

ILTMI Bodybuilder 45B - MVO

Living with a bodybuilder can be exciting, but Gary was sure his heartrate wasn't supposed to go THAT fast. It wasn't.

Turns out his jacked flatmate, Jack, had spiked Gary's oat milk with preworkout. Or "Jacked" it, as Jack liked to say.

Gary sipped his chamomile tea, trying to calm down, until Jack confessed that he'd "Jacked" the tea bags too. How? Gary didn't know.

But what he did know is that you shouldn't feel your pulse in your eyeballs. The apology hug didn't help either. It shattered his scapula.

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