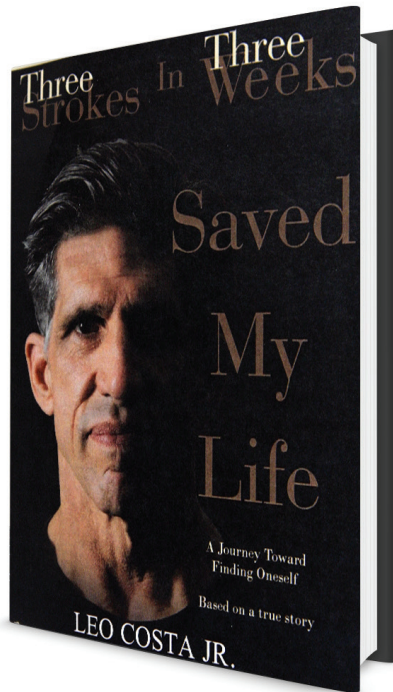




World Level Bodybuilder **Leo Costa Jr.** Went
From Healthy To 3 Strokes in 3 Weeks!
 Facing Life In A Wheelchair, He Defied Doctors Who Said His Health Was
 A “Lost Cause” And Recovered With A Program He’s Formulated
 Into **Automatic Fitness Plus APP** Which Is Helping People
 All Ages Worldwide Achieve Improved Health, Strength And Mobility.



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working out, who say Leo is a “lifting weight stickler for detail’ and hands-on when it comes to instruction and form. I would expect nothing less from a guy with the gym name ‘Guaranteed Fitness Plus’. My crew and I were with Leo about six hours, and in that time, we learned more about what we DIDN’T know than

My interview with Leo Costa Jr. was everything I’d hoped for. We met at his studio in Tulare, California Guaranteed Fitness Plus, where he works out, teaches fitness training to individuals and groups, and does business. It was the first time I’d been in a gym all year (OOPS!) I didn’t tell that to Leo. What caught my photographer’s eye was the atmosphere. No designer workout clothes, nobody cared about not having make-up on, or hair combed to perfection. It was obvious nobody cared about anything but working out with a mind on body fitness. The first thing that got my attention was the effort Leo gave to those working out. Several times he stopped to walk over and speak to a gym member about his/her workout form on a particular machine, or the way they were lifting weights. A regular occurrence I was told by those

we imagined. Which by the way is Leo’s point exactly. He says, “A gym is not a feel good place. It’s not a place where you go to socialize and squeeze in a few non-effective workout side effects. An effective training program that produces maximum results in health and fitness is based on three components; weight training, cardio and nutrition. For these components to work they have to be implemented simultaneously throughout a training program and, at strategic times based on the laws of physiology, which eliminates fitness plateaus and encourages muscle growth, endurance and results. That’s why I refer to my program as, Automatic Fitness Plus. It’s no accident that people who work out achieve maximum results while others never do.”

ST: We look at professional bodybuilders and wonder what made them want to go into such extreme training, and what goals they ultimately are searching for. What about you?

LEO: “I was an athlete since I was 8 years old. When I got out of college all of a sudden I was married for almost two years, working, and the next thing I knew I was in the worst shape of my life. As an athlete that’s very hard to take. My life started going downhill at 27 years old. I saw one of my old buddies who I hadn’t seen for a very long time and he said... “What the hell happened to you?” I said, “What do you mean?” He says... “I’ve never seen you in this kind of shape.”