

TWO WEEKS LATER


ONE MORE SET... I'VE GOT THIS.



AS LEON EMBARKED ON HIS EXERCISE ROUTINE, HE WAS WELL AWARE OF THE METHOD HE NEEDED TO FOLLOW TO SLIM DOWN HIS BODY MASS. THE WEIGHTS HE LIFTED WERE LIGHTER THAN USUAL, AND HIS REPETITIONS WERE CONTROLLED AND DELIBERATE.




ALL RIGHT,
TIME TO SHED SOME OF THIS MUSCLE.



LOWER WEIGHTS, HIGHER REPS.
THAT'S THE WAY TO GO.

HOWEVER, THE COMMITMENT TO HEALTHY EATING
CAME WITH IT'S OWN SET OF CHALLENGES,
PARTICULARLY WHEN IT CAME TO MEALS.





HERE WE GO AGAIN,
A BUNCH OF LEAVES. JUST HOW HARD CAN IT BE?

OHH I MISS THE DAYS OF BURGERS AND PIZZA.



I USED TO CHASE DOWN ZOMBIES AND MERCENARIES,
AND NOW I'M CHASING AFTER... LETTUCE LEAVES.

AT LEAST ZOMBIES NEVER ASKED
ME TO EAT A PLATE OF GREENS.

WELL, ONCE THIS MISSION IS OVER,
I'M GOING TO HAVE A FEAST.

ONE MONTH LATER

WITH DEDICATION AND STRICT DISCIPLINE, LEON FOLLOWED A RIGOROUS DIET AND EXERCISE ROUTINE, SHEDDING POUNDS AND LOSING MUCH OF HIS MUSCLE MASS.



LIGHT WHY DOES THIS 10 KG
DUMBBELL FEEL SO HEAVY?





HMMM IT SEEMS LIKE MY STRICT DIET HAS PAID OFF, I'VE LOST A LOT OF MUSCLE.

PHEWW, THANK GOD.
LOOKS LIKE I'VE MADE SOME PROGRESS,
BUT I NEED TO DO MORE.



MY MUSCLES ARE SMALLER, BUT
IT'S NOT JUST ABOUT LOSING WEIGHT NOW...

IF I WANT TO PASS A WOMAN,
THEN I NEED TO ACHIEVE A CURVIER
FIGURE FOR MY BODY.




WEEKS LATER...

AS THE WEEKS WENT BY, HE CONTINUED WITH HIS FITNESS REGIMEN, INCORPORATING GLUTE EXERCISES AND YOGA TO ACCENTUATE HIS CURVES. SLOWLY BUT SURELY, HIS EFFORTS PAID OFF, AND HIS ONCE ATHLETIC BUILD TRANSFORMED INTO A MORE FEMININE SHAPE.





THIS IS ACTUALLY QUITE RELAXING.
IT'S A NICE BREAK FROM ALL THE INTENSITY.

A woman with short brown hair and blue eyes is performing a yoga pose in a gym. She is wearing a purple crop top and camouflage pants. Her hands are pressed together in a prayer position (Anjali Mudra) in front of her chest. The gym has a wooden floor, a window with curtains, and a piece of exercise equipment in the background.

WHO WOULD'VE THOUGHT YOGA
WOULD BE PART OF MY ROUTINE? BUT IF IT HELPS
WITH MY MISSION, I'M ALL FOR IT

AS LEON FLOWED THROUGH HIS YOGA POSES, HE CAUGHT A GLIMPSE OF HIS OWN REFLECTION ON THE MIRRORED WALL AHEAD OF HIM.

WAIT, IS THAT MY FACE... IT'S THINNER AND SOMEHOW... LOOKS MORE FEMININE??

I GUESS IT MAKES SENSE. WEIGHT LOSS CAN AFFECT THE ENTIRE BODY, INCLUDING THE FACE.



AFTER HIS CALMING YOGA SESSIONS, LEON BEGAN HIS INTENSE COMBAT TRAINING. HE COULDN'T HELP BUT NOTICE THE DIFFERENCE IN HIS MOVEMENTS. THE WEIGHT HE HAD SHED THROUGH HIS STRICT DIET AND EXERCISE ROUTINE WAS MAKING A TANGIBLE IMPACT ON HIS AGILITY AND SPEED.

MY MOVEMENTS FEEL DIFFERENT.
LIGHTER, FASTER. I'VE NEVER FELT SO AGILE.



NOW MY ROUND KICK IS MUCH FASTER
AND MORE DEADLY THAN BEFORE.





JUST YOU WAIT FOR ME, KRAUSER!