

The Go Hard Life

Josh Acton overcame seemingly insurmountable odds that would have left lesser men in tatters. This is how he fought back to become the best man he could be



TOUGHING IT OUT

School of hard knocks

At 12 I lost my father which had a major impact on me because I lost my role model. At 15 my daughter was born, then at 16 my son was born. I was forced to drop out of school because I then had to work full time. The kids' mother and I broke up and my life began to crumble as I was eventually arrested for gun charges and served five years in federal prison in Florida. A year into my bid, the girl I was engaged to for three years overdosed and died. I broke down in pieces and the therapist couldn't help me because I refused to open up. The only thing that helped was working out to release my natural serotonin and endorphins. That was my cure and I worked out twice a day – every day. I knew this was what I truly wanted to do, it always gave a feeling of relief and satisfaction.

Finding a passion

I realized I needed to educate my self on fitness and nutrition. So I graduated from many nutrition and fitness courses and studied daily afterwards. I learned I was able to transform my body and help others, even with limited food access inside of prison. In 2010 I was released from prison, one month later I was in family court, fought and won full custody of my children. One year later, I was diagnosed with testicular cancer



A new battle

My body ended up deteriorating from radiation and depression. My weight went from 190lb to 160lb and I didn't work out for nine months. Looking back on how far I've come and what I been through gave me the desire and hope to keep fighting and not give up until I overcome cancer. That's what I did and now I'm cancer-free. My brand GOHARDLIFE.COM was then established. A website that provides professional online fitness and nutrition plans educating others in fitness and nutrition became my passion and I want my life experiences to give hope to others going through their own hardships in life.



VITAL STATS

Before

- Age: 26
- Height: 5'11
- Weight: 228lb
- Body fat: 28%

After

- Age: 36
- Weight: 205lb
- Body fat: 8%



If you have a transformation story and would like to feature in TRAIN magazine, please email us on... info@i2mediagroup.com

Finding inspiration

I took the time to fully understand what I wanted. Then I set myself a vision of where I wanted to see myself. I educated myself on how to do it, based on science and went hard at it but I also had many failures along the way. However, I always learned until I reached my desired goal.

Advice to others

Set your vision of where you want to see yourself. Accept there will be setbacks and failures but always learn from your mistakes. It's going to get harder the closer you get to your ultimate goal but don't get discouraged. Learning to master the balance of your thoughts, will be your key. There are no short cuts in life, everything must be earned through hard work, determination and consistency.

TRAINING REGIME

Day 1: Legs and core

Pyramid up in weight each set, doing 3 sets of 12, 10, 8 reps.
Barbell squat
Leg press
Stiff leg deadlifts
Hip thrusts
Walking weighted lunges
Leg extensions
Leg curls
CORE CIRCUIT
Do 3 sets of 10-15 reps in a circuit
Hanging leg raises
Weighted rope crunch
Plank jacks

Day 2: Back and triceps

Pyramid up in weight each set, doing 3 sets of 12, 10, 8 reps.
Pull-ups
Deadlifts
Bent over barbell rows
Seated hammer strength rows
Seated close grip cable row
Reverse grip pull-downs
Barbell cable push-downs
Reverse grip tricep push-down
Rope tricep push-downs

Day 3: Chest and biceps

Pyramid up in weight each set, doing 3 sets of 12, 10, 8 reps.
Incline barbell press
Flat barbell press
Decline barbell press
Incline dumbbell fly
Barbell bicep cable curl
Single arm cable curl
Reverse grip cable curl

Day 4: Rest

Day 5: Shoulders and traps

Pyramid up in weight each set, doing 3 sets of 12, 10, 8 reps.
Military barbell press
Arnold dumbbell press
Seated bent over rear delt fly
Seated medial delt lateral raise
Seated anterior delt lateral raise
Dumbbell shrugs
Upright barbell rows
Standing weighted calf raise
Seated calf raise.

Day 6: Biceps and triceps

Pyramid up in weight each set, doing 3 sets of 12, 10, 8 reps.
Barbell curl
Preacher curl
Incline dumbbell curls
Spider curls
Close grip barbell press
Flat bench dumbbell extensions
Single arm tricep reverse grip cable press down
V bar triceps press down.

Day 7: Rest

Cardio

Burn 350 calories after each weight training session using the elliptical, stair master and treadmill.

My supplements

Supplements I take today to maintain my health and condition are from Betancourt Nutrition. Upon waking I take a full dose multivitamin – mineral and antioxidants, omega 3's and milk thistle. Pre workout I take B-nox, post workout for recovery and glycogen replenishment, I take lean gains whey and beef iso protein on my high-calorie days. On my low-calorie days, post workout I take muscle serum, taking advantage of the lower calorie count.