



Serena's Power Peak

3 DAYS DISCIPLINE
Germain Roossien

NEW RECORD ACHIEVED



Serena stands in front of her gym mirror on Day 1, focused and determined as she curls a heavy dumbbell. Her muscles strain with effort, marking the beginning of her intensive three-day strength challenge. She checks her initial measurement, setting her sights on a goal that requires absolute dedication.



By the second day, sweat glistens on Serena's brow as she performs intense concentration curls to hit every fiber of her muscles. She pauses to flex in the mirror, admiring the growing peak and the incredible pump from her hard work. Every rep brings her closer to the transformation she desires, fueled by her unwavering discipline.



On the final day, a triumphant Serena measures her arm and discovers a hard-earned 0.5cm of new growth. She strikes a powerful double-biceps pose, her face radiating confidence and pride in her physical achievement. This victory is a testament to her strength and the amazing things her body can accomplish through persistence.