

How I Lost 60lbs in 12 Weeks: Interview with Richard Lane



Adonis Lifestyle



Interview with Richard Lane

This document Copyright 2010 [Adonis Lifestyle](#) LLC.
All Rights Reserved. You have our explicit permission
to distribute this document as long as the document,
remains wholly intact and unchanged.

(In other words, spread the wealth, just don't change the message)

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,

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 4 of 40

Brad Howard: All right, guys, welcome once again to your Adonis Lifestyle podcast. I'm Brad Howard and I've got John Barban on the phone, and today we are interviewing Richard Lane who actually did some amazing things in this past contest.

Richard, man, I really appreciate you being here with us, buddy.

Richard Lane: Yeah, I'm really excited for this.

Brad Howard: All right, so let's just jump into this thing. You did some crazy crap. I mean, I can't say it any other way. I mean, people are going to hear this stuff and be like, "What? That can't be healthy." But I mean you obviously have the guidance with John and some of the other research you did so, let's just jump right in and start there.

John Barban: Let's go with what you did to lose the weight.

Richard Lane: The biggest thing was just the fasting. I did a lot of fasting. I did a 15-day fast, complete water fast, I didn't eat any food, and then I took an eight-day break, and then I did another 12-day fast that brought me up to my picture day. Yes, so that was pretty crazy. I knew nobody was going to be crazy enough to do that and I knew nobody was crazy enough to be fasting for weeks on end except for me. I kind of like take everything into the extreme when it comes to stuff like that. But yeah, it was really, really exciting and I created this landslide of momentum and the results were just coming so rapidly and my progress was so tangible. I was losing about a pound a day, so every day I jump out of bed and I was just excited to jump on the scale and see where I was at and the results were just coming so rapidly and I was getting so much

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 5 of 40

positive feedbacks from all my friends. Everybody was thrilled. I didn't have any blowback, no negativity whatsoever.

The result was so exciting and they were coming so rapidly that all this momentum just created this energy and everything else faded away into the background, the cravings or even considering cheating or not following through or even missing a workout. The first 15-day fast I still was working out four days a week, which was absolute torture. It was the hardest part doing lunges or squats being fasted for 12 days. And my circuit workouts fell in that 15-day fast and it was just absolute torture.

Brad Howard: Oh yeah, definitely.

John Barban: Well, can you walk us through what it feels like? I've done a five-day fast, and I know that after five days I didn't experience anything that I would've called hunger. It felt like cruise control after about 48 hours, but I have no idea what it feels like 10 to 15 days in. Can you walk us through the three-day, five-day, ten-day mark and what it felt like? Like you said, the motivation and positive feedback seemed to replace eating. What did it actually feel like physically to go that long without food?

Richard Lane: Sure, yeah. I tell you what, the second 12-day fast was way easier like let's say Day 10, the Day 10 of the 12-day fast was way easier, believe it or not, than Day 10 of the first 15-day fast. Your body really adjusts. But the first 15-day fast, the first three days were a really tough, but then by Day 4 and 5, it just becomes very normal, like you said, in autopilot. It's very routine. You have cravings, food cravings. Things look good, but a lot of the physical hunger pains just kind of go away. You really

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 6 of 40

do kind of get in cruise control. I think around day 4 or 5, the lightheadedness kicks in where if you stand up you get pretty lightheaded.

Then about Day 7, 8 and 9, they were pretty easy. I hit about Day 10, I still felt strong and 12, 13, they are about the same, the energy is starting to taper off. You kind of don't really want to get out of the house and do anything, you just kind of want to sit on the couch and relax. So actually getting up off the couch and putting on my gym clothes and going to gym and lifting weights like ten days in was hard, that was just difficult with just the motivation to do it. Your energy level are starting to taper off, the lightheadedness is starting to get pretty mad when you stand up. The lightheadedness is almost, what do you call it, when you're see things?

John Barban: Like hallucinating?

Richard Lane: It's pretty intense and then it stopped on Day 12 and I really just started to feel really crummy. I just didn't have any energy. The energy was really tapering off and then on Day 3 and 14, I was really starting to be like, "Oh man, I just can't do this". Days 7-10, I didn't feel great but I can maintain that almost indefinitely, but then I hit day 14 and I was starting to seriously consider stopping the fast just because I was just not feeling good and I thought to myself, "I'm not going to be able to go to work. I'm not going to be able to maintain my daily routine the way I feel right now." And then actually that night, I was watching the food network and they were doing barbecue stuff and I was sitting there and I don't know if that had anything to do with it, but it was pretty tough watching that show and I don't even know why I was watching it, but I turned it off and then the next day I'm sitting there and I thought to myself, "You know what, I'm

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 7 of 40

going to break the fast today. I'm doing pretty crummy. I can't maintain this. I won't be able to maintain my daily routine."

But what's interesting was back before I started doing any of this, if I miss a meal, I was really grumpy and cranky. That's a thing of the past. I mean, I can be five, six, seven days into a fast. That is all gone. I don't get grumpy or cranky from food cravings or from food deprivation anymore, which I think is pretty interesting.

Then I went home. I cracked open a can of chicken broth and I added a bunch of pepper and garlic to it, and I can't even tell you how delicious chicken broth was.

Brad Howard: Oh, sure.

Richard Lane: And that went down good and I read all kinds of stories online about people breaking the fast was the hardest part and I was waiting for something to happen and nothing happened, and I was having mad craving for popcorn for some reason. So I actually walk just down the street and I bought a bag of popcorn and came home and ate that. I thought for sure I was going to pay for that and that went down fine, and I can't remember what I ate after that, but I ate something heavy. I actually think I maybe ate a pizza or something and it was nothing and I started eating again and nothing happened and I couldn't believe it.

I really thought I was going to get sick or something was going to happen and nothing happened. I ate for a week. It felt absolutely amazing. There is a big difference in energy levels, but I was getting impatient. I was kind of sick and tired of watching the

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 8 of 40

glycogen storage just fill back up and you put on some bloat weight and just made me like, "This is not going to be like that. I can't have this." And I was about two weeks away from the contest and I felt like that was perfect timing to finish out the contest on a fast to give me plenty of time to water cut at the end, if I needed to, and do everything. So with the timing, I couldn't have timed it better if I tried, but the second fast was definitely easy.

The first seven days was pretty much effortless. I felt very normal. Literally, I was just running around doing my thing even going out at night with my friends and hitting dance clubs and stuff and it's very normal. So it gets definitely easier and at this point I could probably do a 48-hour fast on accident. I mean I just don't get any hunger cravings or food cravings or hunger pains in a 24-hour period. My hunger cravings and my food cravings are just a thing of the past.

John Barban: Is that something you would ever believe before you tried this?

Richard Lane: No, never. I remember doing my first 24-hour fast and this is okay. I can do this, but it was a little uncomfortable and I knew it was going to be uncomfortable and I couldn't have designed a better routine to get down to doing a long fast. When I started with Adonis four months ago at 252 pounds in weight, my contest weight was 176, so I lost almost 70 pounds since I started, but I lost 60 for this contest. I started out just doing two pounds a week lost using my BMR and everything. I ended up going kind of crazy. I thought I'm doing only 500 calories a day with a daily 24-hour fast and I thought that was just the extreme-extreme, and then I needed to water cut, so I did a 24-hour fast with just chicken with 500 calories of chicken a day, no sodium or carbs, and when I did that, that wasn't bad. I'm going to go for it.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 9 of 40

Someone had posted online a question about longer fast. I started researching it, and then I think John, you mentioned a year-long medically supervised fast, and I thought, "Let me see." I really checked into all that and just decided for myself that it wasn't going to be dangerous. It wasn't going to be unhealthy and I was going to go for it. I was planning on doing a 30-day fast and just split it out and cutting out that middle eight-day section where I ate, but that didn't happen. But I was pretty happy with the result anyway.

I've actually been toying with just eating maybe for the next month and even doing a longer fast again, or just eating on the weekends and doing a weekly five-day fast. I'm not really sure what I'm going to do, but I want to cut a bunch of the fat before the next contest comes up because I want to come into it strong.

Brad Howard: How tall are you?

Richard Lane: I'm just under 5'10.

Brad Howard: Okay, man, so how much more do you think you probably need to lose?

Richard Lane: Man, I don't even know. I still have quite a nice muffin top. I mean, I'm fitting into 32 jeans now. I honestly think I'll be down to 140 by the time I'm pretty cut. Just based on knowing how I looked in high school, when I was an athlete in high school and I lifted in high school and I was very lean at 140, so I'm pretty sure I'll be

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 10 of 40

down at about 140 once I am starting to see my abs come in. But that means I have to cut another 40 pounds I think.

John Barban: And then from there it's all building from there?

Richard Lane: Oh yeah, I can't wait to build. I'm really looking forward to it with my shoulders filling out and just seeing a small waist in the mirror. I just giggle when I look at myself in the mirror. It just blows me away at how quickly it has changed and how I'm just not a fat guy anymore and I look great in my normal clothes. I haven't worn T-shirts in ten years because they were just embarrassing. I couldn't hide the fat, and now I am wearing T-shirts, small and medium size T-shirts and 32-inch jeans and I just don't look like a fat person anymore. It's really, really exciting. I'm really excited about it.

Brad Howard: What's your waist measurement right now?

Richard Lane: It's actually still up there because I got kind of big love handles, but around my belly button, I'm still about 38 inches.

Brad Howard: Okay.

Richard Lane: Yeah, I still have a ways to go when it comes to the waist measurements. Below my waist, it has always been a little smaller like where my pants sit, but I'm about 38 inches. My AI score is still under 1.3. I think 1.2 or 1.3. I've lost five inches off my shoulders since I started.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 11 of 40

Brad Howard: Where are they right now?

Richard Lane: I think they are at 48. I've lost ten inches total off my thighs. I lost five inches off each side. My thighs are just way smaller. My fat tends to accumulate all over my body. It just doesn't settle on my stomach. It's all over, so I lost inches on my shoulders. My shoulders are big and you can pinch a lot of fat all over my upper body. With my thighs, you can pinch a lot. So it's totally just kind of evenly come off very nicely. In fact the last place to come it off is my stomach. It's been kind of stubborn. I've lost ten inches off my waist in four months since I started and I think eight during the contest or six or eight or something like that. Even though I lost so much weight in the last month or two, I think the next two months is going to be just as exciting, if not more exciting because I'm going to see my stomach shrink and my AI shoot up pretty rapidly I think because I'm just running out of places for the fat to come off, so it's like one spot left.

Brad Howard: Sure, yeah, I've got a feeling, but I don't know. I don't think you're going to be down on 140.

Richard Lane: Really?

Brad Howard: Well you might, but maybe high 140s at this point or maybe top of 140.

John Barban: We'll have to see.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 12 of 40

Brad Howard: Yeah. Well it's something we've been talking about, the last two inches...

John Barban: Off the waist.

Brad Howard: Because there is a disconnect in how much you weigh versus that linear scale of waist measurement to pounds lost. That kind of falls apart when you get to around two inches away from where you are going to end up. You also mentioned that you didn't get any social blowback but you are going out and having a lot of fun and you mentioned that you've been kind of covert about some things. Let's talk about that for a second because I'm sure people want to know how in the hell did you not eat for 15 days and not have anybody talk shit to you?

Richard Lane: Yeah, I kept it top secret, not even my roommates knew I was fasting. When we would go out with my friends and everybody is drinking and everybody would join and get pizza and burgers afterwards and I will just have my water and I would say, "I'm not hungry, or I ate earlier." I never even pretended like I was fasting because I had a feeling that there was going to be a lot of blowback if I told somebody I hadn't eaten in two weeks.

John Barban: Oh yeah.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 13 of 40

Richard Lane: So I just kept it clean. I didn't tell anybody. I kept it a secret. The only people that knew in the whole wide world was anybody reading my blog online.

Yeah, I have a lot of friends. I live in Tempe, Arizona, almost on-campus, so we are right in the party district and I have lots of friends and I know everybody on the party street, and I go out a lot and I have friends that I have known for years who would like tentatively approach me because they weren't even sure if I was me. They come walking around and they are like, "man, I didn't even recognize you. You look like a completely different person." And that kind of stuff just really, really, really motivated me and just kept me going. It was just really exciting to see people's reactions and it's pretty incredible. It was just incredible.

John Barban: What motivated you into the contest anyways?

Richard Lane: I've gotten into the Adonis thing and I honestly didn't have any intentions with the contest, it wasn't on my radar. And I don't know, one night I was on the forum. I was on the board and Legion said something about me. He was picking me to win the BURN category and that was the first moment where I kind of realized that I was kind of making a lot of progress and it was pretty exciting. I don't know, that was the switch, that made it click. When he said that, it gave me something to really live up to. I almost felt like if being involved with this, it was my results were really disappointing, and I know it's not true, but I felt somehow it would kind of make him look bad, and I used that emotion even though I know it wasn't real. I used that emotion to keep me on track and fuel my day in and day out doing whatever I had to do to stay on track.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 14 of 40

And then I read a couple of other key posts that clicked for me, and it just made me realize that I wasn't going to leave anything on the table. I was going to do everything in my power to make sure that I didn't leave anything on the table. I can finish this contest and honestly truly say, "Man, I did everything in my power to lose as much weight and make the biggest transformation that I possibly could." And I really think that I did that.

Brad Howard: Nice.

Richard Lane: I'm really happy with my final pics and everything.

Brad Howard: Were people trying to delve in and find out what you were doing exactly, or was it just like, "Oh okay, you look good. All right, let's go and drink beer."

Richard Lane: I've actually gotten explaining to people without getting anybody disagreeing with me, without anybody saying, "But is that healthy?" I've actually gotten describing the process down to a science to within a five-minute conversation I can take somebody to stages of almost immersing them and chat with them. Within a five-minute period of time getting them to the point where I'm saying fasting and they don't freak out in the least.

Brad Howard: Let's do that. Let's do that right now. I want to hear your elevator five-minute speech because I think this is one of the biggest things that people run into across the board. It's one of the things that people run into with Eat Stop Eat. It's the number one support question that we get for Eat Stop Eat is, "How do I tell people what I am doing without them blowing up in my face?" And then of course not just with that

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 15 of 40

but with anything else that's nutrition based. I mean, we know it's all social. So I think this is probably going to be one of the best things people will ever hear. So let's go.

Richard Lane: Yeah, first. They are like, "What are you doing?" And I just said, "You know, I've just been controlling my portions. I just eat a lot less food." And they'll say, "Okay, it makes sense." And I'll give them some examples and I'll say, "You know, you can eat a lot more food if it's lower in calories." And now I'll say, "It really doesn't matter what you eat. If you eat lower calorie foods, you can eat a lot more of it." And that make sense to a lot of people and you can feel full and you never feel hungry and then I'll say, "You know, sometimes I'll just help control my calories. You know, it's all about calories in and calories out. It really doesn't matter what you eat, and then I will usually tell them about that guy eating little snack cakes and he has lost a lot of weight. It really is simply calories in calories out. You know, you can eat whatever you want and I'll say I'm even eating pizza and I'm eating tacos, but I just make sure I eat a realistic portion. I don't eat five pieces of pizza. I eat maybe one or two pizza slices and then I'm good, and I stop eating when I'm not hungry anymore." And then I'll say, "You know, and one of the tricks that I'll use to cut out some of the calories like if I'm going out and I'm going to be eating with friends, I'll maybe just even skip breakfast or skip lunch and that cuts out a lot of calories." And they will be like, "Yeah, that's a great idea."

And they are usually on board at this point. I haven't done anything too crazy. I haven't really shocked them and then I'll go into the BMR, and I'll say, "You know, for me, just for me to function as I lay in bed my body is going to burn up about 1900 calories a day. For every pound of fat you want to lose, you've got to cut 3500 calories off that a week, and I've just done the math and I figured out what I'm going to eat, when I'm going to eat it, and that's what I've done." And if you want to lose two pounds a week," I guess more people are pretty comfortable with their thought of losing two pounds a week, you

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 16 of 40

kind of hear that in the news a lot, I'll say you've got to cut out about 1000 calories a day. That's about 7000 calories a week and you've got to cut out 1000 calories a day and you're not going to burn it off in the gym. It's going to be tough.

Everybody thinks you've got to go to the gym and spend hours everyday to lose weight, and I say, "You know, it's a lot easier to not eat 1000 calories than just try to burn it off." And if you only skip four meals a week, maybe skip a dinner and then maybe skip a breakfast another day, If you just skip four meals a week, man, you've cut off a ton of calories and you are going to start losing weight, and it's easy you can eat anything you want really. You just have to make sure you're not going over board and you maybe skip four meals a week and if you can't do it, maybe skip one meal or two meals but you will see the weight come off. You can eat whatever you want and the weight is just going to start coming off and that's what I've been doing.

Brad Howard: Nice.

Richard Lane: And that's what I tell people. It kind of eases them into the concept of fasting and I never even say "fast" and usually I don't hardly tell unless they are on board. If I mention fasting that they've seen someone else do it or tried it or they have heard about, I never even say fast. I just say skip a meal. I said maybe skip breakfast one day or skip lunch...

Brad Howard: Are you in sales?

Richard Lane: Yes.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 17 of 40

Brad Howard: Because you basically yes trained them all the way down that's what you did. You took little commitments to getting them nodding their head.

Richard Lane: Yeah, I just said skipping some breakfast.

Brad Howard: Yeah, that's funny. Yeah, exactly if you just said I skip breakfast at the very beginning people would have been like "Oh that's unhealthy"

Richard Lane: Yeah.

Brad Howard: That's awesome that you are in sales. I kind of figured because that's a pretty, I'm not going to say it's a dirty tactic, but it's a kind of sneaky, and then obviously you went into assigning labels that Legion did to you too. That's kind of another dirty psychological trick, too.

Speaking of psychological tricks, you had a lot of mind games that you kind of played with yourself and you also mentioned there was some money on the line, our money, that kind of came into it also.

Richard Lane: Yeah.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 18 of 40

Brad Howard: Let's talk about that for a second because I don't think we got into the mind tricks and thing that you can play with yourself and how it will give you an edge. We talked about some reframing exercises in the past. Who was talking about it, John, talking about the reframing?

John Barban: Oh Matt Misiurak.

Brad Howard: Oh yeah, Matt.

John Barban: He said he reframed the feeling of being hungry and he trained himself to believe or understand that that's the feeling of fat burning.

Richard Lane: Yeah, that's exactly what I did. When I felt that feeling, it's very comforting. I know I'm doing what I should be doing. So when I start feeling the hunger I know we're up to speed. We're losing weight and we're doing good. I'm a numbers guy. I have all my details on a spreadsheet and every morning, I'm going to have just a whole spreadsheet full of numbers and charts and everything.

So one of the biggest things that I would do is I break the numbers down. If I'm losing a pound a day, which I know it's not all fat, you're losing glycogen and you are losing all that stuff. But if I'm losing a pound a day, that's 16 ounces in a 24 hour period. That's a little bit less than an ounce every hour or something like that. So if I'm sitting there and it's been an hour or two hours or three hours I mean, it's like there's a hole in a water balloon and it's just draining. So I like to run the numbers and I like to look at the numbers and it's right there, it's right in my face, it's tangible but the big one was when I

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 19 of 40

feel hungry. I know I'm losing weight. I know I'm doing exactly what I should be. I really learned to come to like that feeling. And in fact, it's almost an addictive feeling knowing I'm doing exactly what I need to be doing. I'm getting thinner. I'm looking better and that's a great thing, so that was one of the big things that I did.

I managed my emotions. I really got my emotions under control as far as, I don't know why, but I don't seem to be grumpy or being moody or get depressed or anything when I'm hungry anymore. I don't know where that came from if that's psychological thing or my body just giving up on playing little tricks on me to eat. I'm not sure if it's psychological or if it's a biological thing, but I just don't get moody anymore if I'm hungry.

Let's see, what else did I do? The lack of energy, I would take that time I needed to study. I didn't want to get up and get off the couch and go do things, so I would just use that time to study and read and I would do things like that.

I also found that I can handle two stimuli effortlessly, but the minute you threw the third stimulus, it got tough. So for instance, if I was just around food, that's one stimulus and that was easy. If I was around food and maybe everybody is drinking alcohol or something that's two, I can handle that. But if its food, alcohol and a big party environment, all a sudden it starts to become real and it started to bother me and I would end up getting a little bummed out, so I would do anything I could to avoid three stimuli. I can do two. I can handle two. We go out. We can get drinks, but there are just so many nights were I just didn't go out with my friends. I would just literally stop going out just so I could avoid the stimulus and maintain my emotional state because I

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 20 of 40

knew if I'm in a party environment with alcohol and there's food, I know it's going to bum me out.

Or if we're out and there's alcohol and there's a party, I'm fine with that, that's great. But the minute we go and get food, it's all three on top and it starts to become a struggle for me. So that was one of my big things. That was a little mind trick that I play. I knew what my triggers were. I knew I wasn't going to cheat or wasn't going to indulge or eat or drink, but it did bring my mood down to be in those environment, so I eliminated those. When I was eight days into a fast, I would make sure I wasn't in that kind of environment and it really got a lot easier over time.

It just became my whole lifestyle. I lived in this little bubble and just feeding on the positivity that I was getting from everybody and that really was just so exciting for me and people just freaking out every time they saw me. Because every time they would see me, if I didn't see my friends since last week and I'm five pounds lighter, if I didn't see them in two weeks, I'm five to ten to fifteen pounds lighter and I look different and my face is changing and people just literally freak out and they can't believe it...and everybody is like a perpetual motion chain now and I just fed on it.

Brad Howard: Yeah.

John Barban: That's awesome. Another thing is it's great that you don't get any negative feedback because many people would say, "Well, that's an unsustainable life." You're right, it isn't sustainable, but your goal isn't to do this forever. Your goal is just to get the damn fat off and then start building from there.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 21 of 40

Richard Lane: People say it a lot, “Oh, that’s unsustainable.” It’s like, “Of course, it’s unsustainable, but at some point, you are not going to have to do it anymore.”

John Barban: And the point is; to get to that point as fast as possible.

Richard Lane: Yeah, and it was almost boring when I was just doing it two pounds a week and it was exciting when I was doing the 500 calories a day, that’s where the weight started really to come off. But now when I started doing the long fast, it was like atomic. It just blew up. The weight just fell off literally. People say it fell off. I mean it really did and the reaction just got huge and I just really fed off of that. It was so fun that everything else just kind of fell into the background as far as cravings or being uncomfortable. I slept good at night and everything. Still I got a lot of rest, I drink a lot of water, I drink a lot of green tea and just used all that, the caffeine and rest just to manage my state and manage any cravings. If I started feeling hungry I will go drink a bunch of water and drink some green tea and it was gone. It literally just eliminated the feelings and it was very empowering. I have tools to use to control any hunger cravings.

Brad Howard: You mentioned some things that a lot of people would probably consider to be maybe a little bit excessive, like you we’re talking about how you had your numbers down and all of this other stuff and you were kind of tracking stuff, and it’s funny because there are different strokes for different folks. I mean there’s definitely a line. It’s kind of like the same line. On one side there’s ‘structure’ and the other side there’s ‘flexibility’ and everybody is going to be on that line somewhere. It’s funny because people always ask us. They are like, “What is it going to take to do this?” And

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 22 of 40

my answer is, "Whatever it takes is whatever it takes." It just seems like people are afraid to do what they need to do to get where they need to go.

John Barban: Or they want a result without doing what needs to be done to get that result.

Brad Howard: Sure, the fact to the matter is there's no easy way to do this.

John Barban: Extreme results require extreme efforts or extreme situations, and that's what you've done and that's what you've got.

Brad Howard: Yeah, I mean it's pretty impressive. As I'm listening to you, I'm thinking, "Man, I won't do that, but that's me." I would figure out a way to do it for me. You figure out a way to do it for you, is it wrong? Obviously not. Which is the whole point. John's got a way that I wouldn't do. He eats crumpets or whatever they are and coffee every morning.

John Barban: Coffee and donut every morning.

Brad Howard: Yeah, I mean that's not for me. I would eat that donut and I would have 15 more. Do you know what I'm saying? So that's the thing about it...I don't think that people realize that our bodies are roughly the same but it's our social constructs and our lifestyle constraints that really define us as far as what's different, and like I say the way you handle your social constraints and the things you were talking about by having

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 23 of 40

stimuli, for me, no deal, dude. If I'm out and there is alcohol and a party, not food yet but if there's alcohol and a party, I mean I'm going to have some beers.

John Barban: So for you, it would've been at the break point of 2 stimuli?

Brad Howard: Well, if it's those two. Now alcohol is fine. Alcohol would be fine. If we would just going to go out to a restaurant and just hang out and drink in that type of environment, that's totally cool. Alcohol and food is fine. But if you threw in an immense amount of fun like that where it's going to party time, I mean we're going to eat some late night, eating at a greasy spoon joint afterwards. But you see I know that, so if I'm trying to cut, then guess what? I don't go. It's one of those things you don't even try to negotiate with yourself with because you know it's not going to work. Just take it out.

Richard Lane: It almost felt like when I fasted, I'm clocked in. Maybe I always have to be trying to accomplish something. Even when I'm watching TV, I'm online, I'm reading something, I am always trying to learn and I am always trying to accomplish something. I'm always trying to become better from almost minute to minute. I'm very, very much trying to improve. When I'm fasting or when I'm managing my calories, I felt like I'm clocked in. I feel like I'm on the clock and I'm racking up gains or whatever you want to call it. But I can sit here on the couch and watch TV fasted and most people would say, "Well, you're just watching TV. You're not really doing anything with your life," or whatever you can say.

But in my mind I'm clocked in. I'm losing weight. That's what I'm doing. Tonight I'm losing weight. That's my project tonight, I'm losing weight and I'm probably on the

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 24 of 40

internet reading. When I'm on the forum, I'm going through and I'm listening to a podcast or something, but I really have a sense of accomplishment just by being fasted. I have a really strong anchor to that.

John Barban: The other way of thinking of it would be you could calculate your BMR per hour and you could calculate how much fat you burn within that hour of fasting and you could actually literally go, "Oh yeah, I just burned that much more fat just now."...

Richard Lane: Yeah

Brad Howard: It's almost like overtime. It's almost like working overtime. Like most people hate work, most people hate their jobs until they hit hour number 41, and then they are willing to work as long as they want.

Richard Lane: Yeah, exactly. It's very true.

Brad Howard: And when that check comes around and you've got thirty hours of overtime, you're like, "Sweet."

Richard Lane: Yep.

Brad Howard: Yeah, but then it starts all over the next day. That's kind of the same thing like you're talking about. Like you would go through your fast like, "I'm on

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 25 of 40

overtime. I'm overtime," and then you would eat and then you're like, "oh shit, I've got to start all over with regular again. It will take forever."

Richard Lane: That was a perfect analogy because that's exactly why I ended up going to 15 days because on Day 3, I'm on overtime, on Day 4 I'm on overtime. If I eat, I know my body is going to fill up with glycogen. I know I'm going to jump on the scale and I am going to have to put on a bunch of weight, even though maybe I only eat 500 calories, I know glycogen is going to fill up and I'm going to blow it and I know that's going to happen and it's going to take me another two or three days to get back to where glycogen stores have kind of been depleted. Yeah, that's a great analogy. That's really perfect. It's the same emotions involved with feeling like you're on overtime and come tomorrow, the work week starts over, and you're back making you normally make.

John Barban: So tell me this, are you looking forward to the point where you don't need to be doing this extreme fast and you are actually eating up to or closer to maintenance and really focusing on how you can influence your muscle gaining, or are you not allowing your mind to go there yet because you still want to strip the fat away? Like do you get excited planning that, thinking of how you are going to plan that, or you do not want to think about that yet?

Richard Lane: I used to think about, "Man, I can't wait until I'm in maintenance." And that kind of kicks in once I've been into a fast for a little while and I used to think about that and I don't even honestly think about that. I've been eating about 500 calories a day I make with this homemade soup. What I do is I just basically throw in a bunch of

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 26 of 40

vegetables into some chicken broth and throw in some seasonings and the whole pot, I mean, I make a pot, the whole pot is 700 calories.

So if I just pig out and literally ate the 64 ounces of the broth, if I ate the whole pot, then the most damage I can do is 700 calories. So for the last two weeks, I've been on cloud nine just feeling like that and full of the soup I've been making.

Brad Howard: Yeah.

Richard Lane: I never really put a lot of effort into not fantasizing about food. If I saw some food, if I smell food, I just smell it and I like it or as I am walking down the street and I'm walking past a restaurant and I smell something delicious, I'll stop and enjoy it. I never really put a lot of effort into trying to not think about food or not fantasizing about food or avoid, although when I was watching TV, I would fast forward through commercials. I would fast forward through restaurant commercials like McDonalds or whatever Taco Bell and a couple of things.

But other than that I haven't put a lot of effort into avoiding thinking about food but I am really, really looking forward to being able to actually eat at maintenance and actually eat normal and that's definitely something I'm looking forward to doing.

John Barban: That's the second phase of your experiment where you can see what you can do with the look of your body once you are lean enough that you are at maintenance. Imagine when you start putting this kind of effort into that.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 27 of 40

Richard Lane: Yeah, I was thinking about that today because I kind of take it into the extreme. I mean I won't try to go to the edge. I can't imagine that I'll try to go to the gym seven days a week to workout or do anything ridiculous like that because I'm very calculated. I like to have a plan. When it comes to some things like working out, I'm not going to try to hit the gym seven days a week like some people do. But I'm definitely looking forward to really hitting the gym hard and being very dedicated and consistent and watching my calories and just really doing it right and really dialing in that aspect. I think I have dialed in fat loss diet, and I'm really looking forward to dialing in that aspect of it and building muscle and then completing different programs and going to the next level and putting in booster workouts and just really dialing that in.

John Barban: Just living the life.

Richard Lane: Yeah.

Brad Howard: Yeah, I wonder how much weight the nation would lose if it was illegal to have food commercials?

John Barban: Probably a lot

Richard Lane: Yeah.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 28 of 40

Brad Howard: The second thing I was going to say is I already know when the next time you are going to start thinking about eating to maintenance levels again. I and John have already talked about it. It's going to happen right when you are about an inch away, and the reason is because you get to that point when you're pretty satisfied. You've got kind of a two-pack going on. You could see some abs and then it happens. I and John talked about it and a lot of other people. That's when you start thinking, "I could just start to focus on building muscle right now." Do you know what I mean? Instead of taking it all the way to house, you are like, "Well, I could." Then you start flip-flopping back and forth at that point.

Richard Lane: I'm really glad you brought that up because I know that I'm going to lose this weight as quickly as I possibly can and I'll probably do hardcore fasting for most of it, if not until all of it is gone, and I didn't lift the last two weeks of the contest. I figured at this point it doesn't matter with the lifting. I'm just going to diet. These last four days, I completely fast because it hurt really bad to go into the gym and do squats, especially fasted, and so I thought, "Okay, I'm just going to commit to this." It was a complete lifestyle. It was a different experience the second time around not working out, so I've actually been really toying with the concept. I'm really wondering what kind of training I should do if I am completely fasted. It's something that I don't have any clarity on and I can see myself doing exactly what you're talking about getting close and thinking, "Okay, I don't have to torture myself anymore. I could start eating food." Yeah, that's something I want to talk about.

Brad Howard: Yeah, I mean, I battle it every day right now and like I say, I'm probably next in line to take photos. I don't know, I'm maybe three weeks away and it's the same thing. It's like, "Man, I'm good enough. You know, I'm good enough."

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 29 of 40

John Barban: And that's the trickiest part the "good enough."

Brad Howard: Yeah.

John Barban: Because it's close. You look good in clothes. You're like, "Yeah, this is good." And you don't look bad out of clothes, you are just like, "Hmm." But if I want to get to "exceptional", it's those last few pounds.

Brad Howard: Yeah, it's the same thing about assigning labels. I mean, number one, Barban already put his stuff up and he didn't tell me he was going to do it until maybe about two weeks ago. He kind of dropped it on when he said, "Oh yeah, by the way, I've been in restriction for about six weeks now. I should have some pictures in two weeks." I'm like, "You bastards. Okay, you've got to tell me these things."

Richard Lane: Yeah, it was phenomenal too. They look amazing.

Brad Howard: Yeah, but that's what he always does to me. The bad thing about it is at the end of the day in January, Pilon is going to be the fattest one of all of us.

John Barban: Take that, Brad.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 30 of 40

Brad Howard: Yeah, I told him that last night. I was like, “Dude, you’ve got to get back in shape.” Because obviously he had the accident and the house being worked on and stuff like that...

John Barban: Oh yeah, the gym was out of commission and he got into a car accident.

Brad Howard: Yeah, we were just laughing about it. I mean, this is no secret to him. I think he actually brought it up when he said, “You know it’s going to be bad. I’m the fattest one out of the three.” I was like, “Yeah, that can be pretty bad, dude, considering that you wrote the book on fasting...”

Richard Lane: Yeah.

Brad Howard: Yeah, that sucks. But that just shows that it’s not very hard to let yourself go. I mean, things can add up. That’s kind of the other thing John and I have talked about in the podcast is that it’s not really like all year you gain weight. It’s like specific instances in your life where you might pack them on. But if you don’t get it off...

John Barban: It stays there forever.

Brad Howard: Yeah, it stays there forever. It just sticks. It’s like bubblegum. If you had a bad month and then you kind of go back to normal where you gained ten pounds that month and you are normal, and then you have another bad month maybe six months later. That’s how it seems people gain.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 31 of 40

John Barban: And if you don't have the compensatory 'under eating' month to get rid of that bad month, then what you've gained in that bad month you'll take it to your grave if you don't have another month of dieting to take it off. Based on my calculations, it will take three months to take it off. But in general, if you put ten on, if you don't take it off somewhere, you would take that ten to your grave.

Brad Howard: Yeah, but the best part of about what you're discovering right now is that you already know. Heck, after Thanksgiving, I put an inch and half back on because I just went crazy, but when I measured it, I was like, "Damn it." But I already knew what I was going to do to get it back off. So there's no stress. It's just, "Oh well, I just got to do what I know how to do and it will be fine." And so there is kind of a freedom there. It's like this big sandbag just gets lifted off of you once you kind of get this thing handled, so that's one thing I am really happy for you because you're figuring out how to get this thing handled on your own. You've got your methodology. It's yours that you've kind of claimed for yourself. Yeah, the overall structure is basically what we talk about, but with little nuances and all that stuff. That's yours, that came from you. Nobody can teach that.

Richard Lane: Yeah, I tell you what, after doing it, I've noticed a change in my psychological capacity for what I'm capable of. I know when I did my first two-day fast, I was thrilled. I couldn't believe I'll be able to manage that. It's like my comfort zone has expanded so much that I know and I always know I've done a 15-day fast, so if I need to get rid and if I have a big Thanksgiving meal, I always know I can throw a 3 or 4 day fast. I know it's not going to hurt. Most people are probably thinking, "Man, three to four days, that just sounds like torture." I know that a three or four day fast should be easy

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 32 of 40

because I have done it and I know I can do it again and I always know I can pull that out of my back pocket if I need to do it, especially when I'm, like you said, that the four-pack, and I'm getting down to that final little bit.

I know if I had to, I can pull out a week or a ten-day fast and I know it's not going to kill me and I know it's there. I don't have to pump myself up for it. I don't have to try to wonder if I can do it. I know I've done it. I know I can do it again. I know what it's like, so I'm pretty happy that I have it. It's like a tool and I have it in my tool box and I know I can pull it out if I need it.

I've just seen my comfort zone expand and I've done it actively. I've looked online. I've read testimonials from people who have done longer fasts. I've seen what they say. I kind of came to this process of getting myself and normalizing things for myself with ten-day fasts. I've read about a bunch of people who do ten-day fasts and at the conclusion reading all these testimonials, it felt normal to me to do a ten-day fast. It didn't seem like some crazy thing buried on the internet on how to lose a bunch of weight. I've immersed myself in a lot of this stuff on purpose trying to expand my comfort zone and then I actually will be able to do it.

Brad Howard: Yeah, and now we are relying on you to take it to the house and come in and show what can be done because there are going to be people who listen to this and they are going to be like, "Oh man, he lost his muscle, and oh, that's not healthy," and all this other stuff, and at the end of the day, you get to step up and once you get to where you want to be after the next couple of months, come back up here, maybe get some measurements, and report back and there you go.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 33 of 40

Richard Lane: You know what, I'll tell you, and that was one of the hurdles I had to overcome. It's worrying about losing muscle. And I looked into that and I found and I read a lot of stuff that you guys wrote about how it comes back. When someone has an injury, it comes back. It comes back fairly quickly in the whole scheme of things. And so I use that, and that was something I was able to check off the list. I wasn't worried about that anymore and I have one of those scales that when you get on it, you take it with a grain of salt. So I've been tracking all that for almost the whole contest, then in a fasted state, I did see my muscle mass fall off. I really did. I mean I lost, at the highest, I saw it at 75 pounds and at the lowest it was at 66. So that's almost a ten pounds difference. But after I ate, two days later, it was right back up to where it was. So according to the scale, I haven't lost any muscle mass, and I've been tracking it for almost four months now. And yeah, you've got to take it with a grain of salt, but what I've been doing has been very consistent. My calories haven't been all over the map. I'm either doing 500 calories or I'm doing nothing. When I'm doing nothing I get very consistent results with my body fat percentage, tenth of percentage every week I watch it come down, it's very consistent. When I'm eating, that's when the numbers and the reading on the scale tend to flex more. But when I'm fasting, the numbers are very consistent.

John Barban: Basically linear?

Richard Lane: Yeah very linear, I can now watch my body fat percentage very slowly decline. I watch my muscle mass very slowly decline until I go and break the fast and within two days it all comes back.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 34 of 40

John Barban: And you're not losing muscle. You are just losing water out of your muscles.

Richard Lane: Yeah, my weight has been (like when I'm fasting), ridiculously consistent. It's almost like clockwork. I know I'm going to lose almost about one pound every single day and if I have a day where I don't lose a pound for whatever reason, maybe I didn't drink much water and maybe a little bloated, then the next day I lose 1.6 pounds. I mean, it's just been so consistent. My body fat percentage according to the scale is just tiny little increments. I'm watching it go down consistently, which leads me to believe maybe it's not accurate, but at least it's a great little tool to stay motivated and kind of see trends. It's definitely good for mapping trends.

John Barban: Yeah.

Richard Lane: This has been one of the big things for me watching it. It's all mapped out. It's all graphed out on an Excel spreadsheet. Sometimes I stare at it and I study my numbers and I use that to motivate myself and I see my progress and it just gets me excited to look at the numbers and I bust out my pictures frequently. I take pictures all the time and I have them in a little flip chart and I flip through them.

Brad Howard: Yeah, that's awesome, man. Well, you've kind of figured out what we've talked about, and John, I don't know if we've talked about this before but it seems like everybody thinks that the body has a protein gobbling effect when you go in a deficit, but it is a protein-sparing effect.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 35 of 40

John Barban: Yeah, that's why you have body fat to spare your lean mass and that's why you burn body fat, so you don't burn your lean mass. You don't dig in to your lean mass until your body fat is gone. I mean, you're not there yet. That happens when you're at the last few percent of body fat left to go. So until you get down to that level, your muscles mass really isn't in any danger. But by the time you're at that level, that's when you're eating back up closer to maintenance and now you're just refining. So it's kind of like the more fat you have to get rid of, the more extreme of a deficit you can use to get rid of it and you'll discover this over the next two to three months as you are approaching your lower body fat percentage. As you're getting down to the little bit that's left, you'll realize you can't just fast it all away as easily as you have been. You will likely realize, "Oh, I'd rather maybe change the calories up, do a bit more working out." It's going to converge. It's going to converge to a point and it's cool that you are tracking it because hopefully for us, you'll be able to report back in at how all of those lines, those linear relationships, if they change, if they flatten out, if they spike or whatever happens coming from all of that way.

And we've seen that with other people. Like we just did an interview with Allen Elliot, and he said his waist doesn't change, even when he's trying to get leaner, his waist just won't change from 30 inches. He can't budge it and then all that happens is he losses mass off of his shoulders. So it's not a weight thing, it's not a fat things, it's literally he needs to maintain his water levels and try to keep his shoulders bloated while he was trying to get a little bit leaner. So he probably can actually lose some fat without changing body weight and without changing waist measurement. So things change when you get to your final lean states.

Brad Howard: Yeah, but that's the big thing. It's like we always have been talking about. I mean, a lot of the advice is flying around. It's the advice that people at 9%

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 36 of 40

body fat and lower need to worry about, but they try to extrapolate it out for everybody. I mean, that's exactly what they want.

Richard Lane: One size fits all.

Brad Howard: Yeah.

John Barban: No, it doesn't.

Brad Howard: But that's the thing because when you get to that point, since it got you there, a lot of people will just kind of use that as, "Well, this is what I need to do all the time." And it just starts there and like John said the bodybuilders and fitness competitors or the skateboard kids, they are the one that start the trends. That's where it came from. But you're doing a good job, man. That's all I got to say. I mean kudos to you for having some balls and taking it where others would be afraid to go.

John Barban: Hats off to you, man.

Richard Lane: I appreciate that.

Brad Howard: Yeah, I don't know if I could have done it to be honest. I don't know if I would enjoy doing it. With my lifestyle, I don't know if it would be too conducive. I might be dead right now from running in front of cars.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 37 of 40

Richard Lane: Well, I think the reason that it worked so well for me was because I started the competition I think at 236 pounds and I ended it at 176, so I lost 60 pounds, so I just don't think you would get the feedback, like if you are going, let's say you fasted for a month and went from 160 down to 140 or something, you are just not going to get the feedback from losing 20 pounds. From my biggest I've lost 80. I was weighing 260 at my heaviest, so the feedback I get is so overwhelming that it overshadows the discomfort that I was in. I just think that if you walk in a room with your friends and everybody is going to literally drop everything they are doing and run over and hug you and almost hold you on their shoulders. You have got to have some giant feedback and that's why it worked for me because I have so much feedback. It was so excited. It would just be too uncomfortable, too much, for too little reward for yourself if you lost 20 pounds. I mean, that's great, but you're just not getting this feedback for me which really fueled my transformation.

Brad Howard: I want to make a prediction. I'm going to make a prediction right now and I want to see if this holds, but I think if I have to guess I'm going to give you two more inches off your waist. Once you hit 36, you get into what I would consider 'normal' range. After that is when some of the blowback is going to start. That's my prediction. What do you think, John?

John Barban: I see what you're saying, so people will be like, "Okay, you're done. There's no reason to go further."

Richard Lane: Yeah.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 38 of 40

Brad Howard: Yes.

Richard Lane: I've already started to hear people. I've had a couple of people say don't lose any more weight and then I pull up my shirt, I'm like, "Whoa, so you're telling me that I just have to take this to the grave. I'm stuck with this." But yeah, I've already started to have a one or two people say don't lose anymore, but I've been prepared for it. I've seen so many of the other guys on the forum talking about it and I've been small before and I'm okay being small.

So I'm actually looking forward to people telling me I'm too skinny, and I've been pretty good at reframing stuff and I think that I will be able to reframe those comments because I am very firm about it. I know where I'm going. I know what my goals are. I know I have the Adonis index measurements to go by. I've got the support system, so I'm actually looking forward to hearing those comments because I know that's just further evidence that I'm closer to my goals. So I'm really excited. I posted that somewhere that I am looking forward to getting the "you're getting too skinny" comments.

And in fact I even start to prep up a lot of my friends. I'm like, "Man, look at this. I'm going to lose. I don't know man I'm going to get tiny. I'm going to be skinny. You are probably going start telling me I'm looking too small, but I pretty confident in blowing that bomb up before it even it blows up for a lot of people.

Brad Howard: You dirty...

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 39 of 40

Richard Lane: I know.

Brad Howard: You are using dirty psychology.

John Barban: You sent in the bomb squad.

Brad Howard: That's funny.

Richard Lane: Yeah, I have been in sales for ten years and I studied psychology, NLP and a lot of stuff for a long time so I had a lot of tricks obviously.

Brad Howard: That's so cool.

John Barban: Well, that's as good a point as any to close this one out on.

Brad Howard: Cool. Well, John, have you got anything else you want to add?

John Barban: No man. That was a great interview. Thanks a lot for being with us, Richard.

INTERVIEW WITH RICHARD LANE

Podcast hosts: Brad Howard and John Barban
<http://www.AdonisLifestyle.com>

Page 40 of 40

Richard Lane: Yeah, no problem. If I have one thing to leave off, I would encourage anybody to use longer fasts. It's not as bad as you think and you will see some massive results quickly and if somebody is inspired by my longer fasts, I think that's pretty cool.

Brad Howard: Yeah, definitely. To me, the body is in experiment and John talks about this all the time, but if you can weave it in with your social life, by all means why not? We really appreciate it. You can check out Richard's blog up in the forum and get some ideas and stuff.

Richard Lane: Yeah, my handle is asmokindeal.

Brad Howard: Yeah, okay, so you can look him up on there. So for John Barban, I'm Brad Howard, and that's your Adonis Lifestyle podcast.

Here are a few links for you to check out:

1. [Adonis Lifestyle Podcast \(iTunes subscription link\)](#)
2. [Listen to the audio version of "What If Vs What Is"](#)
3. [Get the body you deserve and invest in the Adonis Index Systems today!](#)