
Les Mills Body Attack 79 Torrent



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. . LONG AND WELL DONE! BODYATTACK 1979 What an experience! Australia is so beautiful and the people are so friendly. The temperatures are not as hot as anticipated (when we arrived at Sydney airport there was a taxi waiting for us) but it still feels hot to some extent. We are staying in Surfers Paradise on the Gold Coast. This is where the BODYATTACK 79 party starts. It is the biggest bodybuilding event in Australia and we are honored to be invited as guests. We arrived at Surfers Paradise

on Thursday 12/1 and the BODYATTACK was to take place this weekend! I would like to send a big greeting to everyone that we met. We just met the nicest people in the world and have great memories that I will take with me for the rest of my life. A warm Australian welcome from us to you.. I arrived at Gold Coast airport to be greeted by Lisa and Simon, both members of Team AOTL. They took us by taxi to their new hotel which is right on the Gold Coast. It is called the Cypress Towers and is new in the area. We had the opportunity to meet a friend of mine, Paul, who was also one of the BODYATTACK judges. Paul is another AOTL member and this was his first bodybuilding event. He was amazed by the show and the presentations. He had to do a body composition test just to get into the show. After arriving at the hotel we met up with Mike and Liz, of Team LBB. It was great to see them again and catch up with the events that had happened since we last met. We met up at dinner and all went out to a pizza place to celebrate our coming together in one place. It was amazing to see how friendly and welcoming everyone was. We are all feeling the Australian hospitality. This is Mike and Liz. The LBB training group came from England to meet us. They were a very friendly and supportive team.. Another teammate, Stuart, also arrived from the UK a couple of days before us. Stuart is on 82157476af

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