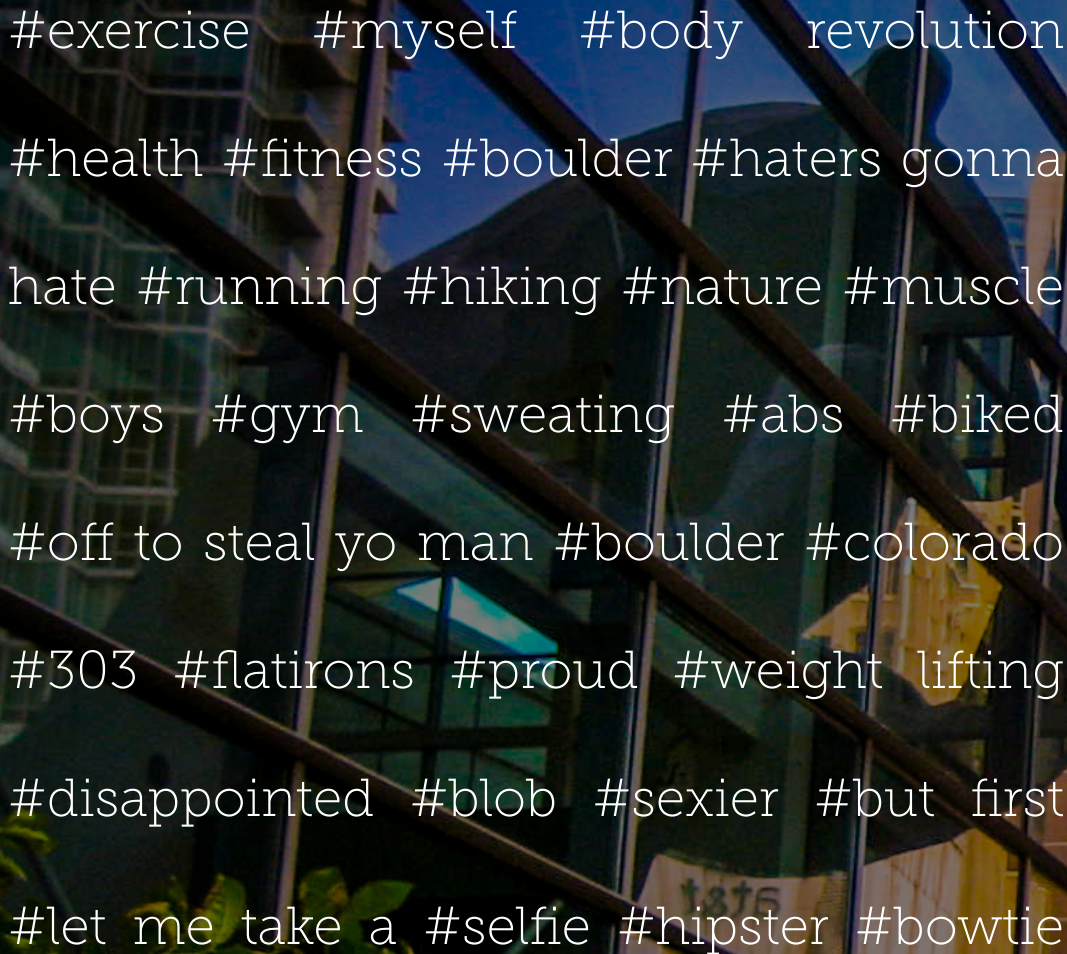
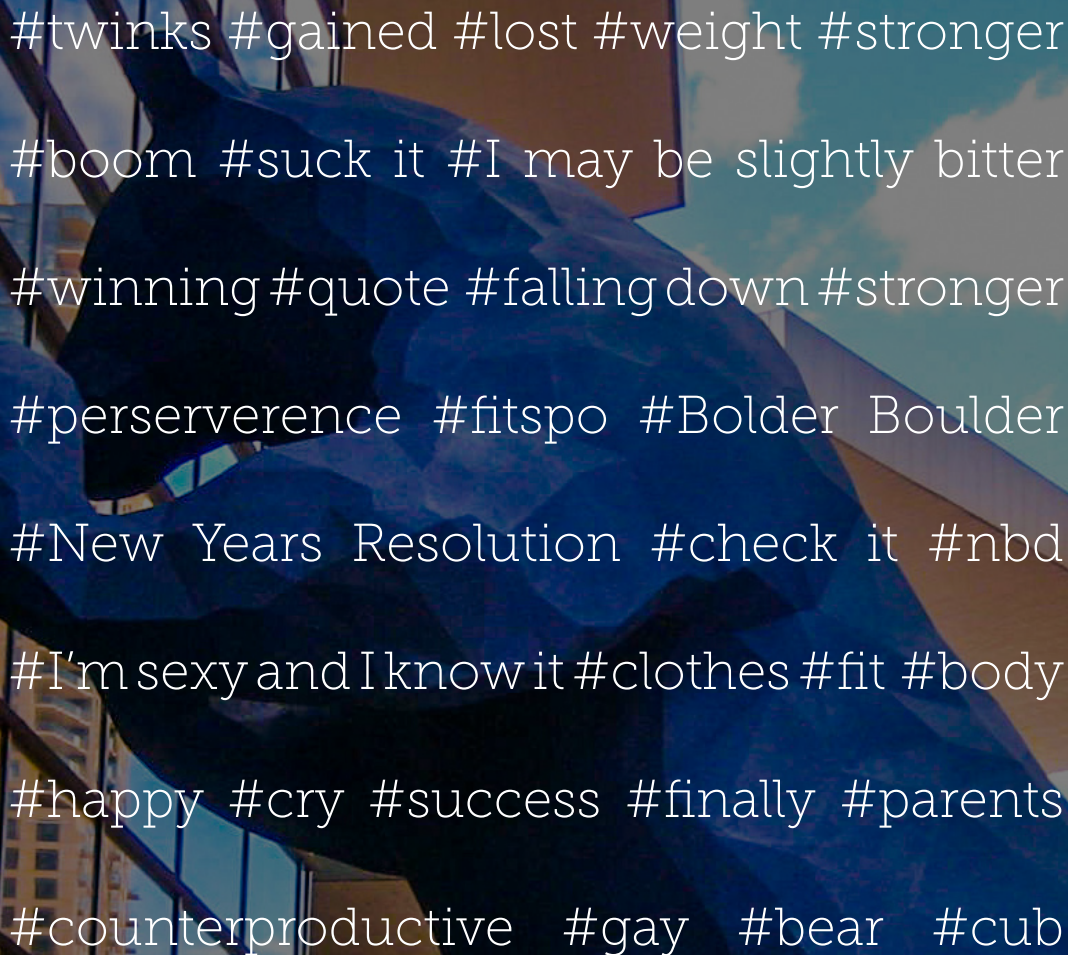




#gay #bear #cub



#exercise #myself #body revolution
#health #fitness #boulder #haters gonna
hate #running #hiking #nature #muscle
#boys #gym #sweating #abs #biked
#off to steal yo man #boulder #colorado
#303 #flatirons #proud #weight lifting
#disappointed #blob #sexier #but first
#let me take a #selfie #hipster #bowtie



#twinks #gained #lost #weight #stronger
#boom #suck it #I may be slightly bitter
#winning #quote #falling down #stronger
#perserverence #fitspo #Bolder Boulder
#New Years Resolution #check it #nbd
#I'm sexy and I know it #clothes #fit #body
#happy #cry #success #finally #parents
#counterproductive #gay #bear #cub

I **feel like** #exercising **always** **makes me**
#feel #better **about** #myself. :-) #body
revolution #health #fitness #boulder

#gay #bear #cub

⇒ **tumblr.**



If my grade school #PE teachers could see
me now... #haters gonna hate #exercise
#fitness #running #hiking #nature
#gay #bear #cub

⇒ **tumblr.**



When all the #muscle #boys at the #gym
are #sweating and they use their shirt
to wipe their forehead and you see their
#delectable #abs... #unf #forever alone
#ung

#gay #bear #cub

⇒ **tumblr.**



Just #biked and #lifted weights for the past

2.5 hours... #off to steal yo man #boulder

#colorado #co #303 #flatirons #nature

#exercise #fitness

#gay #bear #cub





I'm #proud **that** I'm in my **fifth week**
of #running **and** #weight lifting. I'm
#disappointed **that I still** #look like #a blob.

#gay #bear #cub

⇒ **tumblr.**

739 notes

antagonistjack replied to your post

I think you mean hunkulese

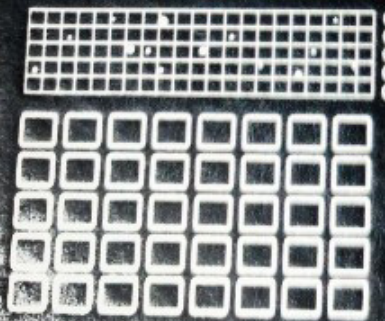
antagonistjack liked your post:

My #friend **showed me how to** #actually
#lift weights **for** #realzies; **I'm** #achy
and #sore **all over and it** #feels #great!
He's supper #fit **so hopefully I'll actually**
#lose weight! :-)) #gym #fitness #exercise
#enthusiastic

#gay #bear #cub

⇒ **tumblr.**

**DON'T
PANIC!**



MEGADODO
PUBLICATIONS
LISA MINOR BETA

**DOUGLAS
ADAMS**

THE ULTIMATE
WATCHMAKER'S
GUIDE
TO THE
GALAXY

Well I #think I'll be #10times #sexier **once**
I'm #done #losing **all the** #weight! #but
first #let me take a #selfie #hipster #bowtie
#weight loss #half way there

#gay #bear #cub



Instagram



#Hiked **8.5 miles in 3 hours today...** #not
bad... **Hope it pays off! :-)** #exercise #fitness
#health #boulder #colorado #303

#gay #bear #cub

DAM



TRAIL



So you know that #feeling when you
run into one of the cliquey #twinks that
wouldn't give you the time of day nor look
at you and they #gained a ton of #weight
and you've #lost a bunch of #weight and
you're actually #stronger than them?!?!?!

#boom #suck it #I may be slightly bitter

#gay #bear #cub

⇒ **tumblr.**

INGLE
AND
OOKING

EXIT



***Insert** #quote **here about** #falling
down **so you can get back up** #stronger*
#perserverence #fitspo #lol

#gay #bear #cub



**Finished the #Bolder Boulder in just a little
over an hour!!! My #New Years Resolution
just got pwned!!! #winning #check it #nbd
#I'm sexy and I know it #running #fitness
#health**

#gay #bear #cub



Instagram

COURSE SUMMIT

5,391 ft

SEA LEVEL
IS FOR SISSIES

BOLDERBOULDER **BOLDERBOULDER** **BOLDERBOULDER**

Dude, getting #clothes **that** #fit **your**
#body **after** #losing weight... **so** #happy
I could #cry... #fitness #health #winning
#success #finally

#gay #bear #cub



**Dude, staying with my #parents for a couple
days is probably #counterproductive to my
#weight loss #goals... le #crap... #family
#the best #support**

#gay #bear #cub



220 lbs
CURRENT

240 lbs
STARTING

-20 lbs
CHANGE

8.3
% CHANGE

History

1M

2M

3M



Patrick E. Vargas
Entries