t have to put a tremendous amount of effort to lose a lot of weight for the Open. So I was hoping just to keep maintaining and do my best to build as much muscle in the meantime and with any luck I should be looking good for the Open.

John Barban: Oh man, if your last pictures are any indication, I think you are going to look great for the Open.

Andrew Tullio: Thank you.

Brad Howard: Yeah, I mean it’s kind of interesting you’re playing around with it right now and who knows what you’ll end up finding. I mean you may find that even holding that level of leanness is just too much worry for your life.

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John Barban: And if I can just add something in here now...

Brad Howard: Go ahead.

John Barban: That's very smart that you're playing around with it. If I were you, I would even take pictures and for everyone listening, do the same thing. Especially the lean guys, take pictures, monitor what it is that you ate and how far after the look is and if you can have that in a little catalog of, "This is what I ate, this is the picture of that afterwards." Just mess around with that for a week or two while you're still lean and try to stay lean, but I mean since you're so closely removed from the show and then towards the Open, towards the end when it's time to take all your "after" pictures, you can go back and look, "Oh yeah, after eating this, six hours later was when I looked lean, but two hours after that I looked bloated." And at least you know because you just went through that.

I'm 24 hours into changing the way I eat, I was dehydrated and now I'm hydrated and my look is changing literally every six hours. And I'm trying to catalog that and I did pictures last night. I did them this morning and I will do more tonight and then tomorrow morning. Then I'll have this sort of 48-hour run, and I'm just piecing together what I've eaten and how much fluid I've had, or how little I drink, that kind of stuff. And so what I'm saying is doing that now is great because when you get to the Open, you'll say "Oh, I know that this meal is a mistake, but that meal is not." And you'll eventually know what's going to get you to the look you're after.

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Brad Howard: Right. And the other thing, just for everyone listening right now just remember that we're splitting hairs right now. We're talking about the last ten or last five pounds. I mean if you are over 10% body fat this isn't going to apply. There's a difference here, so just understand that. Basically it's a whole different ballgame when you start going sub-10% body fat and that's when the math becomes a lot more important. Your mindset becomes even more important because a lot of the changes are a little more acute and your awareness has to be a little bit more sharpened on what you're doing. And again, this is only for people that are interested in taking it that far.

John Barban: That's true.

Brad Howard: You could get to 10% just by doing the simple stuff or just the regular stuff and you could be fine with that and there's nothing wrong with that at all. My guess is about 10% a break point.

John Barban: Where the game starts to change.

Brad Howard: Not only where the game starts to change, but it's also pretty easy to maintain. At 10-11%, I think for most people that's probably going to be right around that Pareto's Principle of 20% of the work, you have 80% of the results that type of thing.

John Barban: You can almost view that at striking distance.

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Brad Howard: Yeah, I think that's where it is. That's the striking distance that we talk about, so if you could get there just kind of normally, just what the normal stuff we talk about, and then if you really want to take it to the house, we are working on some other strategies and that's what we're kind of teasing out right now to give you an idea of what's going on with that.

So Andrew, what were some of the other things that you came across with? Obviously the scale didn't change as much, but the tape measure did change and the cuts changed. What did that feel like? Was it kind of frustrating? Were you banging your head against the wall? I mean, mentally, was it draining? What are some of the things you went through with that?

Andrew Tullio: Yeah, it was definitely I guess frustrating, but I think I was just working towards that goal at the end of the contest. Especially when I had a few weeks left, I would be like, "Well, I've got three weeks to go. I've got plenty of time to make up for it." And I just told myself that, "You've got to keep inching forward." I tried not to do too much. It was frustrating, yes, but I tried not to dwell too much on getting to that next level which is that next few inches on the waist which takes a tremendous amount of effort. I think I just kind of focus on the end result, that end day, and just tried not to get to worked up.

Brad Howard: Sure.

John Barban: Okay, when did you even decide to enter the contest? I guess this goes into more of a bigger story. When did you actually even get on board with us, and

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how did you find us? And then, walk us through how you came about to find us and then when you ended up deciding to do the contest, like the whole story?

Andrew Tullio: Well, it's kind of a long story. I think I just stumbled upon some videos on YouTube. I think this is probably right around the time you guys first came up with the whole thing. This is a few years back and I had signed up for your mailing list, and I had been in the mailing list for, I don't know, over a year, two years, some fairly long amount of time. I just kind of have been reading and listening to podcast and I think it was right on the time of the last contest. I think that's the second contest. I saw the photographs. I think I saw Jason's photographs, in particular, and because I've been working out. I've been a member of a gym for about a year prior, and I've been trying to do it on my own and I just have not had the results that I've been hoping for, so I had seen in particular Jason's photographs and I said, "Well, I've got to..." I wanted to get to that level, I guess.

So I signed up pretty shortly after that second contest. And I think mentally for me, that's kind of when the contest started, although technically it started on the first of September, and actually when the first of September hit, I kind of went into overdrive with it all. But I knew from the day I signed up, from the day of that first workout that I was going to enter the contest and I kind of wanted to get the wheels turning as early as I can. I spent that period of time revving up. I went to my workout strategy. I'm trying to get into the rhythm of everything essentially. That's kind of where I got to that point where I just knew that I was going to do the contest. It was almost a matter of just waiting for the start of the contest.

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I think it was once the contest hit, it was when everything I was doing, I just did it double. When I first started, I didn't even fast. The first few weeks when I first signed up, I wasn't even looking at my diet. It was only kind of not too long before the beginning of the contest is when I started focusing on my diet and all that. And I think just kind of when the contest hit, I already had the momentum going, so it's easy now for me. With everything I was doing, I just worked twice as hard.

Brad Howard: Yeah. This is kind of one of the weird things but it sounds like you're probably going to be no different in this regard, but how did it feel once you got the diet down, when you kind of decided that you're going to keep track of it a little bit and pay attention to it after that first week or so, and was it kind of like a "holy shit" moment?

Andrew Tullio: I didn't realize how much went into it, I think, because it's the best way of phrasing it. I hear people, "Oh, I lost 50 pounds in three weeks." You hear these numbers thrown about you left and right. And I don't think I ever quite knew personally what it took to get to that point. Because going into it, I kind of thought of myself as a lean guy, so I didn't really think I needed to put the effort in to lose weight. I think my mentality was, "Well, I just need to build muscle and then I'll be good to go." And I think it was really when the contest started. In the beginning of it, and especially towards the end where it kind of finally hit me how hard it is to really get to that final look. I can only imagine the people who have to lose like a hundred pounds, how much effort that would be, because I guess it was a kind of a "holy crap" moment, but it kind of snuck up on me. It didn't happen right off the bat. I think it kind of crept up and it wasn't towards the final weeks that it really hit me.

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John Barban: So as the twelve weeks are going along, you're like, "Oh my God, this is getting actually harder." Give me your thoughts when you saw your before and after and you actually saw the change. What did that mean to you? What did you think when saw it?

Andrew Tullio: It's kind of odd with kind of a duality in my head where one half of me, I kind of looked in the mirror and I think how I look now is kind of how I've always looked. Even though I've changed, I'm not surprised when I take off my shirt and I look in the mirror. But the second half of me, there are these moments where I guess I kind of had that still engrained in my head the mentality of "I'm not a very athletic sort of guy." I think actually you spoke about this in the book, "Adonis Effect" where you are saying that how you always have that inferiority complex of, "Oh, I'm too small, I'm too small." I think I kind of have that moment and then every now and then where I'm thinking, "Oh, I don't have enough muscle in my stomach." And I kind of look at those pictures and I go, "Well." It's a huge difference. The huge difference is that I think I kind of had to look at them again and kind of get a smack to my face every now and then to remember where I had been to where I am now. I think it's just kind of like the life I'm living. I just can't quite remember what it's like to be as soft as I was, if that makes any sense?

John Barban: That makes perfect sense. I mean, a lot of guys are going to look to your pictures as a model of what they're going to try to get to.

Brad Howard: Yeah. I mean inferiority complex is kind of one thing, but it's almost like something to prove to themselves at the same time. I was always good at sports, so from my perspective, I'm a little bit different than a lot of other guys where I'm very athletic, but I was just undersized when I was younger. And so it's kind of one of those things where now I'm like, "Man, if I was only bigger..." It's almost like kind of being

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able to relive a dream a little bit and kind of think to yourself, “Man, if I was this size back then...” Because there were a lot of guys my age that were kind of my size now.

John Barban: Back then?

Brad Howard: Oh, yeah. Sure, exactly. And so, it's kind of, I don't want to say unfair, I mean it just is what it is, but kind of satisfying being able to think and be like, “You know what, man, maybe I could have done something.” I mean, hell, I was recruited by D-3 schools and stuff like that for baseball and basketball. But where could I have been? And so from my perspective, that's kind of my little inferiority complex around at all.

John Barban: If you just had the physical size, you could have maybe been a top level athlete. And it's not for lack of athleticism, but it's just purely you just weren't packaged in a big enough vessel.

Brad Howard: Oh, sure. I mean yeah, I can jump out of the gym. I was almost 5'8" and I'm dunking easy, so that's kind of my side of it. So everybody kind of has their little internal demon. One thing I wanted to touch on really quickly that just kind of go back to one moment and it's about the kind of the leanness that you're talking about. You thought you were already lean. You're like, “Oh, I'm a lean guy.” And yet you still shed off 19 pounds.

John Barban: Did you even think you had that much to get rid of?

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Andrew Tullio: No.

John Barban: What was your finishing weight, and what's your height?

Andrew Tullio: I'm 5'11" and my finishing weight was 150.

Brad Howard: And would you have believed that that's the weight you would have arrived at. Visually, it just doesn't come across because you look bigger and that's part of the illusion of being lean. Did you even believe that was possible? And did you believe that's the weight you would have been?

Andrew Tullio: No. Going into this, I would have thought if anything, I would I have to gain 20 pounds to get that sort of look rather than lose 20 pounds. It was the exact opposite of what I expected going into this.

John Barban: Let me stop you right there. And now, what would you say to other guys who think, "Oh man, I want to gain 20 pounds?"

Andrew Tullio: I've heard people talk like that. I just don't think people recognize that when you gain 20 pounds, especially if you're getting it in a short of period of time, a few weeks, it's all fat. So you might look bigger, but I guess you see these big guys in the gym and they're really big. They got wide shoulders and all that, but then you look at their gut and they've got a 50-inch waist or whatever.

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John Barban: It's "shirt-on" big.

Andrew Tullio: Exactly. So I mean, do you want to take off your shirt and have a big gut, or do you want that nice taper? I mean it's a huge difference. The mentality of what you've got to think about when you're approaching it. It's just a complete 360 from what I thought you would had to have done, yeah.

Brad Howard: I'm roughly about 175 right now and I started out at 215. I mean, if you were to tell me, "I'd drop down 40 pounds and still probably have a little bit to go." I'd be like, "Yeah, you're crazy." I mean I was thinking 190 and I'd be pretty lean, but yeah, it's ridiculous. Heck, my buddy B at the gym, just a while ago I was talking to him because he looked a little plumper. He's between shows and stuff and he has got one in May. And when he was on stage he was at 185 and I was like, "Dang, dude, what do you weigh in right now?" He's like, "220." I was like, "220?" I was like, "Holy cow, man." That's like 35 pounds and literally in like three weeks that he has put back on, but it was noticeable. And he knows it. He isn't a dummy. He's like, "Yeah." He has to tighten up a little bit.

John Barban: Yeah, and the interesting thing that you said here, Andrew and Brad, you said, "to look bigger you've got to get lighter." Think about that, to actually look bigger, you have to get lighter. And that's the shirt-off look big, because in your pictures, you look bigger in your 'afters', even though you're significantly lighter.

Andrew Tullio: Yes.

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John Barban: Head to head, if you were to meet the previous you or the after you, which one looks more muscular?

Andrew: Yeah, and like I said, if you had showed me that before photograph of myself, I wouldn't have believed that I would have to lose almost 20 pounds to get to that look. Now, I think it's just the mentality of a lot of these guys out there I find and most of the people I talked to, it's always gain, gain, gain. But it's never "gain at what cost". What's that final look?

John Barban: Now, imagine this. Did you say 5'11?"

Andrew Tullio: Yes.

John Barban: And your final picture is 150.

Andrew Tullio: Yes.

John Barban: Now, imagine yourself 5'11"/165 in those final pictures. You would be enormous.

Andrew Tullio: Yeah.

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John Barban: And that's only 165. That still sounds light, but putting it in context of the weight that you are in your final picture, imagine putting 15 more pounds of lean mass on that frame. People don't conceive of it that way, but the total body weight is irrelevant. It's the body weight plus the look that matters.

Brad Howard: Yeah, so we're all about the same. Obviously, John and I weigh about the same, look kind of closer the same. I mean, yeah, you've got some room to grow as well. So that's something else too.

John Barban: That's what I'm trying to say. You've got lots of room to grow.

Andrew Tullio: Oh yeah.

Brad Howard: Yeah, and how old are you?

Andrew Tullio: 28.

Brad Howard: Okay.

John Barban: You've got lots of room to go.

Brad Howard: So, yeah. That's pretty cool, too. So I mean there's still more to go which is pretty awesome. I had something I was going to ask you a little bit ago, but it

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kind of slipped my mind. John, have you got anything else you want to touch on really quickly?

John Barban: No, well, I think we can just get start to wrap this one up because we've covered quite a few things. So, Andrew, for other guys, with your similar look and situation, what are your two or three takeaway points and the advice you'd give another guy who is like you; People who are lean but wants to make a change and maybe isn't quite getting what they want. What's the one thing you'd say to them?

Andrew Tullio: Well, my first approach would be, if you want that muscular sort of look, if you want to increase that look, it actually takes a tremendous amount of effort. Don't expect you will be able to do it in one or two days.

John Barban: By accident.

Andrew Tullio: Yeah, exactly. You don't stumble upon it. And I think that's also one of the things that I was thinking, "Oh, you would be able to do this in one or two days a week at the gym." I think you have to know and you have to put in the effort. And the second thing is even if you're lean you still have to be aware of your waistline. And just try to get that ratio as good as you can because I think if you work your ass off and then you can make sure that your waist is nice and lean, and at the same time doing your best to build up the muscles and all that, I think that's pretty much the best approach. That's all I really say.

John Barban: So the reverse of bulking and cutting. Cut and then build muscle.

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Andrew Tullio: Yeah, essentially. I mean if anything, build and cut at the same time. Build muscles and try to lose fat. I never really kind of heard of that concept before I started getting this whole thing. You kind of do both, you can juggle both at the same time. So I don't really see why anyone really wouldn't, because I've heard people go, "Oh, I kind of want to lose X amount of weight. Then I'll start worrying about going into the gym." Or just the opposite, "I want to get muscular and then I can try to cut down." I think you can do both. You cut down while you're getting muscle and I think it's definitely doable at the same time.

Brad Howard: Yeah, it's just a matter of perspective and what you're comparing. I mean a lot of people try to compare apples and oranges. Obviously while you are in a deficit, you are probably not going to be able to lift that much. But throughout that deficit, yes, your strength will increase relative to being in that deficit. I've seen that across the board, but you can't compare apples to oranges, and that's what a lot of people do. It's like, "Well, when I was eating normally, I'm lifting 300 pounds, but now that I'm in a deficit the most that I can get is 240. But two weeks ago I was only doing 230 in a deficit." Well, technically you're stronger then, so that's kind of the difference. I guess the one thing I remember that I wanted to talk about really quickly and just touch on because John, you were talking about this about the why, when you start to get leaner you start to look bigger and why 1.5 seems to be a threshold. I was thinking that and because you were saying that it seems that people can see it through your clothes. Do you know what I'm talking about?

John Barban: Yeah. Once you get passed 1.5 AI ratio it seems like you can't hide it in your clothes anymore.

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Brad Howard: Do you know what I think it is? If you're wearing the right size clothes, now that's kind of the key, I mean you can't be wearing extra large as if you would fit in the medium and that's just the way it is. But I think what it is, is that the traps and the shoulders just look sharp like you can see the sharpness.

John Barban: Yeah, I've actually heard people say that during this last cut down I did. Some people were saying, "Oh, I can start seeing the shape of your traps and shoulders through your shirt, whereas before it's one big sort of mass, now it has division."

Brad Howard: Sure. I think that's what it is.

John Barban: That's part of an artifact of leanness as well as the ratio but I guess the ratio comes with leanness so it's one and the same.

Brad Howard: Sure, exactly. Well, I don't have anything else to touch on. Andrew, do you have anything else that you that you want to touch on or any closing remarks that you wanted to kind of impart on the rest of the community?

Andrew Tullio: Nothing. I think we've pretty much summed it up. It sounds good to me.

Brad Howard: Cool, man. John, have you got anything?

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John Barban: No, Andrew, I just want to thank you for being on the podcast with us.

Andrew Tullio: Thank you.

Brad Howard: Yeah. All right, so for John Barban, I am Brad Howard and that's your Adonis Lifestyle podcast.

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