

Compliments... of Google

As a YouTube Partner, Doug appreciates his viewers' comments. Thanks everybody!

venetiajoubert
You rock!! You are sooo informed, so professional!! Thank you!!

ibulandres
"Breathe out while you exhale" lol

goldtreefrog87
Breathe out while you exhale? Dork.

catyb20
brilliant

latintoppapi
Thanks, Doug - you definitely know what you're talking about.

WELLCONNECTED1

He is dead on! - ONE of the best teachers on YouTube. (PERIOD!) YOU are one of the few people who actually are correct on everything you say. I have been in the fitness industry for 25 years, and hold 3 National Certs. Brian J. - USA National Baseball, IFPA, ISCA, CPT, CSN (BA)

moonsoonmenu
YOU'RE AWESOME!!!!

davidzcool8
awesome advice =)

legit4ya
Great job! It really works! :)

onizuka8
Absolutely brilliant stuff mate. Really informative and very effective! Great stuff!

"Your Eccentric Genius is yours... not mine.

This is *not* about how to follow my ultimate program for fitness, but rather how your body is ultimately programmed for fitness. And, if I do say so myself, your body is miraculous! So said, fitness solutions have never been so smart, simple, or super speedy."

Doug

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"As I expand and expound the eminence of *Eccentrics*, and you engage your brain before body, together we'll observe the secrets to making your workout work out.

KaseyAkira

Astonishing! Simply amazing! Sir, I'm a specialist of kinesiology and sports physiology with 7 fields of related study completed. It's truly a remarkable thing when I meet someone else like me, someone who at least seems to know the science of exercise!

nikcatello

Great stuff, Doug! I've been a gym rat from birth and this stuff is great!

RedBull2086

This guy is sick; he knows how to work the abs

chefrobsen

Yeah, he really packs in a whole lot of information in a short period of time. What this guy just told you in 6 min, others make a complete DVD about it.

Intricateshotz

Thanks BUD - I'm sure you're helping alot of ppl. God bless.

Tuckerbug1

He talks way too much. I just want to workout.

uberdeater

Of course he's talking a lot... he's explaining the proper way to do it. Once you learn how to do it, do it as much as you want.

thethingkid
Saved to favorites!!!!



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