

# Getting Real Results: Interview With Thomas Power



Adonis Lifestyle



# Interview with Thomas Power

And Determining Life After AI...

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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 to your Adonis Lifestyle podcast. I am Brad Howard and I've got John Barban on the phone and today we are interviewing Thomas Power who actually came in fourth place in the latest Adonis Index Transformation Contest and Thomas has got some really interesting insights and a couple of good stories we're going to talk about today. So Thomas, I really appreciate you being here, buddy.

**Thomas Power:** Yeah, no problem.

**Brad Howard:** Let's cut to the chase, what are some of the stories? What are some of the things that have happened to you since you've gone through this major transformation?

**Thomas Power:** Well, it's just interesting to know. I mean I have a girlfriend but I never struggle with attention from girls, but since I took up the program, it's kind of predictable. It's like when we recently went out with my friends out. Just the attention we got was ridiculous. I'm not trying to be cocky, mind you, but it was. The attention was amazing. It's just like a lot of people on the forums now like I to say, once you hit 1.5, there is a big difference, I definitely know that, when you hit 1.5, things change.

**John Barban:** So people are commenting now and you notice like, hey, people are starting to say things and just kind of react differently?

**Thomas Power:** Yeah, it is like that. Like my family at home when they see it, they just say, "What are people doing?"

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**John Barban:** It's weird that it happens. It seems that everyone keeps saying it and it keeps happening right around 1.5.

**Thomas Power:** Yeah.

**John Barban:** So you noticed the same thing at around those measurements?

**Thomas Power:** Yes definitely.

**John Barban:** Right, and so it seems to me that at 1.5 it starts showing right through your clothes like you can't hide it anymore.

**Thomas Power:** Yeah.

**Brad Howard:** Yeah, it's really strange, and for a lot of people listening right now when we talk about this kind of magic that happens at 1.5. It's one thing to say it but another thing to experience it.

**John Barban:** Yeah. Thomas, before that started happening, could you have guessed how things would have gone?

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**Thomas Power:** No. Absolutely not. You carry yourself differently now when you walk around. You walk around like chest out, and with just so much confidence. It really changes.

**Brad Howard:** Yeah and we didn't come up with this number. This is kind of what was reported back to us, but it really is that way. I mean I hope by doing these interviews we can give other guys an idea of what's possible and what really happens.

**Thomas Power:** Even I was skeptical at first when I came across the program. I was thinking then, "This is a bit too good to be true."

**Brad Howard:** Sure.

**John Barban:** Explain that, why were you skeptical?

**Thomas Power:** Because I have to say I've been doing different workout programs. Can I say the name?

**John Barban:** Hello, yeah, we're here.

**Thomas:** As I was saying...

**John Barban:** Go ahead.

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**Thomas Power:** Can I say the name of the...

**John Barban:** No, just say you were doing something else.

**Thomas Power:** There was this program just for strength and eat 6 times a day with protein the whole time, and I couldn't follow it. Basically I looked for program based on strength. And then I can't actually remember how I came across the Adonis Index. I was searching on Google looking for different workouts and then I came across the Adonis.

**John Barban:** So even when you found it you were still skeptical, right?

**Thomas Power:** I didn't want to hear that what I've been doing was wrong. I was just too proud to admit that. I had to keep going with this friend's workout. I wanted it to work so badly. I don't want what I've been doing for the last two years just to be wasted. But I actually swallowed my pride and just went ahead and tried your program.

**Brad Howard:** Yeah.

**John Barban:** Well, we didn't mean to put you or anyone in that kind of position, but you are the first person who's ever revealed that. That's a huge insight that you didn't want to use our stuff because you wanted to force what you were doing to work. So what made you flip? When did you actually decide to go ahead with our stuff?

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**Thomas Power:** It was at the first Adonis transformation contest, when I saw Pierre and when he finally embraced the leanness that he has, so when I see Pierre, I just thought, "Wow, I have to try this."

**John Barban:** Yeah, and I mean all the bigger guys like the guys who aren't as lean as you, they wish that they were as lean as you.

**Thomas Power:** Yes.

**John Barban:** Yeah, so you had a paradigm shift and you learned to embrace that you've got natural leanness and then really all you've got to work on is the size instead of trying to blow it up big and then come back to the traditional bulk and cut.

**Thomas Power:** Yeah, I was just so obsessed with my weight before. I believed I had to be heavier and heavier. But now I don't use the scale.

**John Barban:** Which is interesting because in your transformation we awarded you fourth place because you built muscle and it really shows.

**Thomas Power:** Yeah.

**John Barban:** So now that you don't care about your weight you got bigger.

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**Thomas Power:** Exactly, I don't look at the scale anymore. I mean I look at the mirror and see these pictures just to see how I'm changing.

**John Barban:** So was the old program basically designed, or at least maybe not the program, but the way the thought process was that you have to get heavier, right?

**Thomas Power:** I had to get heavier like it was lots of squats, lots of deadlifts, lots of bench press basically, and I did this over and over again for two years. Didn't see much change, although my legs got bigger, but I was just getting fatter.

**John Barban:** Muscle building requires more time and patience but fat loss just sucks, but I mean count yourself lucky for not having to do it.

**Thomas Power:** Yeah, absolutely.

**Brad Howard:** Did it feel like it was two wasted years sort of thing?

**Thomas Power:** Because I can see I'm still the same. I'm working out without any real change. It did like it but then I was afraid to say, "Look, now I'm going to have try this workout."

**John Barban:** And you told us something before, you work out at home?

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**Thomas Power:** I do. Yeah, I've never joined a gym.

**John Barban:** Great and that's a big deal because that makes your transformation even more impressive because that's hard to do...a lot of guys can't get that done at home.

**Brad Howard:** Yeah, let's talk about the equipment, what kind of equipment do you have at the house, and did you have to make any tweaks or anything like that?

**Thomas Power:** Seriously I have a bench and the lat pull down machine.

**Brad Howard:** Okay

**John Barban:** So you've got a pretty good setup.

**Thomas Power:** Yeah, I got a pretty good set up at home.

**John Barban:** So you can get through the work more or less as written with a couple of substitutions?

**Thomas Power:** Yeah, very rarely do I have to change anything.

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**John Barban:** Okay, well, man, that's really good to know so I guess you're kind of living proof that it can be done at home too.

**Thomas Power:** Well, definitely it is. There is no more excuse. Just get it done.

**Brad Howard:** Give me an idea of this because we find there are two sides of the same coin. We've got some people that come across our stuff that right off the bat, they're like, "Okay, dude, I already know that what I've been doing can't be right," so they go ahead and pick it up but then if people don't pick it up after the first day or two of exposure, it's usually about sixty to ninety days afterwards, so would you say you are probably more in that category where it kind of took you some time to just say. Yeah, okay so... go ahead.

**Thomas Power:** I just saw the podcasts and couldn't believe the stuff you were saying and seeing the changes in the other guys. I was really amazed at seeing their results.

**Brad Howard:** Yeah I mean that sounds pretty common so if you are listening right now and some of the stuff that we talk about in the podcasts kind of seems just far out and it just kind of hang them and there is no way this can work. I mean trust me you are not the only person.

**John Barban:** Which is ironic because the stuff we say is super simple and the stuff everyone previously believed...well, that's the crazy stuff.

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**John Barban:** So Thomas have you been under the radar with your training? In other words, do people ask you, or do you tell anyone, or do you just go about your own business and if someone asks, you tell. Give us some insights like has anyone been curious or have you just been doing your thing?

**Thomas Power:** No, people have been curious like when they have seen the change in me and they are like, "Hey, what are you doing? You have to tell me what you do." At home, I was under the radar like they didn't know I was really training but after a while they noticed and they said like, "You just changed. What are you doing?"

**John Barban:** So at some point you just can't hide it anymore?

**Thomas Power:** Oh no, yeah, exactly. It's this stage where it's kind of obvious.

**John Barban:** And have you got into any conversations? Like I know other people have, but have you actually revealed how you go about doing it, what the philosophy is and do people give you any pushback or have you got to the point where you are teaching others?

**Thomas Power:** Yeah I just say to them, "This is what I do. So if that works for you, you can keep doing that."

**John Barban:** Yeah I think that's the best way to deal with it.

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**Thomas Power:** Yeah, I can't because people get defensive and upset like if they didn't want to know that they have been doing this completely wrong in some cases.

**Brad Howard:** Sure. Yeah, it's just one of the things we're uncovering. About two years ago we were kind of combative about things like, "Oh, you're wrong, we're right." And that didn't go over too well and we got a lot of blowback because of it and we've talked about this in past interviews that you hear, but just kind of being agnostic about it and just like, "You know what? I do what I do, you do what you do. If you want to look like me and you're ready I'll tell you what I do but no way in the world I'm I trying to push on you what I do."

**Thomas Power:** Yeah.

**Brad Howard:** It just seems to work a lot better just pulling people along instead of trying to push. To be honest, I mean we live in a social world and I think we spend a lot time defending our own ego and our own points of view like a lot of time.

**John Barban:** You know what, at the expense of our own results and at the expense of potentially helping other people.

**Brad Howard:** Yeah, yeah exactly.

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**John Barban:** It's just the way it works. Well, Thomas, you just said it. You said you didn't want to admit that maybe the training you were doing wasn't really good and what you wanted.

**Thomas Power:** Yeah, exactly.

**John Barban:** Muscle gain can only happen so fast, but it doesn't need to be complicated.

**Brad Howard:** Yeah, I mean if you can gain at roughly the same speed. I guess here's my overview of the whole thing is that if I can live my life and do everything that I do right now and I can gain 95% of the muscle I could gain and drop 95% of the fat I can lose by doing it my way, by being super flexible and still continue what I'm doing, I'll give that 5% up.

**John Barban:** For not being completely obsessive compulsive about it.

**Brad Howard:** Exactly, that's exactly the way I look at it and I think that's kind of the way a lot of us are starting to look at it now whereas that 5%, that's where you get to the diminishing returns. That's the point you quit. For me that's the ceiling, as soon as you hit that point of diminishing returns, I'm done.

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**John Barban:** Thomas, what's your plan now like where are you headed with the workout so you are going to do a Megacycle or Giant cycle? What part of the system did you use for the Transformation? Where are you headed?

**Thomas Power:** I used Muscle Building Foundation (MBF), and you really have to push when you are working out.

**John Barban:** And what do you do to generate that intensity?

**Thomas Power:** I don't know. Well, the forums actually help a lot. You all kind of push each other on. That helps.

**John Barban:** Did the Transformation contest help being in it?

**Thomas Power:** Oh definitely yeah. I said if I enter this contest I will have to give it everything I have.

**Brad Howard:** Yeah, when you put a time constraint on it, it makes every workout that much more important. Let's talk about intensity a little bit. Did you have any problems understanding that concept at all because it's one of the things some guys at the very beginning have a problem getting and even some of the women on other side are talking about how much weight to use and things like that. That's how we kind of judge intensity. Did you have a problem with that or did you just get it.

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**Thomas Power:** No I don't have a problem with that. It was my mistake I never said I was kind of messing around with BM. I wasn't doing it exactly what was written down. One of them really pushed me at first. It was doing the BUILD. I did it for four weeks, but I kind of was messing around so I decided, "Oh, I'm starting again and I'll do it properly," and that produced amazing results.

**John Barban:** So yeah any workout written on the papers is basically useless if you don't put enough intensity into it?

**Thomas Power:** Exactly.

**John Barban:** Like it only does what it's supposed to do if you're pushing as hard as you can push.

**Thomas Power:** Yes.

**Brad Howard:** Yeah I think that if a lot of guys were as intense in their workouts as they were about stuffing stuff down their gullet and supplements and this other stuff. Do you know what I mean?

**John Barban:** Oh speaking of which you said you did the Muscle Building Foundation program. I wrote it for 5 days a week and you said you did 4 and was that because you didn't feel like you could do 5 or was it just because of the way your schedule works out for you? Can you explain that a little bit to us?

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**Thomas Power:** Yeah well it's a schedule I did. I just thought it's a bit too much to workout 5 days. It's the schedule that I have.

**John Barban:** Well,, that's good to know because other guys have been playing around with how that particular program is designed like even though I wrote for five days a week, if you want to put a rest day right in the middle and it ends up being five workouts in 8 days that's fine too which just sounds like kind of where you ended up at. Well, it's good because I'm glad you worked through it that way and obviously it produced results for you.

**Thomas Power:** The funny thing is actually I'm stronger now than I've ever been.

**John Barban:** Yeah and it's not designed to build strength per se. I mean that's not our target but it ends up happening.

**Thomas Power:** Yeah but as compared to the strength program I had for two years, like I've been doing this for six months now. I'm stronger now than that.

**John Barban:** Great and you were following a "strength" program before?

**Thomas Power:** Yes, exactly.

**John Barban:** Okay so much for that then.

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**Brad Howard:** You know it's funny I don't think it's necessarily the program's fault that people are following a lot of the times. I really think that a lot of coaches when they get to a place where they are trying to coach people in the free range and trying to give advice maybe when they are not there, they just don't have the concept and most people don't understand what intensity really is.

**John Barban:** Yeah I'm with you, I'm not really sure what the difference is. But well two things, either the program is poorly designed, and the strength just doesn't come because it's not designed to build it, or the message doesn't come through or there's not a community like we have to push people to actually push it.

**Brad Howard:** Yeah. We've kind of got a three-pronged approach instead of just throwing stuff at people and saying "go for it". We've got a really big education side of it where guys can really get a handle and idea of what exactly they need to do. And we also cover what the definitions of what they need to do and how they need to do it as far as intensity, mindset and even simplicity and what that means, as well as things like what's overkill and what's not overkill etc...so guys really get a sharp vision of what they need to do. They get some structure which is obviously the workouts themselves and then how to eat, the structure involved in that and then there is the community of people that you can bounce ideas off of and you can push, so there's essentially this kind of triangle of triumph, I guess for lack of a better term, that kind of works really well. I've never really thought about it like that but I think a lot of people really miss out on...

**John Barban:** One of the three.

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**Brad Howard:** Yeah, one of the three because you really need all three but more specifically is the education side. Like for me, and this is going to sound like I'm really putting people down but I'm not, but I think rules are made for people too stupid to understand what the real reason is...

**John Barban:** Or the assumption that...

**Brad Howard:** People are too stupid to understand the real reason.

**John Barban:** Yeah, or they just don't want to give you what the underlying principle is in the first place.

**Brad Howard:** Sure.

**John Barban:** It's easier to control a group of people with rules than it is to teach them to think.

**Brad Howard:** Right, exactly. I use the example all the time of a kid. When you are young, I mean like for me, I wasn't allowed in the front yard like ever but it wasn't because the front yard was bad but it was because my parents didn't want me to run out on the streets and get run over. So to me, "front yard" equals bad, it's not "car running over you" equals bad.

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**John Barban:** So you don't understand the principle, you are just following the rule.

**Brad Howard:** Right, exactly and so you kind of get wrapped up in the rule instead.

**John Barban:** Actually that's a good point, so Thomas, do you feel like you understand what you are doing more?

**Thomas Power:** Yeah, absolutely yeah.

**John Barban:** What's changed as far as what you actually believe or rule following versus your beliefs now.

**Thomas Power:** Yeah, I understand it a lot more like when I think of it. In the past when I was chewing my food up and eat as much as I could and I just thought, "This is ridiculous. This can't be right." I had this schedule like having specific times to eat. I mean, it was ridiculous with planning the whole day of what you are going to eat. It just didn't make sense.

**John Barban:** Oh did that even do anything?

**Thomas Power:** No.

**John Barban:** So you went from skinny to fat but there was no muscle?

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**Thomas Power:** Yeah, I got to about 170 at one stage. I'm 150 now right but I used to be 170 and I just look at myself and I can see that I'd never been fat and I can see a stomach forming and I just thought, "I can't have it. This has to change. I can't do this anymore."

**John Barban:** Because getting fat was never the point.

**Thomas Power:** Yeah exactly.

**John Barban:** So eating your way to bigger muscles turned into you just becoming fatter?

**Thomas Power:** Yeah.

**John Barban:** But you did achieve the goal of being heavier.

**Thomas Power:** Yeah exactly.

**John Barban:** And I don't understand why guys still want that. I was talking to a guy in a gym just recently. We were chatting and he's lean and muscular and he's like, "Oh, I just want to be 15 pounds heavier." And I'm like, "Whoa, 15 pounds of what? That's a lot. I mean, in what time frame? like, in 6 years?" Because the guy is 25. He probably

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can still do it but I'm like, "I don't know. That's a lot. Like pro body builders don't even want 15 more pounds. I don't know how you think you're going to do that."

**Brad Howard:** Yeah, also my buddy that's at the gym was saying the same thing but he knew what he was going to have to do and I was like, "What's next for you?" He said, "I will probably need to somehow gain about 15 more pounds of muscle." And I was like, "How are you going to do that?" He goes, "Well, I'm going to have to make some adjustments." And basically in my mind I'm thinking, "Damn, man, how much gear is that is going to take?"

**John Barban:** Well, that's what he means, adjustment to his gear, not to his training.

**Brad Howard:** Yeah oh yeah, exactly, let's clarify, it wasn't adjustments to training, it was adjustments to other stuff.

**John Barban:** So Tomas, moving forward, so I'm assuming you're goal now is just to continue building muscle then, right?

**Thomas Power:** Yeah I'm going calculate my muscle index next as soon as I can to see how I compare to others.

**John Barban:** Are you going to enter the open contest or you're thinking about it?

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**Thomas Power:** Yeah, yeah definitely. I was thinking about entering the Open contest.

**John Barban:** I think you should.

**Thomas Power:** Yeah and there's serious competition to that. I can't wait.

**John Barban:** I think that will be as competitive as any local building show I've ever been to.

**Brad Howard:** Yeah, I can't see any reason why anybody wouldn't want to enter the open.

**John Barban:** I think it's good for people to do some kind of photo shoot once a year. I think it'll be useful once a year to enter something or at least set yourself a date for a photo shoot and do it because it keeps you accountable year to year.

**Brad Howard:** Yeah.

**Thomas Power:** Yeah, that's the truth because that's how I made it. I just felt like I had to join the competition.

**John Barban:** Doesn't it really help with your training?

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**Thomas Power:** Absolutely.

**John Barban:** Would you agree that would make sense to maybe set a date once a year or try to enter one once a year something to just push the training?

**Thomas Power:** Yeah, exactly. It's such as motivation. It just gets you so much more motivation. It really helps.

**Brad Howard:** Yeah, I think I want to see how the peer pressure works, like with all the trash talking that's going to happen.

**John Barban:** It's already started for the open.

**Brad Howard:** Oh I know I just want to see how that happens. I feel like that there's a whole group of people that can really suck in and carry other people, and people shouldn't be afraid of the guys in forum and stuff like that by any means because they're really cool but at the same time, if you get in there and it gets to be put up or shut up time where everybody is having a good time with it, but they expect the best for you.

**John Barban:** Everyone's on each other's side there.

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**Brad Howard:** Yeah, so it's good trash talk but I have a feeling that what we're going to see is people going, "Ah, are you doing it this time?" "No, I think I'm, going to take a break," "What? Don't be a wimp, come on man," and then everybody piles on until he submits his photos. I think that will be great because literally if you think about it, we run contests three times a year and when you get to this stage where you are in an open category in reality you're probably going to stay within striking distance pretty much all year, which is what we are after anyway and then maybe for four weeks out of each contest, or twelve weeks of the year you'll be doing some type of cut.

**John Barban:** Yeah, that's the point. Actually I was talking about this earlier too. The whole point now especially for people like Thomas who don't have a lot of fat to try to get rid of and anybody else who's managed to get down to that level, now it's just build, refine, build, refine, and then when the open comes around, just spend four or five weeks dialing in for the open and then see what it looks like and then just continue on what you are doing and then the next open do it again. That's where I think we are going with this.

**Brad Howard:** Yeah I think so.

**John Barban:** Well, this is pretty good. Let's wrap it up here. Brad, do you have a couple of things that we would normally close with, a couple of concepts we usually want to get people to explain.

**Brad Howard:** Yeah Tom, so what is your big Ah ha moment? And if you had to kind of give some advice to guys that were in your situation. I mean with slender guys who are

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looking forward to build muscle, what kind of advice would you give? What were the Aha moments that you got out of that? What was the kind of big picture things that really kind of shook your foundation?

**Thomas Power:** I have to say for someone who is like me, I'll just say with so many guys who love the physique that we have, just embrace how lean you are and just try and get the best body that you possible can because you're still blessed to have that leanness. A lot of guys have to lose 50 or 100 pounds to get anywhere near us, so just embrace what you have is basically what I would say.

**Brad Howard:** Yeah, I agree. John, do you have anything to add to that, buddy?

**John Barban:** The only other thing that you said that I thought was powerful was that you said that things started working when you just followed the program as is and didn't try to mess with it. I thought that was pretty powerful too.

**Thomas Power:** Yeah I just did it as it was written down and it was awesome.

**Brad Howard:** That's pretty consistent, man. Everybody that wins says the same thing, and it's pretty consistent so you can't get any more cut and dry than that I guess. I really appreciate you being on the call with us. It's been fun times. We'll see you in the forums, and for John Barban, I am Brad Howard and that's your Adonis Lifestyle podcast.

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