



## **Weight Lifting Brand Celebrates 6 Years In Business**

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Chaos and Pain, a business in Birmingham, AL, is celebrating its 6th year anniversary as a cutting edge and extreme weight lifting brand. Full details about the company and the work that they do are available at <https://www.chaosandpain.com/>. People are encouraged to sign up for the newsletter through the website in order to stay up to date with future developments and to find out how the anniversary will be celebrated.

Wayne Banks from Chaos and Pain says: "The past six years have been wild. We started off as a small blog, with thousands of others just like us. However, Jamie Lewis, my partner and the original blog writer, thought that my Chaos and Pain training style went really well with supplements and the rest, as they say, is history."

Banks' training style involves high volume, high frequency, haphazard, teeth gnashing aggressive exercises. Jamie Lewis had been creating his personal fat burners and stacks for years, and there seemed to be a demand for legal steroid alternatives that worked incredibly well. This led to the formation of Chaos and Pain, through which they have now been promoting the Cannibal supplement range, as well as other supplement products.

For Banks and Lewis, the goal is for athletes to dominate the competition. They achieve this by ensuring that people who are engaged in strength sports, and particularly weight lifting, can be as strong as they possibly

can be. Through Lewis' supplements and Banks' knowledge, they feel that this can be achieved. Those who have tried them seem to agree. "Chaos and Pain, your cannibal preworkout is amazing," says Adam B. on the Chaos and Pain Facebook page. "Thank you. You blow C4 away and Mr. Hy-what? Thanks for the quality product."

Chaos and Pain is also dedicated to providing people with information so they can train better and for longer, with more amazing results. This is something that have stood for throughout the six years of their partnership, and something that they are greatly respected for. They have also launched a YouTube channel at [https://www.youtube.com/channel/UCanBD\\_6KEySjii\\_YmL9hW4Q](https://www.youtube.com/channel/UCanBD_6KEySjii_YmL9hW4Q) to provide further information.

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## **Chaos and Pain**

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