

## Chapter 307 Weight Training

Bradly's words made Trevor think all over again.

Of course, he knew exactly what Bradly meant. Bradly was afraid that his rich young master wouldn't be able to endure hardship.

If Trevor just wanted to strengthen his body, coaches in those martial arts schools would suffice.

Even though those coaches' skills weren't on top, their martial arts foundation was very solid.

However, Trevor wasn't the kind of rich man who only wanted to show off. He really wanted to improve his ability in this aspect.

After considering for a while, Trevor finally said solemnly, "I have already made up my mind. Don't worry about me. I'll learn from you earnestly."

Obviously, Bradly was surprised as he didn't expect that his master would be so willing to endure all the hardships.

However, since Trevor was determined, Bradly said with a little relief, "Okay then. Come with me."

Just like that, Trevor followed Bradly to an idle training ground. After that, he saw that Bradly was taking out

several steel plates from his backpack.

Throwing them in front of Trevor, Bradly said, "Trevor, take them with you."

Trevor weighed all the plates in his hands and found that they were indeed heavy.

It was estimated that the total weight was more than ten pounds.

Bradly looked at Trevor and explained, "Trevor, these steel plates are training protection equipment I used when I started training. They weigh one kilogram each. Once you put it on, you can't take them off unless you want to stop practicing."

With wide eyes, Trevor pointed at the steel plates and asked in surprise, "You mean I have to wear them all the time?"

If he had to wear more than ten pounds of steel plates on his body, wouldn't it be difficult for him to move?

Bradly simply nodded his head and said calmly, "Yes, now, let's do the basic training together. Let's start with deep squat."

Once Trevor put on the steel plates, he immediately felt the pressure from his limbs. At that time, he couldn't help but feel nervous suddenly.

As if Bradly wanted to demonstrate to Trevor, he also



took out another set of equipment, which obviously looked much heavier than what Trevor wore, and put it on his body.

However, Bradley could do deep squat very easily without even panting for breath.

Seeing him doing so easily, Trevor believed he could do the same. Therefore, he started doing deep squat. However, he found it difficult to stand up.

After doing a dozen deep squats, Trevor couldn't do anymore and lay prone on the ground, sweating and breathing heavily.

Despite his condition, Bradley looked at him without any mercy as he said ruthlessly, "Trevor, you have to do at least fifty deep squats today. You have only done fifteen times. We will do the next move once you finish it."

Although Trevor's expression was bitter, he gritted his teeth and tried his best to stand up again.

After all, Trevor was a very determined man. Once he had decided to follow Bradley, there was no way he was giving up.

Even though he was tired and gasping for breath, he still insisted on completing the task which surprised Bradley.

After finishing the last round of push-up, Trevor was completely exhausted.

He lay prone on the ground and breathed heavily as if he was sucking all the air into his exploding lungs.

In the end, Bradly applauded and said, "Well done, Trevor. You did a great job. Now, all you need to do is a recovery training."

To say Trevor was delighted to hear those words would be an understatement.

This horrible training had finally come to an end.

From aside, Luisa watched Trevor's training the whole time.

Seeing that Trevor was training so hard, she was both sad and happy at the same time.

Luisa quickly walked towards him with a wipe in her hands. Then, she gently wiped the sweat on his forehead.

Trevor couldn't help but smile at her sweet gesture.

He was about to get up and finish the last training when a sneer came from behind.

At that time, a familiar voice said sarcastically, "Look, who is lying on the ground pathetically like a dead dog? Oh, it's Trevor!"

