

## Strong & Muscled

The Ex

For some months now  
My friends called me tiny boy  
And they were right  
Besides i was always tired  
I was weak thin without strength  
Considered as a fake  
The subject of derision  
But look at me now  
What do you think of the change  
Quick be strong and muscled  
Have your whole life rearranged  
Within a week  
My muscles increased an inch  
And now: strong build shoulders  
Powerful visible biceps  
V-ending chest in the waists  
And solid sturdy legs  
They give me energy  
My life changed quick and easy  
Thanks to the method  
Of quickened muscle-growth  
'sculptured humaine'  
What a pleasure developing  
A muscled body  
That compels respect