

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