

Name _____

Mike Gets in Serious Shape

Meet Mike, an average guy who had always dreamed of getting in shape but never quite got around to it. He was the kind of person who considered lifting a remote control to be a form of exercise. However, one day, something extraordinary happened that would change Mike's life forever.



It all started when Mike's friend, Dave, convinced him to join a new fitness class called "Extreme Bootcamp." Mike reluctantly agreed, thinking it couldn't be that bad. Little did he know, "Extreme" was an understatement.

On the first day of boot camp, Mike was greeted by a drill sergeant-like instructor named Coach Rocky. Coach Rocky had bulging muscles, a booming voice, and a strict no-nonsense attitude. He made the participants do endless push-ups, burpees, and sprints until they were all gasping for air.

Mike struggled to keep up, and his face turned as red as a tomato. Coach Rocky barked at him to "give 110%," which seemed physically impossible. Despite the pain and exhaustion, Mike somehow managed to complete the first session.

As the days went by, Mike continued attending boot camp, and something remarkable happened. He started to feel stronger, more energized, and even a little bit addicted to the intense workouts. He began to enjoy the camaraderie with his fellow boot campers, and they nicknamed themselves "The Sweaty Squad."

One day, Coach Rocky introduced a new challenge: a grueling obstacle course. It involved crawling through mud, climbing walls, and even jumping over fire. Mike and his newfound friends tackled it head-on, laughing through the mud and cheering each other on.

Months passed, and Mike transformed into a lean, mean, fitness machine. He had muscles he never knew existed, and he could outrun, outlift, and out-burpee anyone. He even won a local fitness competition, earning the nickname "Muscle Mike."

But Mike never forgot where he started, and he continued to encourage others to embark on their fitness journeys. He had gone from a couch potato to a fitness guru, and he couldn't have been happier. All thanks to one fateful decision to join "Extreme Bootcamp."