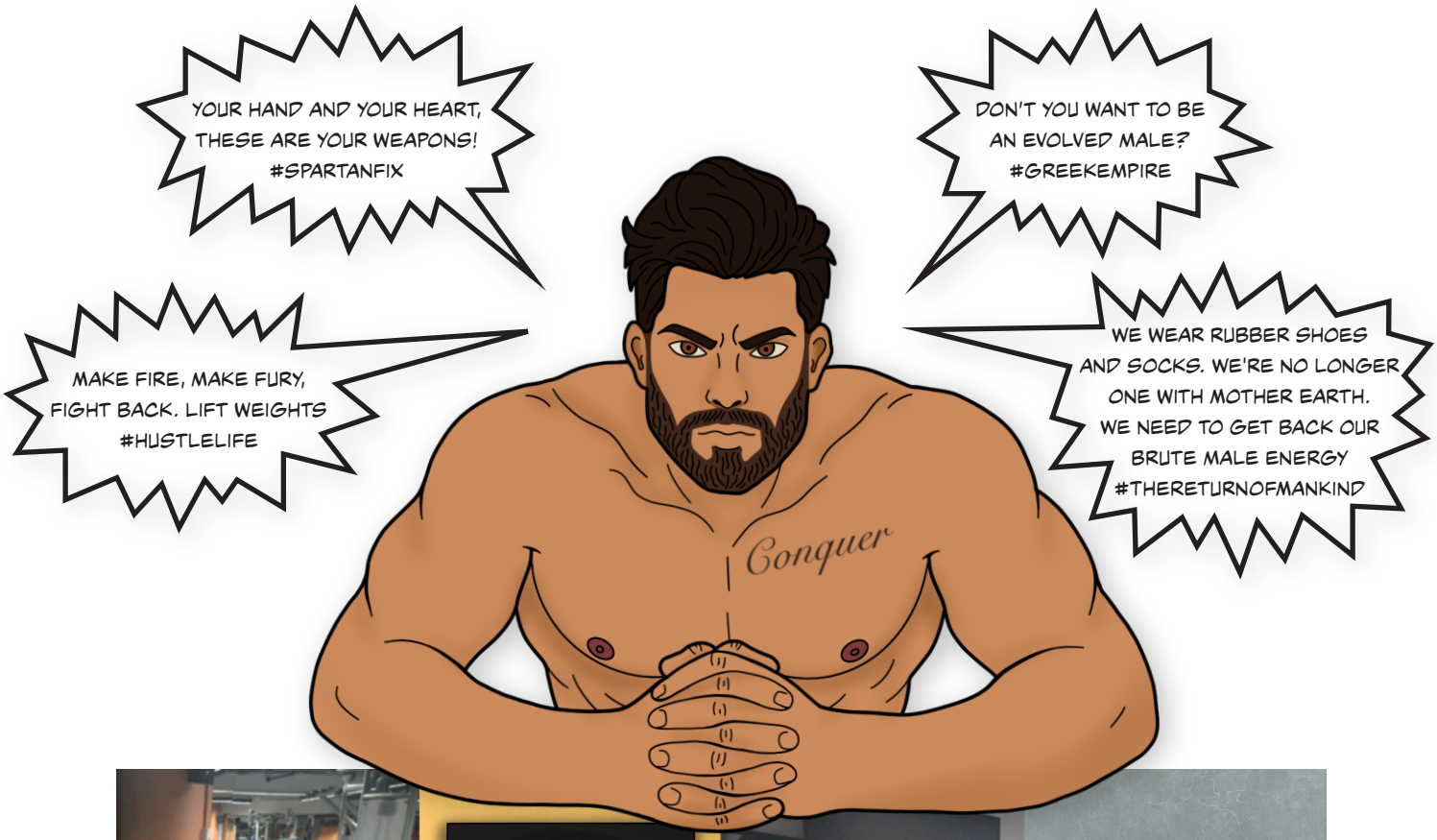
COMIC TWO

T-BONE, I LOVE THIS TIME OF YEAR. FRESHERS AND STACYS EVERYWHERE.
LAY OFF, WOULD YOU, AVO?
WHY ARE YOU SOUNDING LIKE SOY BOY SUDDENLY?
I'M JUST FEELING A BIT WIRED. I MISSED MY SESH THIS MORNING. I NEED TO CATCH UP.
PIECE OF ADVICE, T-BONE: DON'T SHOW THEM S**T. BE LIKE KIDNEYCONQUEROR.
KIDNEYCONQUEROR? WHO'S THAT?
KIDNEYCONQUEROR IS AN ALPHA. HE CAN BENCH PRESS LIKE 240, EASILY. MAKES EVERYONE ELSE LOOK LIKE A CUCK!
KIDNEYCONQUEROR:
"WE'RE CALLING IT DEPRESSION & ANXIETY, BUT IT'S A LACK OF ROUTINE, TOO MUCH SUGAR, NO HUSTLE. YOU'RE NOT DIGGING DEEP ENOUGH. YOU'RE EATING CRAP, BETRAYING YOURSELF. YOU'VE GOT A FAILURE MINDSET!"
07:22
From Comfort to Control: Building Discipline, Eliminating Excuses and Reclaiming Mental Strength | The Return of MankInd Series
WHAT'S WRONG WITH ME?

COMIC TWO



DAY 1, 6:30AM DAY 2, 7:30AM DAY 3, 8:00AM DAY 4, 6:00AM

ONE MONTH LATER

COMIC TWO

I'M THINKING ABOUT PULLING OUT OF STUDY. I COULD MAKE EASY CASH AS AN INFLUENCER. JUST GET ON THE JUICE AND GET WRECKED. YOU KNOW WHAT I'M LIKE – I THRIVE ON GOOD ENERGY.
WHAT SORT OF GOOD ENERGY IS THAT?
LIKE KIDNEYCONQUEROR, AND ALL THOSE GUYS. UNITS. ALPHAS

I THOUGHT AFTER THAT WHOLE SOY MILK THING YOU WEREN'T LISTENING TO THOSE GUYS ANYMORE.
YEAH... I MEAN I JUST WATCH THE TIPS ON HEALTH AND GETTING JACKED AND HUSTLING AND ALL THAT.

MY POINT IS: WE DON'T EAT FROM ONE TREE, YEAH.
WHAT DOES THAT EVEN MEAN???
SERIOUSLY T-BONE – YOU SEEM NOT OKAY.

IT'S JUST MY BRAIN... IT'S EMBARRASSING... THERE'S SOMETHING WRONG WITH ME....
MAYBE IF I EAT LESS CARBS AND HIT PROTEIN AND GET ON THE SUPPLEMENTS AND STOP SKIPPING MY LATS, I'LL LOOK THE WAY I SHOULD AND MY HEAD WILL FIX ITSELF.

IT JUST SOUNDS LIKE THE GYM IS LIVING RENT-FREE IN YOUR HEAD.
SURE, I GET THAT..... I JUST SAW THIS THE OTHER DAY... THIS GUY WAS REALLY FOCUSED ON THE GYM TOO, BUT IT WAS MESSING WITH HIS LIFE.
YEAH, BUT WORKING OUT IS THE ONLY THING KEEPING ME SANE.

ALEX RODRIGUEZ:
THERE IS MORE TO US THAN WHAT WE LOOK LIKE, WHAT WE EAT, OR HOW MUCH WE PRESS OR HOW FAST WE RUN.
Why are we red-flagging men and their fitness goals?

COMIC TWO

Co-created by RMIT Students & Staff

Check out the digital version and more here

RMIT UNIVERSITY

ADVENTURES OF SOY BOY & FRIENDS