

Chapter 1386 Compete Against Sinclair

Pointing lat pulldown machine, the fitness coach said disdainfully, "You can do it here. The machine will automatically count the number of lat pulldowns you do. Try not to get hurt. You are not members of our club. If you get injured, our club will not be responsible for you."

After saying that, he walked to the girl in yoga pants, ignoring Trevor and Sinclair.

"Miss, let me give you a demonstration. Lat pulldowns are a very popular strength training exercise and women like doing it. It helps exercise the back muscles, making the line of the back more beautiful. Let me show you..."

The fitness coach excitedly sat on the machine and did over twenty lat pulldowns.

He was very satisfied with his performance and stood up proudly. He was about to brag to the girl when he saw that she looked stunned and was staring at something else.

A look of confusion appeared on the coach's face. He followed the girl's sight and was stunned to see Trevor doing the same exercise with extreme ease.

The coach's eyes widened in disbelief.

He had done over twenty lat pulldowns, but Trevor had nearly completed one hundred.

How could it be possible?

The fitness coach was ashamed and angry.

He was defeated.

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His face turned red and he was unable to say a complete sentence.

After completing a hundred lat pulldowns, Trevor finally stopped. He looked at the fitness coach with a smile without saying anything.

He was to hear what the coach would say now.

Although Trevor had just completed a hundred lat pulldowns in a short time, he was far from having reached his limit.

Even the last time Trevor didn't use all his power in front of Stephenson. He wanted to hide his true strength to defeat Stephenson at the critical moment.

The fitness coach's face turned from red to purple. He glanced at Sinclair, who stood there silently, and said shamelessly, "I haven't chosen my opponent yet. I want to compete with this thin guy. Yes, you! You're so skinny that you don't look like a man."

He pointed at Sinclair as he spoke with more confidence.

He was sure to defeat Sinclair who seemed so weak and frail.

Sinclair just looked at him calmly.

A wandering life and drug addiction had indeed made Sinclair very skinny.

It was so shameless for the fitness coach to choose to challenge Sinclair.

Even the beautiful girl looked at the coach strangely.

However, the man didn't care about the looks the others were giving him.

As far as he was concerned, although it was a shameless move to challenge a weak man, he couldn't afford to lose and would rather take a win over someone way inferior to him.

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However, he was wrong about Sinclair.

Sinclair used to be the leader of Shadow Guards.

The Shadow Guards were all as strong as elite soldiers.

As the leader of Shadow Guards, even if Sinclair's body was eroded by drugs, he was still extremely strong.

After all, he had fought with Trevor in the pharmacy some time ago. There was no way he could be weak.

Sinclair silently sat on the device. He clamped the seat with his legs in order to stabilize his body.

The fitness coach's dream of winning the competition was about to be completely destroyed.

Sinclair started doing the exercise. He was extremely fast, even faster than Trevor.

As Sinclair pulled, the machine made a slight noise, as if it couldn't bear the rapid movement.

There was no doubt that Sinclair was much stronger than the fitness coach.

"What? That's impossible!"

The fitness coach was so stunned that he felt dizzy and couldn't help but take several steps back.

His face grew pale and he shook his head repeatedly. He couldn't believe what he was witnessing.

"How can someone who looks so weak be so strong?"

Chapter 1387 The Equipment Must Be Broken

The fitness coach's face turned red and then pale before finally freezing.

He thought long and hard about what to do now as he was unwilling to admit defeat.

"Oh! I see! The equipment you used must be broken. Yes, that must be it. Otherwise, how could this weak man do the exercise so easily? You two bastards almost cheated me!"

As he spoke, he patted his forehead as if he was suddenly enlightened.

Maybe it was just an excuse he came up with or maybe he actually believed what he said.

Upon hearing what the man said, Sinclair casually put his hands in his pockets and said nothing. He looked indifferent.

Trevor, on the other hand, almost burst into laughter.

This coach was shameless to come up with such a poor excuse.

The gym equipment was top notch and there was no way it could have been damaged.

Feeling his guess was quite reasonable, the fitness coach hurriedly explained to the girl, "There must be something wrong with the equipment. There's no doubt I'll even be much faster than them if I use the same equipment as them. After all, I'm a professional!"

He clapped his hands enthusiastically and held the handle of the equipment Trevor and Sinclair has used and began to do

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the lat pulldowns.

No sooner had the fitness coach begun to do the exercise than his face quickly turned red. Even his neck and ears turned red too.

His arms trembled and he had a hard time finishing the exercise.

"What's going on? How could it be so difficult?" the coach asked, breathing heavily.

Trevor folded his arms and sneered, "Well, I just thought the challenge was too easy, so I added a little more weight. Are you okay? Don't push yourself too hard. If you can't do it, leave it!"

Hearing Trevor's words, the fitness coach was furious. "What did you say?"

However, he got distracted and failed to control the weight. As a result, the equipment pulled his arms back suddenly.

"Ouch! My arms!"

The coach let out a scream, as he fell to the floor, his arms trembling.

Trevor sneered and said nothing.

It was obvious that the coach's arm muscles were torn and his arms were badly injured.

It was the morning and at this time of the day, there were few clients in the gym. The other fitness coaches present rushed over one after another when they heard the screams.

Soon, a large group of muscular people gathered around Trevor and Sinclair and they looked rather terrifying.

"Hey, what's wrong with you?" one of the coaches asked.

The man lying on the floor didn't want to lose face in front of his peers, so he chose to frame Trevor. He raised his arm and

Chapter 1387 The Equipment Must .. 🎁 +120 Points at most pointed at Trevor.

"This bastard injured my arms."

Upon hearing the coach's words, his colleagues frowned.

"Damn it! Did you come here to make trouble? I think you are courting death!"

They showed their muscles as they walked over Trevor and Sinclair to beat them up.

However, Trevor was prepared for it.

After all, the reason he and Sinclair came here was to make trouble so as to lure out Stephenson.

The fitness coaches in this gym didn't ask further questions and attacked them. That was exactly what Trevor wanted.

Trevor reacted promptly. Anyone who tried to touch him was quickly punched in the stomach. Soon, the coaches were holding their bellies and squirming in pain.

"Humph! You thought your friends could threaten me? It's impossible!"

As he said so, Trevor grabbed the cocky fitness coach's arms and twisted them.

Not only were the coach's arm muscles torn apart, but now his arms were also twisted, which made him even more miserable.

"Ouch! Stop! Let me go!"

The man screamed in agony.

He had thought his colleagues would help him deal with Trevor.

But now, they were all lying on the floor, covering their bellies and screaming.

How did this happen?

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Glaring at the man on the floor, Trevor sneered, "Look at yourself. Why don't you apologize?"

The fitness coaches might look strong, but Trevor's body had undergone all kinds of strict training. He had used the Scott family's medical skills to repair his tissues, and he also learned the martial arts of the Murray family.

He might not have big, showy muscles, but his strength was undeniable. It wasn't something albumen powder could do.

The fitness coach was embarrassed and angry. He clenched his teeth, unwilling to apologize. Instead, he threatened Trevor again.

"I warn you, don't be cocky! Do you think that since you know fighting, you're invincible? Our gym is situated in the downtown because we have a strong backer. You can't afford to offend our boss!"

Their boss!

When Trevor and Sinclair heard that, a glimmer of light flashed through their eyes at the same time.

Chapter 1388 Stephenson Came

Trevor and Sinclair came to the gym because it was owned by Stephenson.

To entice him out, they created a commotion.

"Who gives a damn about your boss? Do you think I'll be scared?"

Trevor acted with contempt on purpose.

"We both know that your boss is not a good guy. Look at you, you are just as morally bankrupt as he is."

Trevor pushed the coach out of the way.

He whirled around and pointed his chin in Sinclair's direction, telling him to destroy the gym.

They intended to create a scene to entice Stephenson out.

Without hesitation, Sinclair kicked over the exercise equipment next to him after understanding what Trevor meant right away.


Trevor also snatched a dumbbell and broke the gym's mirror.

Despite being cheap, the mirror made a loud noise when it was broken.

There was a crisp sound as the glass shattered.

"You bastards! You are done! You're in serious trouble. Our boss won't let this go! Nobody could help you!" The fitness coach's face was filled with horror and rage.

Trevor laughed mockingly. "Your boss? Give him a call if you believe he can defeat us. I'll also beat him up! Do you intend to con me out of money? No way! If your boss refuses it, tell him

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to come see me across the street at No. 15."

Trevor swaggered out of the fitness center with Sinclair while kicking over a treadmill.

Without saying a word, the two of them arrived at the location they had told the coach about.

Trevor had temporarily rented this space.

"Will Stephenson show up?" Trevor asked, licking his lips.

Sinclair removed his black mask and answered calmly, "He will definitely come. We worked together for a long time, after all. He's someone I know well. He's always been ambitious. I didn't expect him to betray the Sanderson family, though."

Even though Sinclair didn't make any particular facial expressions, his tone changed at the end of his sentence.

Loneliness, disappointment, and hatred were evident in his words.

The friends who were fighting together turned into enemies.


It wasn't easy for anyone to accept such a thing.

Sinclair held back his roiling emotions for a moment before saying, "Stephenson is a vengeful, cruel, and tough man who does not want to take losses. He'll be here shortly. He won't hold off on taking revenge until the next day."

Trevor said with a smile, "We just have to wait for him to come to us."

Sinclair looked at Trevor and thought for a moment before convincing him in a low voice, "Dragon, you should hide for now. Stephenson is extremely powerful since he holds the position of deputy leader of the Shadow Guards. He isn't the leader not just because I'm a little stronger than him, but also because he isn't composed enough. I advise you to hide in the dark while I deal with him first."

Chapter 1388 Stephenson Came

 +120 Points at most

Shaking his head, Trevor smiled and refused, "No need to worry. Remember, I managed to handle you by myself in the pharmacy. You don't need to be concerned about my capabilities. If nothing else, I can defend myself."

Heaving a sigh, Sinclair gave up trying to convince him.

With just the two of them breathing lightly, the room fell into silence.

Shortly after, light footsteps echoed outside the rental apartment.

The footsteps were swift and light, like a wind gust that could be easily disregarded.

Then there was an unexpected knock on the door.

A deafening series of knocks came pounding on the door.

Sinclair and Trevor exchanged quick glances.

The man outside must be Stephenson.

Knock! Knock! Knock!

The door was rapped again.

Trevor almost had the impression that the icy man, who resembled a viper, was lurking in the shadows and banging on the door with his thick finger joints. He had murderous intent visible in his eyes.