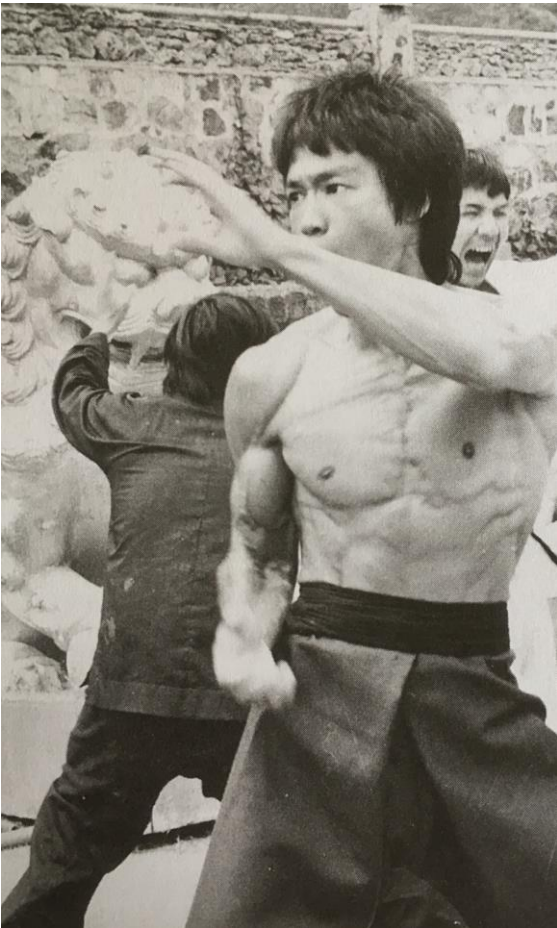


Article #1 - The Health and Fitness Evolution

Revolutionary Prediction by Adam Simpson

The healthy and safe way.

“The times of drastic change are times of passion.”¹ – Bruce Lee



DICED!

Bruce Lee's body weight – 63.50 kilograms or 140 pounds.

Adam Simpson's/Maestro's body weight – 63 kilograms or 139 pounds.

¹ Bruce Lee, Artist of Life, Little J, p.243, Tuttle Publishing, Tokyo, Rutland, Vermont, Singapore, 1999



Date written – 15/6/2020