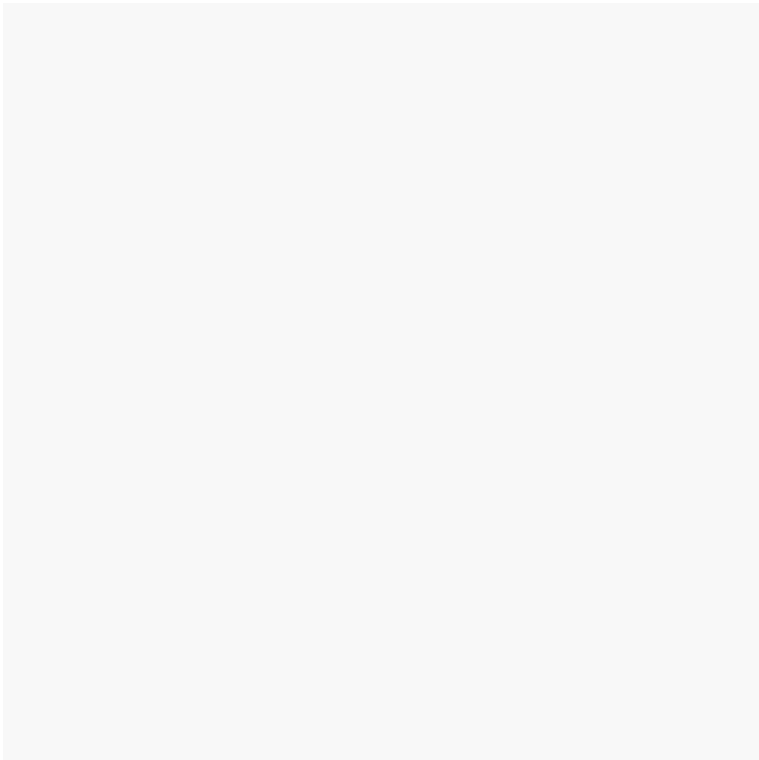


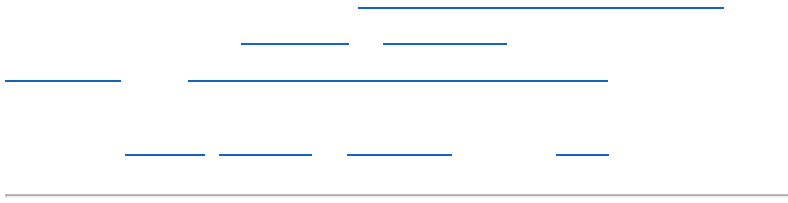
The feeling when the chest striation peek through and say hello. Been prepping with [@christopher.barakat](#) for a month and feeling amazing! Grinding every day, I want this more than ever. I love this sport, this lifestyle, and every pound of iron. Hercules 2016 I'm coming. [#bronxbred](#) [#powerhousemade](#) [#naturalbodybuilding](#) [#pumpchaser](#) [#ironlife](#) [#competitivebreed](#) [#hercules2016](#) [#competitionprep](#) [#pushday](#)

A post shared by sarzenofit28 (@sarzenofit28) on Feb 20, 2016 at 2:23pm PST



[Meals prepped for the next 3 days. Time to bring back the shreds](#)

A post shared by sarzenofit28 (@sarzenofit28) on Mar 5, 2017 at 7:47pm PST



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