Albey Al

Wall

Albey Al
A taco with a Doritos shell and nacho flavored sour cream... WTF?
Share: 50 minutes ago near Long Beach.
2 people like this.

Matt Olson
Bomb!
44 minutes ago

Jean-Paul Piraino
I know I'm like WTF also! Talk about insane chemicals to cause cancer!
16 minutes ago

Albey Al
I have worked 14 out of 15 and I have another six days of consecutive work to go. But I still manage to make time to exercise for at least an hr of my day. Don't make excuses and tell me you don't have time get out there and Get active. Don't let your body wither away! GOD MODE ACTIVATED
Share: 7 hours ago near Brea.

Dolores Nieto and 8 others like this.

Jamie Correa
K hoechie u gonna watch my kids.
7 hours ago

Like Correa
He also has no wife or girl friends to speak of...
6 hours ago

Albey Al
You want me to watch children? By the end of the day your children will tell you about protein powders, supplements and Newer
4 hours ago - 2

Albey Al
I'm Min the Zero yellow shorts!!

Share: 8 hours ago near Brea.

Dolores Nieto and 4 others like this.

Lisa Correa
Does nothing for me. Maybe the hugging? Or is it the shorts?
8 hours ago

Javier Arteaga
And hugging AND the shorts both work for me :-(
6 hours ago

Albey Al
Went to target to buy the short shorts and tank top and was approached by two different girls and asked for my number two different times... yes my EGO is aging faster than our current gas prices.
Share: Yesterday at 3:33pm near Brea.

Una Santamaria and 13 others like this.

Kelly Mirek
Ugh concited today huh! Bt sweee
Yesterday at 3:56pm

Michael Khare
She that's how WE do it!!
Yesterday at 4:08pm - 1
Albey Al

Albey Al: Hope no number given... politely declined... lol
Yesterday at 4:22pm

Bruce Lee: Dang bro I was gonna ask you for one of their numbers since you got two lol anyways they're probably high maintenance and will probably take away our training times :)
Yesterday at 4:33pm · 2

Albey Al: @ Bruce : that's why I respectfully declined... not ready to go out on dates and eat fast food and drinks and skip training!!
Yesterday at 5:52pm

Albey Al: GOD MODE BRUCE!!! Watch your body grow !!!
Yesterday at 6:03pm

Lisa Correa: This goes against your previous post of forming relationships but whatever. I saw your profile to pick up the phone and call a primo.
23 hours ago · 1

Kristina Krieger: How many doors did they have to open for your ego to leave target with you??
9 hours ago

Albey Al: "Everybody, one day will die, and be forgotten. Act and behave in a way that will make life interesting and fun, suck a neureine predictable life, working monday to friday with something you derive no pleasure from. Just living life out till you grow old and wither away. Find a passion, form relationships, dont be afraid to get out there and fuck what everyone else thinks, treat me like a man more fun that way.

Don't ever pay people out or put people down. Instead just put yourself up and let the haters do their thing, id rather be a person thats hated on, than a person that does the hating. A wise man once said..

Haters gonna hate!
ZYZZ

Share · Yesterday at 1:27pm near Brua ·

Lisa Santamaria and 10 others like this.

Bruce Lee: Yo bro fuck haters! We do it our way or no way at all haters confusion works all day time lol they don't know what hit them ;)
Yesterday at 5:56pm · 1

Albey Al: Real talk Bruce ^^^^^
Yesterday at 5:58pm

Kimberly Philips: hahah to the fucking yeah!!
32 hours ago · 1

Albey Al: No Homo flaxflaxauralekkkk, I'm M'nin Aesthetics

Share · Yesterday at 11:39pm near Brua ·

Kevin Guevara and 2 others like this.

Javier Arteaga: Oh yea!!
Yesterday at 11:46am

Urbil J. Batres: Strong is hair is strong

Albey Al

Lina Santamaria: You make them too whiny!!

11 hours ago

Albey Al

Am I right? If so, share this.

Sonia Limon and 2 others like this.

Lina Correa: That’s right!!

Lina Santamaria: I don’t believe this stuff!! Girls who go to work hard!! Other wise we would be skinny (giggly)!! No man likes that right!!

Stacy Hernandez: Umm... I’m pretty sure this is not true after you have kids. I wish.

Lina Santamaria: Let’s not forget that men have “helpers” to get results... Hard work my ass.

Lina Santamaria: HaHa true!! I think women work harder.

Albey Al added 3 new photos.

Saturday at 4:41 pm via mobile

Albey Al

So true

Lina Santamaria: You make them too whiny!!

11 hours ago

Lina Santamaria: You make them too whiny!!

Saturday at 1:34 pm via Brea

Kimberley Phillips and 7 others like this.
Albey Al

Lisa Correa You don't have to though...you know that right?
Nicoescaro.com
Saturday at 1:39pm

Albey Al
Are visions are slowly coming into fruition. Months of dedication and hard work. You had Brat ! Anesthetic as Fuuadaaassss!!! GOD MODE — with Mikhail Khabad at 24 Hr Fitness.

4 people like this.

Albey Al
Your body is a blank canvas and you paint a picture for everyone to see.
Everyone is unique in their own way, shape or form make your body your own and have people Mirm 1 On that note God mode activated. Come at Brat I keep Mirm my shoulders!! — at 24 Hour Fitness - Brea, CA.

Alx Cervantes and 5 others like this.

Benny Canez I need so live you !
Friday at 1:51pm - 1

Lisa Correa I hate painting
Friday at 5:49pm

RECENT ACTIVITY
Albey and Jennifer Vega are now friends.
Albey and Rob Benjamin are now friends.
Albey is now friends with Kristy Mulrooney and Joannina Gomez.

Albey Al
Just wanted to take a quick second to let you guys I love you and couldn’t ask for a better group of Friends. Even with all my crazy antics and ISH I do, you guys still love me for who am I. #Mirmlove — with Harri Myhrkord and 2 others.

Alx Cervantes and 4 others like this.

Zotchin Buenrostro Castro GAY!
Friday at 11:27am

Mohammad Alrahem Liv u too bro
Friday at 11:45am

Lisa Correa Totally
Friday at 1:04pm

Beck Becka So gyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyyy
Holy动感 and 2 others like this.

Scott Davis: Gens are the straightest gay places ever.
Friday at 4:19am · 1

Lina Santamaria
Friday at 5:31am

Stephanie Lee Correa: You sure their straight?
Friday at 5:05am

Benny Canaz: Lol! Whatever gets the job done.
Friday at 8:34am · 1

Katy Mireles: Lol
Saturday at 5:11am

Can someone please tell me what famous person this is? — with Monica Plaza.

So I'm looking for a roommate, must fit the following criteria: Clean, courteous, aesthetically pleasing or willing to become aesthetically pleasing, loves gym, tan, and short shorts. If any of you are interested hit me up!

Lava Love and 6 others like this.

Little Liz Wow
March 8 at 6:09pm · 1

Vincent Rice: Shared a room with him for 20 years, can vouch for him.
March 8 at 6:18pm

Gabriela Hendley: Mel!! LOL
March 8 at 7:03pm

Gabriela Hendley: I'm ten, I'm clean, I love fitness, I live to clean, I wear short shorts! Lol lol
March 8 at 7:07pm

Albey AI: Wow, check, check and Check !!
March 8 at 7:08pm
Vanessa D. Mendoza: You should look on Craigslist!
March 8 at 7:26pm

Albey Al: I'm just going to move in with you and Ray.
March 8 at 7:32pm

Vanessa D. Mendoza: We don't do Gym, tan nor bunties. Plus, I don't think you want to see ray in shorts/shorts, not exactly the best look on him.
March 8 at 7:47pm

Albey Al: Good point! 😄
March 8 at 7:48pm

Natalie Baffiera: Damn I'm looking for one too! Boo!!! 
March 8 at 8:38pm

Albey Al: Do you Tan? Are you aesthetically pleasing? Do you like short shorts? What??ooooo
March 8 at 8:39pm - 1

Natalie Baffiera: Haha! Yes to all of the above... but I own my place so I'm staying here! Lol
March 8 at 8:38pm

Don Clercien: Funny
March 8 at 11:03pm

Recent Activity
Albey and Stacey Moore are now friends.

Albey Al: So I have a confession. I just killed an entire bag of Salsa Verde Doritos ($5 bag) and two sugar free monsters. #ML EXTRA CARDIO TOMORROW!
March 8 at 12:45pm near Saddle

Kahro Leena and 6 others like this.

Jean-Paul Plissake: Omg your soo in trouble!!! Haha
March 8 at 12:51pm - 1

Albey Al: I just keep telling myself I'm bulking lol
March 8 at 12:58pm - 1

Shisha Love: This is not the advice I needed cuz lol jk
March 8 at 1:05am

Cheri Grippi: Why fml I wish that term was never created! 😞
March 8 at 5:09am

Kendra Levy: so that's how a get away with barely sleeping...MONSTER!!!!! 😜
March 8 at 10:24am

Albey Al added a new photo. — with Monica Pizaro.

END OF A RELATIONSHIP

Share - March 7 at 4:01pm near Brea

Akira Cervantes and 4 others like this.

Sonia Limon: Hahahaha
March 7 at 4:07pm

David Blaske: Effin true bro LOL
March 7 at 4:38pm

Bianca Coman: not effin true br.
March 8 at 4:36pm

Albey Al

I'm feeling that much closer to my ultimate goal, GOD MODE ACTIVATED. You mad? Heh? You Minu my Aesthetics! FUUUUUUAAAACK — at 24 Hour Fitness - Brea, CA.

Share · March 7 at 12:56pm in Brea ·

2 people like this.

© Beck Becka Your post are weird dude!!! What's up with your new logo bsn??? Y'all is that bl
March 7 at 1:03pm ·

© Raymond Castillo Haha!!!
March 7 at 1:09pm

Albey Al

The best thing I could have done for myself was to listen and follow the direction of many fit athletes. Not only did I lose weight and read myself a future health problems but I gained confidence and the passion to want to help other people. If you're reading this post and you feel like shredding some of that body fat and helping to build some self confidence, call me up and we'll work on it together.

#Fitnessbrotherhood

Albey Al

© Dolores Nieto and 7 others like this.

© Adriana Arreguin See you soon.
March 7 at 12:13pm ·

© Albey Al We can totally do it, it won't be easy but no pain no gain(s) inbox me your cell phone number
March 7 at 12:24pm

© Kahero Leena He's king he won't help... lol

© Albey Al I'm walking proof and evidence that he lost!
March 7 at 1:05pm

© Kahero Leena This is what he said to me and he never once helped me...you made me break
March 7 at 1:15pm

© Kahero Leena Mind you he told his cousins the same thing lol
March 7 at 1:16pm

© Albey Al @Kahero I'm not a magician and can do miracles, hence why I didn't call you u
March 7 at 2:45pm

© Kahero Leena See he will tell u he will work u u and then he will tell u he didn't call to work wu bc he can't work miracles bro
March 7 at 2:46pm

Albey Al
Albey Al

If you have over 20% body fat you should NOT be wearing a Spaghetti strap tank top to the Gym!

Share: March 6 at 6:35pm near Brea

William Abasoo and 4 others like this.

Deina Torres: You mean ... Spaghetti

Albey Al: Focus Deina, focus ...

March 6 at 7:15pm: 1

Raymond Castilla: Is that Kurt Angle?

March 6 at 7:23pm

Deina Torres: I'm focusing on the spelling errors!

March 6 at 7:25pm: 1

David Blaske: Long as he doesn't go on the truss...!

March 6 at 7:34pm

Jasmine McCarthy: Ur just mad cuz ur shorts aren't getting all the air for once...

March 6 at 7:39pm

Albey Al: In this case, he can have it.

March 6 at 7:40pm: 1

Albey Al: Eyebrows check (haircut check to check) now it's time to go to the gym and work on my chest. I'm feeling fresher than a Motha F***er - LEGGO!

March 6 at 4:23pm via mobile

Monica Poster and 5 others like this.

Stephanie Lee Correa: This is Cousin Ric eyebrows checked? Wtf

I guess that's how LA Captured it.

March 6 at 4:54pm: 1


3/12/2012
Krisie Lowen  You forgot to mention lodging your ouushi back  ____
March 6 at 5:13pm

Monica Picazo  ARM CANDY!! Lol
March 6 at 6:42pm  1

Albey Al  @Mos: I like a Boss
March 6 at 8:11pm

Monica Picazo  I AM THE BOSS, Don’t forget that!
March 6 at 8:17pm

RECENT ACTIVITY
Albey and Ryan Matthew Worthington are new friends.
Albey and Megan Lopez are new friends.

Albey Al
So a question for all my aesthetic artists. What are your two favorite muscles to
train?
Mine are quads and Chest!!
Share: March 5 at 2:32am via mobile

Alexa Cervantes likes this.

Urlie J. Batres  My Angus u med?
March 6 at 3:42am  1

Urlie J. Batres  Legs & Shouldler I like the pump after your done
March 6 at 3:43am

Kendra Levy  Glutes and abs lol
March 6 at 3:52am  1

Albey Al  Can’t neglect the Glutes!!!
March 6 at 3:54am  1

RECENT ACTIVITY
Albey changed his profile picture.
Albey is now friends with Maribel Garcia and Shae Montgomery.

Albey Al
It’s a Friday night and all I can do is sit and think about what bootcamp exercises I’m
going to do tomorrow. YMI, what have I become? Oh that’s right, SHREDDED!!!
FLUUUUULLLLAAA!!! You Meh???
Share: March 3 at 12:04am via mobile

Gabriela Hessley and 4 others like this.

Victor Wesseling  Come to oids bar and get faded up with me
March 3 at 12:17am

Bobby Patel  Its great discipline!!!
March 3 at 12:19am

Josh Urbas $boat
March 3 at 12:46am

Kimberley Philips $EGAS
March 3 at 1:37am  1

Gabriela Hessley  Hahahaha! Sounds like me!!!
March 3 at 3:22pm

David Blanke  They see you rollin, they mimin! lol
March 3 at 8:08pm  1

Albey Al
Why is it so hard to meet a woman who EXERCISES!!!! I know you’re out there
but WHERE?????
Share: March 2 at 5:46pm via mobile

Kevin Guenara and 7 others like this.

Pao Ramirez  Really , really !!!
March 2 at 5:46pm

Urlie J. Batres  I know that feel man
March 2 at 5:36pm

Vanessa Dorse: Your retarded ... just saying.
March 2 at 9:20pm · 3

Lisa Correa: I think you need to find a woman that is naturally fit. And naturally pretty, with natural boobs. Naturally.
March 2 at 6:39pm · 3

Vanessa Dorse: Summer part when you cut,your boobs are the first to go?!! Find ibl but natural is the BEST
March 2 at 6:43pm

Jamie Luna: Lol u would...but it's cool I guess u got ur pref. Nowww!
March 2 at 6:44pm

Sonny Black: Fat chicks need loving too bbl
March 2 at 7:09pm · 1

Albey Al: My Mann fi
March 2 at 7:09pm

Gabriela Hensley: What???? Really???? Look around your gym and check out the trackkkkkkkkkk
March 2 at 7:11am

Albey Al: @GH: I don't like to ask where I eat :/
March 2 at 7:33pm · 1

Daniel Palomars: An thats a fact
March 2 at 7:43pm

Lisa Correa: Wow all that's so romantic.
March 2 at 8:07pm · 1

Albey Al: Loa, underneath this chiseled exterior of a body, underneath my sculpted abs and pecs, lies a romantic beast waiting to be unleashed
March 2 at 8:11pm

Lisa Correa: Ummm built because I saw you before the muscles went on... O_o
March 2 at 8:15pm · 1

Gabriela Hensley: Huh???? I'm confused about your last comment to me.
March 2 at 11:04pm

Albey Al: LoL, basically I will not attempt to pick up on women at the gym that I use because if things don't go as planned it's an awkward situation there on after. :)
March 2 at 11:07pm · 1

Lisa Correa: Was the picking up on women the eating or shifting portion?
March 3 at 9:03am

Vanessa Dorse: Albey!!!!!! LIES LOL
March 3 at 9:41pm · 1

Albey Al: Trance music at the gym helps me stay focused and excited for my workout. Listening to John Legend on Pandora radio makes me realize how much I miss having a girlfriend..... I know she's out there but I can't see her -#hopelessromantic
March 2 at 12:12am via mobile ·

Gabriela Hensley and 7 others like this.

Jake Ogden: Awww
March 2 at 12:33am · 2

Little Lisa: Etg,gin bllch, snap out of that dtt! But yes I feel the same Way about having a significant other.
March 2 at 12:38am · 2

Cheri Gripping: When I find her you'll be the first to know! Good luck buddy.
March 2 at 5:23am

Kahro Leona: How can you see her when all you ever see is yourself. T's, hvs, @80 ·
March 2 at 8:22am · 1

Nicole Christine: How sweet!
March 2 at 9:15am · 1

Gabriela Hensley: Ldl.... sh'll come when you're not looking.
March 3 at 5:30pm via mobile · 1

Are you one of those guys just penciling your upper body, looking like a six with sticks for legs? You mad? 😂 Come at me Braha!

2 people like this.

Lilie Lilie: Sexy legs!!!
March 1 at 12:11pm · 1

Daniel Palomares: U never wanted to hit legs with me brah!
March 1 at 12:28pm

Debra Le: MMMmm, Very sexy legs!!!
March 1 at 12:43pm · 1

Albey Al @debra: I was a weak man back then, I didn’t know any better 😔
March 1 at 1.13pm

Daniel Palomares: Haaha ok ur pardonned lol
March 1 at 1:32pm · 1

Lisa Corea: Well its not your abs so...
March 1 at 7:14pm

Recent Activity

Albey and Antoniette Esquibel are now friends.
Albey and Robin von Mayer are now friends.
Albey and Tiffany Alby are now friends.

Albey Al
March 1: 12 week body transformation in full effect. Why are you going to cock to hit the gym two weeks before your Vegas trip? Do you really think you’re going to see improvements? Go get it TODAY. Remember you said TOMORROW, YESTERDAY.

GOD MODE ACTIVATED, I love leg day. Father Zeus’s brother Hercules give me strength...RUMGRRRRRRRRRAAA!

Share · March 1 at 11:36am near Brea ·

Gabriela Hernandez and 3 others like this.

Vincent Rincon: You exercise enough for the both of us
March 1 at 12:03pm

Dana Cordova Martinez: Guess what!! I’m getting fatter!
March 1 at 12:40pm

Kimberley Phillips: So I have two weeks left? Yay!
March 1 at 3:36pm

Albey Al
The “Best Abs in America”
I’m not MINE!


3/12/2012
Share · February 29 at 3:48pm near Long Beach ·

2 people like this.

Justin Groves Lol
February 29 at 4:25pm

Albay AI Can you believe this guy's making millions selling supplements and workout DVDs!!
February 29 at 4:25pm

Uriel J. Betnes God how I much hate this guy shitty abs genetic ever
February 29 at 4:35pm

Chelsea Burgos DON'T HATE ON MY MAN!
February 29 at 4:35pm

Uriel J. Betnes Come at me The Situation
http://m.facebook.com/photo.php?fbid=106746976096
637&set=a.106746976096.637&per=106746976096.637&se=106746976096.637
00028400463318666868.10002840046331866868.10002840046331866868.10
00028400463318666868.10002840046331866868.10002840046331866868.10

^This is when I dint lift & was a skinny chippie at 144.5 lbs now
In 201 lbs cutting down April
February 29 at 4:40pm

Albay AI Damn bro I'm Minn your sculpted abs!! But I ain't mad
at your skinny body
February 29 at 4:45pm

Uriel J. Betnes I knew that was a year ago before I ever
pick up a barbell I bulk up at 2011 right now and will out down since
I have mass now
February 29 at 4:47pm

Albay AI You will be Aesthetically pleasing. Brother Zyzz would be
prided...ink Clint
February 29 at 4:49pm ·

Lika Correa Its too bad the situation from the neck up ain't all
that.
February 29 at 6:46pm

Cheri Gripping Those are ugly ass.... Ahe, .... just ugly.
February 29 at 8:23pm

Shae Montgomery Can you say eww Aahahaha
March 5 at 12:57pm

Cheri Gripping Shae, you are so pretty!
March 5 at 1:39pm ·

RECENT ACTIVITY
Albay is now friends with Corey Amani Torres and 3 other people.
4 people like this.

Benjamin: Can't imagine why the guys are hitting u up at the gym.
February 29 at 11:31pm · 1

Jasmine McCarthy: I can NOT take you seriously in those shorts!
February 29 at 12:07pm

Albey Al: No need Jazz...you're not who I'm looking for ;)
February 29 at 12:13pm

Jasmine McCarthy: That's bc I don't have a penis! Haha
February 29 at 12:14pm

Albey Al: Yep. I get NO PLAY from women ...;)  
February 29 at 12:15pm

Sonny Black: My boy!!F*** Vegas baby!!!
February 29 at 12:24pm · 1

Albey Al: Can't wait to bring GOD MODE to Vegas ... hopefully the pool is open, otherwise I'll be walking around the casino!  
February 29 at 12:30pm

Benjamin: Richard simmons had a son? Lul
February 29 at 1:02pm

Albey Al: Richard Simmons 3.0  
If i did workout vids 20 yrs ago I would be Rich who!
February 29 at 1:03pm

Benjamin: Haters gonna hate.....lal
February 29 at 1:08pm · 1

Albey Al: Hughes hated
February 29 at 1:09pm

Monica Pizano: Is this real life?? Where are my emoji cons when I need them?
February 29 at 1:59pm · 1

Albey Al: Muscle flex , Mexican face, with heart
February 29 at 2:16pm

Josh Urbas: When u gonna b in Vegas? ...I'm headed over there on 3/24-26  
February 29 at 10:19pm

Albey Al: Chest and b workout complete. I was Mr in my sculpted chest in the mirror at the gym. Haters gonna Hate my Aesthetics H!
Share · February 29 at 10:51am near Brea ·  
2 people like this.

Sonia Limon: Love how motivated you are! I gotta be like that lkl... Gotta get back in shape especially with this job I have
February 29 at 11:00am

Albey Al: Hit me up and I can give you the body you have always wanted!!
February 29 at 11:01am

Sonia Limon: Really? (ask me your number I can def take some advise ... if that's cool and all;)  
February 29 at 11:03am

Albey Al

February 29 at 1:09am

Sonia Limon

Awe that’s awesome!! I really appreciate it.

February 28 at 11:09am

Delores Nieto

I am not hater... love ur ABS!

February 28 at 3:53pm

Albey Al

Trance music, Pre workout, motivational videos of Zuzi–I’m ready to do work some. I need to get ASTECTIC!!! Forever Haters!! God mode Activated – FUUuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuuu
David Bisque Word up dude... behind every successful man lies a pack of failures

Lilac Iz U make me want to go tan
February 27 at 7:38pm · 1

Jeremy Viscus! Dude, you're so buff!!!
February 27 at 7:50pm

Albey Al hahaha...one day at a time J!,I'm trying to get to 170lbs by summer
February 27 at 7:51pm

Lilac Iz U make me feel faster than i Am, estupik bitch
February 27 at 7:52pm · 1

February 27 at 8:07pm · 1

Jeremy Viscus! I'm still waiting, 2years, for my diet!
February 27 at 8:35pm

Albey Al i posted it on your page!!
February 27 at 8:35pm

Jeremy Viscus! Never mind. Sorry
February 27 at 8:36pm

Albey Al let me know if you have any questions
February 27 at 8:36pm

Greg Holcomb omg :)
February 27 at 9:26pm

Delanie Jensen Daazaaammmmmmmmm!!!
February 27 at 10:08pm · 1

Jamie Correa You missed a spot in the smidge of yer arm pit. Ps put some pants on.
February 28 at 3:59pm

Albey Al I know, I'm far from perfect :);
February 28 at 4:05pm

RECENT ACTIVITY
Albey and Brandon Stantes are now friends.
Albey changed his profile picture.
Albey is now friends with Bruce Lee and 6 other people.

Albey Al
Keep Movin my Soulz and Glutes!!! FULAAAAARRRRXXXX
8 Share · February 27 at 5:23pm via mobile ·
2 people like this.

Albey Al
Wide shoulders / stripped torso. GOD MODE ACTIVATED...you MIBEN!!! — with
Marit Myers at 24 Hour Fitness - Brea, CA.
8 Share · February 27 at 2:07pm in Brea ·
3 people like this.

RECENT ACTIVITY
Albey and Michelle Lopez are now friends.

Albey Al
Major improvements !!!
Gabriela Heneghan: Who. Are you calling a freak??! Lol
February 25 at 9:04pm via mobile.

Alley Al: It looks better on YOU then it does on me :)
February 25 at 5:49pm

Alley Al: Okay tell me this one’s for you... what would you say is the best feature on a woman?

Share ' February 24 at 9:24pm via mobile.

Alexa Cervantes likes this.

Alley Al: This is an absolute hard question to answer I know, but if I had to pick one feature it would have to be LEGS...
February 24 at 9:25pm • 1

Bobby Patel: A woman without a tongue!!!
February 24 at 9:27pm • 3

Victor Wesseling: Ass ass ass ass ass ass ass ass
February 24 at 9:30pm

Alley Al: @VC: it was a tossup between ass and lips but technically I think it's all part of the same mechanism!
February 24 at 9:32pm • 1

Deina Torres: I think Bobby is talking about a mutt! Lol
February 24 at 9:32pm • 1

Deina Torres: Bobby ask for a blind mute woman that way you can tell her you look like Brad Pitt!!! Lol!
February 24 at 9:35pm • 1

Bobby Patel: LOL!!!
February 24 at 9:38pm

Kristie Looe: Are you writing a cosmo article or something cuz?
February 24 at 10:05pm

Stephanie Lee Correa: What does it matter really
February 24 at 10:35pm

Alley Al: JV....don't be Gay
February 24 at 10:42pm

Alley Al: By the way sorry for the derogatory comments. I don't be dumb
February 24 at 10:44pm

Pao Ramirez: Wait soooo u like my legs?
February 24 at 11:00pm • 1

Raymond Castillo: I like my women like I like my chickens with really big broods... Preferably dark meat...
February 24 at 11:01pm • 1

Gabriela Heneghan: Alley: you got lucky :) i've got legs :)"n
February 24 at 11:07pm • 1

Alley Al: Hence the reason you're my # 1 :) 
February 25 at 5:49pm

Gabriela Heneghan: #1????? Lol. That's awesome. Being # 1 is quite something.
February 25 at 6:11pm

Alley Al: Question for the WOMEN: What part of the male physique do you find most attractive: Butt, Arms, Abs, Back, Shoulders, Legs, Chest, .......?

Share ' February 24 at 5:53pm via mobile.

Alexa Cervantes likes this.

Tven Roger: Arms abs and Face "_-
February 24 at 5:53pm

Stacy Butler: shoulders
February 24 at 5:53pm

Raymond Castillo: Pens! Oops... You said women...
February 24 at 5:54pm • 5

Jamie Correa: Back and arms!
February 24 at 5:54pm

Uriel J. Batres: Zyzz


3/12/2012
Albey Al

Another day, another pump, #fitnessfanatic

Jocelyn, Emily, and 2 others like this.

Perfecta Bernal Ok pump it up hard lol
February 23 at 9:51am

Chelsea Buergo Fist PUMP!
February 23 at 10:54am · 1

Albey Al @cholera: Like I'm trying to punch a hole into the heavens...GOD MODE!!
February 23 at 10:58am

Chelsea Buergo Zeus megapump power activated!!!
February 23 at 11:13am · 1

Albey Al You need to get G-MONI$ and yourself to Rape the dance floor with me soon!!!
February 23 at 11:17am

Chelsea Buergo Haha.... I don't even have to rape it... the cancelbut wants me, lol
February 23 at 11:18am · 1

Albey Al Yeah! You can hang with me anytime Bish! The dance floor wants it and we're going to give it...I'm so pumped right now. I think I'm going to go GOD MODE at target right now...COME AT BISH!
February 23 at 11:22am · 1

Chelsea Buergo Haha you're nuts
February 23 at 11:34am

Albey Al

OBSSSSED is a word Lacy people use to describe DEDICATION

Sarah Queen and 8 others like this.

Vincent Rincon I wish I was obsessed with working out. I seem to be more dedicated to relaxing
February 22 at 12:14pm · 1

Cheri Grippi What about dedicated to collecting cats? Does that work too?
February 22 at 1:29pm

Lina Santamarfa Live that one!!
February 23 at 2:41pm via mobile

Albey Al Do you love it, Love it, or both ?
February 23 at 2:42pm · 1

Lina Santamarfa Both ;)
February 23 at 2:45pm · 1

Recent Activity

Albey changed his profile picture.
Albey and Lorena Ramires are now friends.

Albey Al

You Mad brs, You MRM!!! Zyzz...Puuuuazzzaman

Ivanica Sanchez and 10 others like this.

Cecilia Munoz SO WHEN YOU GETTING THE GGO TO STRIP
LOL!!!
February 21 at 5:30pm

Albey Al My first gig is at the Casino near your place...$$$$
February 21 at 5:22pm

Raymond Castillo Dave... I thought those Kit's flams shirts you bought on Ebay were a collectors item... now they're worth nothing!! Hahahah!!!
February 21 at 5:29pm

Kahn Leesia I swear for you.
February 21 at 5:27pm

Victor Weasing I'm a some kind of fitness model
February 21 at 5:34pm

Albey Al hahaha... wish you had a vagina... it would mean so much more
February 21 at 5:39pm

Albey Al *wink
February 21 at 5:35pm

Victor Weasing Just thought I would try to be funny
February 21 at 5:36pm

Kristy Wells only you. Lol
February 21 at 5:36pm

Albey Al Surprise you. Kristy Wells.... Really :)
February 21 at 5:37pm

Victor Weasing Im just choppin my diet coke all out off..... lol
February 21 at 5:38pm

Albey Al hahah.... You wearing a sweat suit?!?
February 21 at 5:39pm

Victor Weasing Is that you in the sauna , i refuse to put steroids in my body....
February 21 at 5:46pm

Cecilia Munoz I WILL LET THE GIRLS KNOW BIG BILLS!!! LOL
February 21 at 5:43pm

Albey Al were trying to go soon!!
February 21 at 5:44pm

Kizzy Munoz HAHA UR CRAZY
February 21 at 5:47pm

Dolores Nieto Very sexy body!
February 21 at 5:50pm

Cecilia Munoz Kizzy u know your friends wih be all up in that muthafuka gay or straight you bitches will have taken over the front row I think we should hook up something at your pad........COVER MEAAAAARGGGHH!!!
February 21 at 5:51pm

Albey Al RY-O-U, Ernie Mesa can be the bounnor
February 21 at 5:53pm

Kevin Guavara Impressive good job
February 21 at 6:04pm

Kizzy Munoz HAHA NO
February 21 at 6:04pm

Ernie Mesa Watch out Captain America here comes Big Al......
Gabriela Dominguez

February 21 at 7:36pm · 1

Vincent Rincon Your looking huggie. Like the shorts, haters gonna hate ;)
February 21 at 9:14pm · 1

Don Clercien Great job when you own it, no one can say otherwise
February 21 at 9:29pm · 1

Albey Al Thx for the confidence people!!
February 21 at 10:27pm

Sandra Jenkins Ay zap! ;)
February 21 at 11:20pm · 1

Monica Ramirez nice pic!
February 22 at 1:15am · 1

Debi Henry w w
February 22 at 3:03pm · 1

Shaw Montgomery Oh sweet baby Jesus help this case ki
March 5 at 2:31pm

RECENT ACTIVITY

Albey and Kendra Levy are now friends.
Albey is now friends with Perfecta Bernal and Lina Santamaria.
Albey changed his profile picture.

Albey Al

Getting ready to hit cheat day.....You MRSN BHO!

Share · February 21 at 2:07pm via mobile ·

Gabriel Dominguez same here bro! going 1 month strong & hav lost 25lbs So far! Yeaaaas good! & 1st mission accomplished so far! I am still struggling with my nutrition and diet:( sometimes I just get bored of the same things am eating I help me out here bro! I no you can’t! :)

February 21 at 2:48pm

Albey Al

The last three days at the gym I’ve been approached and asked if I was either fitness model, or personal trainer. Now believe me any day of the week I would be flattered, however none of these compliments were from that of the opposite sex!!

FML! Guess I better stop wearing my dolphin shorts to the gym

Share · February 20 at 2:46pm via mobile ·

Randi Barker and 5 others like this.

Esmeralda Rodriguez You think? Lol
February 20 at 2:55pm

Jasmine McCarthy Maybe u just don’t know ur gay yet? ;)
February 20 at 3:11pm · 2

Little Liz “ Imp!?
February 20 at 3:15pm

Sonia Limon Hey... are you a fitness model or a personal trainer?
Lol..... Feel better now? ”p
February 20 at 4:11pm · 1

Albey Al Sooooo much better... my ego is back on top ;)
February 20 at 4:13pm · 2

Sonia Limon ;)
February 20 at 4:12pm

Lisa Correa Before you let your head explode, its common pick up line.
February 20 at 7:46pm · 1

Marat Mychaskas As the guy who works out with you most often for one would really appreciate the retirement of the dolphin shorts.
February 20 at 9:14pm

Albey Al

That’s a woman stuffing a penis into a car

Albey Al

Share · February 19 at 4:42pm via mobile

4 people like this.

Stacy Butler LOL
February 19 at 4:42pm

Uriel J. Bateman Strong Ganga
February 19 at 4:44pm · 1

Albey Al Steph a penis in your car or ECE MINUS
February 19 at 4:45pm

Ivon Rojas Luna
February 19 at 4:46pm

Stacy Butler she is protecting her heart against the real thing
February 19 at 4:46pm · 2

Albey Al When is big too high!
February 19 at 4:47pm

Emerald Rodriguez That meant she had a wild night. Good for
her! LOL
February 19 at 4:56pm

Sonny Black Co talk to her
February 19 at 4:57pm

Albey Al LoL...I don't think I can compete
February 19 at 4:59pm · 1

Javier Arteaga Yum!
February 19 at 3:01pm

Albey Al
I'm currently on day four of an 11 day at work *suck* I'm feeling tired as hell
and absolutely can't wait to get to the gym and kill it. I save money, it's good
therapy, and it's absolutely worth it's weight in gold during the summertime!
#InTheZone

Jasmine McCarthy and 4 others like this.

Albey Al
There is something I must confess.... I feel like bumping and grinding and I
don't see anything wrong with that... Set me yo!!!

Jasmine McCarthy and 2 others like this.

Emysical Rodriguez
February 19 at 3:53pm via mobile

Kimberley Phillips Manchester
February 19 at 2:04pm

Albey Al
So I went to the supermarket and ran into somebody I didn't know. He Came up
to me and said he recognized me from the gym. He said he was me there all the
time but he didn't know my name so he called me "the marathon runner"!

I need to eat more food!!! FML

Kevin Quiwara and 5 others like this.

Joan-Paul Pires
February 19 at 2:25pm · 1

Lizzie Liz I need to stop eating!


3/12/2012
Albey Al

Greg McHale

February 18 at 5:39pm

Gabrielle Nunez

February 18 at 6:33pm

Cheri Grippi Find! Why so hard on yourself?

February 18 at 6:17pm

Albey Al

I don't have a girlfriend. I just know a Girl that would be very mad if I said that.

Share · February 18 at 12:38pm via mobil

Kris Lovee and 5 others like this.

Monica Picasso It's complicated >:<

February 19 at 5:48pm via mobile

RECENT ACTIVITY
Albey changed his profile picture.
Albey is now friends with Rebecca Rose Graves and Branna Vasquez.

Albey Al

I need ♥

Share · February 17 at 5:10pm via mobile ·

Chelsea Buege and 4 others like this.

Jamie Luna LL Cool J!

February 17 at 5:25pm

Michelle Mercedes i thought you needed sexing? hafa

February 17 at 7:42pm · 1

Albey Al I need both, however, I'm feeling the need for Love

Today ()

February 17 at 7:44pm

Albey Al

Slow down, I just wanna get to know you but don't turn around cause that pretty mound thing looks GOOD to ME #Sexify

Share · February 17 at 1:31pm near Garden Grove

2 people like this.

Albey Al

-added a new photo. — with Marat Mychael and Daniel Buenostra.

February 17 at 12:37am near Brea

Rob Benjamin likes this.

Albey Al

Fighting thieves off with a stick is difficult...anyone have a shaved I can borrow?

Share · February 17 at 12:46am near Brea

2 people like this.

Melissa Putney No show... but I have a frying pan that might work better.

February 17 at 12:51am · 1

Cecilia Mamee USE YOUR GUN CUZN HEHE!

February 17 at 3:17am

Albey Al

Kahlo Leena and 9 others like this.

Albey Al 8pm
February 16 at 7:12pm

Stephanie Les Correa Hum why are you on your phone too then? Just saying...
February 16 at 7:18pm · 1

Albey Al Lol, LA adorant contact
February 16 at 7:19pm

Christian Gomez Do yourself a favor and just throw him off hate people like that!!!
February 16 at 7:19pm

Stephanie Les Correa Go work out on something else lol!
February 16 at 7:19pm

Gabriela Hernandez Lol, I did do that once. :) I was waiting on an important call from my daughter's school but it's annoying and rude. No one noticed the episode I had so that worked out!!
February 16 at 7:25pm · 1

Gabriela Hernandez Some girl was talking on the phone on a train machine I wanted. I gave her the dirtiest look, Lol. I was trying to hide my tips... What is she thinking????
February 16 at 7:24pm

Gabriel Dominguez fun Al, I paso hahahah yo u need sum bak up hem! hello@byloyy ! peo Style Son ! lol (0,)
February 16 at 7:26pm

Blanca Coman Why don't you take it up with him like a man? ...)
February 16 at 7:30pm

Albey Al I'm all about two things...Ass and class
February 16 at 7:33pm · 3

Albey Al Bahahahaha
February 16 at 7:33pm

Sonny Black But ur using phone too lol
February 16 at 7:34pm

Urla J. Batres I cut in the squat rack u mad?
February 16 at 7:35pm · 2

Blanca Coman But joking about it isn't either of those 2 things ... Lol dont hate me
February 16 at 7:35pm

Albey Al You Mhm Unti 7?
February 16 at 7:40pm · 1

Matt Jirazo Yeah stay out of our gum! You can't handle this stuckiness!
February 16 at 7:50pm · 1

Monica Picazza Where's the love button?
February 16 at 8:52pm

Albey Al was with Lizie Liz at The Flyboy Mansion,
February 16 at 12:11am in Brea

Albey Al Awwww yaaaas, Flyboy Mansion yeah!!!
February 16 at 12:24pm via mobile

Lizie Liz Fucc this party, the wine is gone, I'm out!
February 16 at 1:02am

Lizie Liz Edgins Bitch
February 16 at 1:03am

Albey Al Gorda, Bitch
February 16 at 1:06am

Lizie Liz My gonta ass is about to go buy tacos!
February 16 at 1:04am

before you get the way

Jeremy Viscusi 85% You're not there
February 16 at 1:28am

Albey Al Lol
February 16 at 1:28am

Albey Al Btw Lizie my bed is soaking the to you
February 16 at 1:29am
Albey Al

Dear Mother Earth can you please stop raining in Southern California thank you...

Shane - February 15 at 12:03pm near Brea.

Derek Nieto and 2 others like this.

Little Lil But I love the rain!
February 15 at 12:04pm

Albey Al By the way I thought Tony Toni Ton said it never rain in Southern California... What a bunch of cock he was spitting!
February 15 at 12:06pm

Stacy Hernandez too
February 15 at 12:43pm

Stacy Hernandez too
February 15 at 12:43pm

Stacy Hernandez =P
February 15 at 12:43pm

RECENT ACTIVITY
Albey changed his profile picture.
Albey changed his profile picture.
Albey and Brandey Alman are now friends.
Albey and Andrew Cook are now friends.

Albey Al added 2 new photos.

February 15 at 11:07pm via mobile

Albey Al
Can you say PRE GAME!!

Share - February 14 at 10:08pm near Fullerton.

Derek Nieto and 6 others like this.

Sandra Rincon Nevanex R U on Drugs? lol
February 14 at 10:15pm

Pa Ramires U r nice
February 14 at 10:16pm

Vincent Rincon U r finishing pose
February 14 at 10:28pm

RECENT ACTIVITY
Alley Al

I'm officially at 170 pounds... 175 pounds by may?!!

Cheri Grippi and 2 others like this.

Josh Uhrig Beast.

February 14 at 7:59pm

Alley Al

On Valentine's Day, I'm at the place that I love most — at 24 Hour Fitness • Brea, CA.

Gabriela Hernandez and 9 others like this.

Who needs a valentine when you have yourself!!

Jockie Coleman and 13 others like this.

Sandy Navarro Thats right....!

February 14 at 4:57pm

Stephanie Lee Correa Keep telling your self that...

February 14 at 4:58pm • 1

Alley Al I bought my own flowers, my own candy ... books like all I have here left to do is make love...WINNING!!

February 14 at 5:01pm • 1

Stephanie Lee Correa I enjoy my Valentine's with my daughter also.

February 14 at 5:05pm

Grace Celeste Diaz Your a nut... that's kinda funny....

February 14 at 5:09pm

Dolores Nieto Oh, I agree...

February 14 at 5:22pm • 1

RECENT ACTIVITY

Alley is now friends with Gabriela Hernandez and Heather Evans.

Alley changed his profile picture.

Feeling like walking around in my Calvin Klon's

Alexa Cavallaro and 3 others like this.

Jean-Paul Piraino Lmao!

February 14 at 1:07pm

Kahro Leena get the f**k over yourself, why don't you just go do prostitution.

February 14 at 1:18pm • 4

Kimberley Phillips Lmao!! Just get your ass to Vegas already!!!

February 14 at 1:19pm • 1

Alley Al Don't need the $$$

February 14 at 1:19pm

Kahro Leena but apparently you need the ego boost.

February 14 at 1:20pm

Kahro Leena as if you don't already need to go pick up all the pieces of your brain that exploded.

February 14 at 1:20pm

Xotchii Buenrostro Castro Infat Gym!!!!

February 14 at 1:21pm

Kahro Leena the only thing left to explode since your so full of yourself to your balls.

February 14 at 1:21pm

Alley Al I'm trying to get there !!!!!!

February 14 at 1:21pm

Alley Al I can't hear you BB, Im too far gone


3/12/2012
Albey Al

You just say when and I'm there bro!
February 13 at 1:45pm

Victor Wesseling
Tight, believe me buddy you'll get the call!
February 13 at 2:05pm

RECENT ACTIVITY

Albey Al and Amanda C Tress are now friends.
Albey Al and Charlie Goodwin are now friends.

Albey Al
Dear Facebook user: please refrain from laughing on my page in Spanish...jjajajaja
Thank you
Share · February 13 at 6:13am via mobile ·
Liz L. and 7 others like this.
Gina P. Duelllas Why
February 13 at 10:47pm via mobile

Albey Al
Not afraid to say it...Albey feels like sexing!
Share · February 12 at 4:38pm via mobile ·
Alixa Cervantes and 5 others like this.

Michelle Mercedes I do believe you are one of the most ridiculous hot people... you make me laugh everyday on facebook haha
February 12 at 4:45pm · 1

Albey Al Glad I can make you smile ;]
February 12 at 4:46pm

Sonny Black My manmman
February 12 at 6:54pm · 2

Monica Picasso Not a bad thing
February 12 at 5:39pm · 1

Albey Al I don't see nothin wrong with a little bump and grind
February 12 at 5:41pm · 1

Monica Picasso Of there is... I'm oblivious to it
February 12 at 5:42pm · 1

Albey Al We need to talk...
February 12 at 5:44pm

Kelly Miranda Lol AUBEEEEEEE are you ok ??
February 12 at 8:08pm

Albey Al Not really...just a little " frustrated "
February 12 at 8:09pm

Kelly Miranda Why are you "frustrated"!
February 12 at 8:11pm

Albey Al I don't think I need to spell it out for you sweetheart ;)
February 12 at 8:14pm

Kelly Miranda Lol I think you gonna have to Albe
February 12 at 8:16pm

Albey Al Lol...how bout we talk in person
February 12 at 8:30pm

Albey Al Hahaha
February 12 at 8:58pm

Kelly Miranda Yaa! Then you can explain it
February 12 at 9:10pm · 1

Cheri Griggs Well at least your back tears and not in mochal
February 13 at 8:03am

Albey Al
Trying to widen my back and working my calves today..... Sunday fun day at 24 hour fitness
Share · February 12 at 2:47pm via mobile ·
4 people like this.

Raymond Castellino What exercises are you doing for back? And what rep ranges?

3/12/2012
Albey Al

Raymond Castillo:Width and thickness you should keep it at 6-8.
Check out the Hany Randel website and the FST-7 training... It's a good way to finish off your workouts with a good pump.
February 12 at 4:04pm

Albey Al:What's better than a gym sesh on a Saturday morning? Well morning for me at least cause I just woke up!
February 11 at 1:03pm near Brea

Akina Cervantes:likes this.
Gabriel Dominguez:Yo Al, wats up bro he u doing ? check it am real hung over so is it wise for me to stil go to the gym and work out k? need some advice big dog help me out
February 11 at 1:10pm

Albey Al: @ Gabe, you have gone with how your body feels. You can never do any wrong wall going to the gym however, if your body's not 100% your not going to give it 100%
February 11 at 2:05pm

Albey Al:So for the first time yesterday I listened to something other than rap music while working out... I was listening to trance music and I must say that EPIC was intense and nonstop... I think I might try it again today.
February 11 at 4:33pm near Costa Mesa

8 people like this.
Victoria Martinez:Cuz u need to b in cd sleepin
February 11 at 4:38am
Lori Taolin:Have you tried dulastop?
February 11 at 5:18am - 1
Sonny Block:My boy
February 11 at 8:04am
Michele Mercedes:TRANCE is life.....especially when working out.
February 11 at 9:48am
Dana Cordova Martinez:try dualmax5 and sipfrx
February 11 at 10:40am
Michele Mercedes:**** ****
February 11 at 12:02pm
Dana Cordova Martinez:**** you
February 11 at 1:03pm

RECENT ACTIVITY
Albey and Randi Barker are now friends,
Albey and Victoria Ruiz are now friends.
Albey is now friends with Nick Seyegh and Stacy Butler.

Albey Al:
If anybody knows how to get a hold of Nicole Scherzinger, can you please tell her that I want to marry her...thank you
February 10 at 9:07pm near Westminster

69 P. Dueñas and 3 others like this.
Pao Ramirez:Sure cocok
February 10 at 9:49pm
Kelly Miranda: Lol I thought u was gonna marry meeeeeeeee
February 11 at 6:16am

Albey Al:
I don't know if it's my preworkout drink, the weather, the music on the radio, or the combination of all three but I'm feeling jacked right now. It almost feels like summertime and I can't wait! I'm going to bring it hard for the summer of 2012...
February 10 at 1:05pm near Brea

Ivon Rojas and 2 others like this.
So I just saw a commerical for a 'Zoey Footie' apparently they're as cute that adult women can wear. The commerical was suggesting that Us men should buy one of these garments are are women.....WTF!! Nothing will make a woman less attractive than an adult onesie!!!
Albey Al
3:00 never felt so good :)  
Share · February 9 at 1:31pm near Brea ·
Cheri Grippi likes this.

Albey Al
I want to see you up
love that song.
CJ.R.  
Share · February 8 at 4:45pm near Moreno Valley, CA ·
Ivonne Sanchez and 2 others like this.

Cheri Grippi What’re you doing in moveP Seeing it up?  
February 8 at 5:46pm · 1

Albey Al
Some overweight guy, wearing a sweatsuit in the sauna, so he powered down a diet coke, told me He doesn’t condone the use of steroids to get fit...LOL
I politely told him the rest of the sweat suit over his ugly mug... you powered down one more swig of diet Coke and walked out...hahaha. What a tool!!
Share · February 8 at 11:45am near Brea ·
Glen P. Duelfes and 3 others like this.

Albey Al And apparently I can’t spell and put a sentence together...FM.
Share · February 8 at 11:46am · 5

Victor Wasseling Heirs
February 8 at 11:54am

Jasmine McCarthy Um... yea u wanna try that lost part again so we can get the full effect of what was said?? Lol
Share · February 8 at 11:59am

Natalie Baffaro Yes. I kinda wanna know what u meant to say!
Lol... Re-do! Re-do!
Share · February 8 at 12:00pm

Cassie Reyes Wock, Damn Iphone.
Share · February 8 at 12:16pm · 1

Vincent Rincon Alright malam abw down and start from the top
Share · February 8 at 2:02pm

Lisa Corea I saw a girl at the mall smiling out of her skinny jeans in line for a cinnamon and I thought, yeah that’s exactly what you need!
Share · February 8 at 7:02pm

RECENT ACTIVITY
Albey and Illyse Cassandra are now friends.
Albey and Sashant Srinivas are now friends.
Albey and Kyrsten Nespolo are now friends.

Albey Al
Goldpawer
Share · February 7 at 1:45pm near South Whittier ·
2 people like this.
Sonny Black Yo
February 7 at 1:47pm

Albey Al
Can’t rain on my parade today!!! <CJR>
Share · February 7 at 9:12am near La Habra ·
Ivon Ropen and 6 others like this.
Monica Ramirez hahah That’s the attitude.
February 7 at 3:09pm

Albey Al
Tuesday <Y.L.O.D
Share · February 6 at 5:37pm near Brea ·
Vincent Rincon: Why is ya so?  
February 6 at 7:08pm

Albey Al: You only live once  
February 6 at 11:44pm

Albey Al: Need more leg growth/ separation. Any suggestions? 

Share - February 5 at 4:45pm near Brea -

Alysia Cervantes and 2 others like this.

Juan Villasenor: I suggest you STOP wearing those shorts.  
February 5 at 4:47pm -

February 5 at 4:51pm

Jamie Correa: Put yer pants on!  
February 5 at 4:53pm

Albey Al: Thx for the link brother...ima check it out!!  
February 5 at 4:53pm

Lora Liberty: Drink more cum fish. It's the Super Bowl fav  
February 5 at 5:20pm -

Albey Al: Lora if you expect me to develop a type of reputation you die at the PO - You're sadly mistaken  
February 5 at 5:28pm -

Albey Al: Lol...  
February 5 at 5:28pm

Juan Villasenor: @ Lora...all I can say is WOW  
February 5 at 5:28pm -

Lora Liberty: That was from mike, he had my phone and it was a joke. But way to go below the belt... Now! You really want to start talking about reputations at the pool?  
February 5 at 5:32pm

Albey Al: Lol kris it's jokes :reeeeder!!! Come on dude you know me better than that  
February 5 at 5:32pm

Juan Villasenor: in an effort to keep the peace, can't we all just get along?  
February 5 at 5:35pm

Albey Al: Pezce kept...I'm cool with Lora and she knows THAT!  
February 5 at 5:31pm

Juan Villasenor: but you did drop the soap in the showers that one time...remember?  
February 5 at 5:31pm -

Mike Larson: Dude just give Lora her shorts back and shes stop rippin you  
February 5 at 5:37pm

Albey Al: Lol...But these are my favorite ones!  
February 5 at 5:39pm -

Unlit J. Battey Squats  
February 5 at 6:11pm -

Don Clercien: No short cuts,  
1. Diet  
2. Seated squats
Albey Al

Sandra Jenkins says ps
February 5 at 7:30pm

Albey Al
C.A.R.
Share 'February 5 at 3:02am near Rowland Heights'
Cassie Reyes likes this.

Albey Al
I need a valentine.
Share 'February 4 at 9:41pm via mobile'
Ivan Sanchez and 4 others like this.

Sandra Rincon says Here: I'm go get one wth dat 6 pack u could bring home at least 1/2 a dt.
February 4 at 9:43pm

Vincent Rincon says West Hollywood might have what you looking for
February 4 at 9:50pm

Pao Ramirez says Yup me 2
February 4 at 10:04pm

Albey Al says Lol I thought you had a date
February 4 at 10:07pm

Pao Ramirez says Who? Lol
February 4 at 10:10pm

Albey Al says I don't know what his name was, Remember I said we could do a three-way day if he got butt hurt.Jkf
February 4 at 10:33pm

Pao Ramirez says Ohh yeah lol
February 4 at 10:38pm

Gina P. says Eeellfas I would not mind having one boc少数...
February 4 at 10:40pm

Becky Stuart says I'm renting David out by the hour.
February 4 at 10:41pm

Albey Al says C.A.R.
February 5 at 3:01am

Kryzel Taliana says Spam (lol your silly :) )
February 5 at 3:20am

Albey Al
Still trying to improve

Share 'February 3 at 9:44pm near Del Amo'
Almex Cervantes and 9 others like this.

Vanessa Dorsa says Do it!
February 3 at 10:09pm

Josh Urias says I a BEAST part II
February 4 at 2:23am

Cheri Gripp says wow you have changed a lot! good job!
February 4 at 9:09am
Should I or shouldn't I take my gun to Santa Fe Springs.

Ernesto Rodriguez and 3 others like this.

Kimberley Phillips Aren't u a cop ...I have a license to take ur gun with u ... lol
February 3 at 1:48pm

Cecilia Munoz You can leave it with me cuin lol
February 3 at 2:14pm

Cassie Reyes I think you should. Just to be safe.
February 3 at 2:29pm

Sandra Blincon Nevarrez PLEASE don't leave it with Coo she will kill herself Backwards
February 3 at 2:45pm

Lisa Correa My hood is safe, don't be skurred
February 3 at 8:31pm

Cecilia Munoz I have good thoughts right now auntie! So I would be target practicing only!! :D
February 3 at 11:53pm

Recent Activity
Albey and Art Ortiz are new friends.
Albey and Shirley Moran are new friends.

Albey Al
I feel like Eggies this morning!! (;*)
Share  ·  February 2 at 9:39pm near Torrance

Cassie Reyes and 3 others like this.

Cassie Reyes Eggies which way?? Scrambles or Dippies??
February 3 at 8:46am

Albey Al Lots and lots of Dippies
February 3 at 11:32am  ·  1

Albey Al
What is it about a woman and a raspy voice that turns me on.....is it Tuesday yet??
Share  ·  February 2 at 1:54pm near Brea

Jamie Correa likes this.

Jasmine McCarthy Raspy, like a man? U haven't come outta the closet yet bi!)
February 2 at 1:57pm

Paa Ramirez Ewww
February 2 at 2:27pm

Cassie Reyes Wat do you mean raspy like maybe they have a sore throat or it sounds kinda deeper out still feminine? I know what you're talking about... that IS SOOY!
February 2 at 2:46pm  ·  1

Cassie Reyes Gotta elaborate, san!
February 2 at 2:47pm

Albey Al mean like she probably choked on a Dentito or something raspy
February 2 at 2:54pm

Albey Al Better?!
February 2 at 2:54pm

Cassie Reyes Hahah... you need help! Raspy woman's voice... looking forward to an add day of the week, wanting to do backwards cartwheels.... you sure you're alright??
February 2 at 2:57pm

Cassie Reyes And its DORUTO!
February 2 at 2:57pm  ·  1

Albey Al Daren you and you're proper grrrmmmer ...and yes I spied u you're and not your!!
February 2 at 3:11pm

Cassie Reyes It's okay, I'll help you out, I got your back!
February 2 at 3:26pm
What would I like to see in 2012? An instructor to teach me how to do backwards cartwheels...fingers crossed.

2 people like this.

Cassie Reyes: YOU ARE TOO MUCH!
February 2 at 11:02am · 1

Monica Picazo: Let me know when u find one :0
February 2 at 11:33am

Cheri Grigg: Btw how that would work.
February 2 at 11:34am

Albey Al

Yo!LOL.

I love the way you hold those paper clips :)

Share · February 1 at 6:33pm via mobile

Cassie Reyes likes this.

Gabriel Dominguez: hey Al, was up bro check it am finally gonna hit the gym right now! lol so it's been years since I've been there! so u think you can help me give me some advice on what exercises should I do you recommend me start off with and for how long like man?.
February 1 at 6:55pm

RECENT ACTIVITY

Albey and Uriel J. Batres are now friends.

Albey Al

So I'm thinking about trying out for the Chipmunks crew... so I'm going to need some ideas on a theme, any suggestions??

Share · February 1 at 11:26am near La Habra

2 people like this.

Matt Olson: Police officer?
January 31 at 11:41am

Raymond Castillo: Walmart Groomer!
February 1 at 11:49am · 2

Ivan Rupas: Firefighter :)
February 1 at 11:57am

Vincent Rincon: Jersey
February 1 at 12:00pm

Albey Al: Lol...short white shorts, long necklace and some Carrera sunglasses!!
February 1 at 12:01pm · 1

Vincent Rincon: You can make more money at a gay bar
February 1 at 12:04pm · 3

Albey Al: Hmmmm...
February 1 at 12:05pm

Vincent Rincon: http://www.youtube.com/watch?v=VjAPnTSzG6k&feature=youtube_gdata_player
February 1 at 12:11pm

Beck Becka: Alright. I told u to consider it ❤
February 1 at 1:53pm

Albey Al: Cuts for the girls -- with Marie Mythics at 24 Hour Fitness - Brea, CA.

Share · February 1 at 8:46am in Brea

Alona Cabrera and 3 others like this.

Vincent Rincon: More like strokes for Blake
February 1 at 8:55am

RECENT ACTIVITY

Albey and Angel Ricardo Anela are now friends.
Albey Al

**Sex is Like Drugs, let's get it CRACKN**

Monster Pizza and 4 others like this.

---

**Albey Al**

**Fit expo III — at Los Angeles Convention Center.**

January 29 at 12:21pm in Los Angeles

Victor Wesseling and 3 others like this.

---

**Albey Al**

I don't see anything wrong with a little bump and grind #shallowstyle — at 24 Hour
Fitness - Brea, CA.

January 28 at 1:26pm in Brea

Monica Pizzico likes this.

---

**Albey Al**

209 - 2011

---

Kevin Guenara and 3 others like this.

---

**Monica Pizzico** Wowsers! Keep it up!

January 27 at 11:27pm

---

**Lisa Correa** I miss the before picture

January 28 at 1:47pm

---

**Bryan Bybee** I miss cruisin' with Chubbs ;(

February 15 at 1:03pm

---

**Recent Activity**

Albey and Christina Nicole are now friends.

Albey is now friends with Deblaine Lovelace and 2 other people.

---

**Albey Al**

209 - 2011

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Share: January 27 at 8:11pm near Highland Park.

Kevin Guenara and 3 others like this.
Albey Al

Lesa Correa I miss the before picture  
January 28 at 1:47pm

Bryan Byblos I miss cruizin' with Clubba :(  
February 15 at 1:23pm

Albey Al  
Progress is slow but I'm not stopping!!!

Monica Picon What more can you do?!  
January 27 at 5:00pm

Carol Martinez Hello! umm put some pants on please  
January 27 at 5:00pm - 1

Kath Leena umm excuse me go to your XCORNER and put some clothes on, your waffles are about to fall out.  
January 27 at 5:12pm

Carol Martinez O wow can they know u to well!!! Ur waffles I am laughing hard, uh no she didn't!  
January 27 at 5:15pm

Juan Villaseor No name? Booty shorts?  
January 27 at 5:18pm - 1

Albey Al PG 13  
January 27 at 5:19pm

Carol Martinez Well then y do u show ur body loc and your daisy duke shorts full  
January 27 at 5:33pm

Raymond Castillo Ray20 Simmons just tweeted "somebody stole my shorts... now I know who... Haha! IAME Expo here you come."  
January 27 at 6:46pm - 1

Albey Al I wish I would've stolen his perm!  
January 27 at 6:47pm

Raymond Castillo Hahaha!!!  
January 27 at 6:49pm

Justin Groves Rip it buddy! Full throttle!  
January 27 at 7:36pm

Albey Al  
Shoulders, abs and cardio grindin' — at 24 Hour Fitness - Brea, CA  
January 27 at 1:20pm in Brea - 2 people like this.

Recent Activity  
Albey is now friends with Delmar Lovelace and 2 other people.

Albey Al  
LA Fitness Expo this week...I'll be there on saturday!!! anyone else going?  
Share - January 26 at 2:25pm  
Gina P. Duvalos and 2 others like this.

View all 3 comments
Albey Al

Albey Al
So I'll be looking for a roommate. If you're clean, drug free and drama free, hello at your boy!

Share - January 26 at 11:35am via mobile

Amber Gowers and 6 others like this.

Jasminie McCarthey I have a g who was looking for a room mate a couple weeks ago I'll ask her if she's still looking
January 26 at 11:39am

Sonia Limson Where at and how much?
January 26 at 11:46am

Juan Villaseñor P U?
January 26 at 11:59am

Albey Al At the moment I currently reside in the city of Area, however should the right opportunity present itself I'm willing to relocate
January 26 at 1:01pm

Kimberley Phillips Wish we lived closer to each other... we would be in trouble!! Lmao
January 26 at 3:16pm

Albey Al
So I'm back at school for the first time since graduating back in 2000... eye Candy never gets old...REALCOMAngels

Alexa Cervantes and 5 others like this.

Kristy Wells U would say that, Leo
January 26 at 10:40am

Raymond Castillo Hey Al do you still ball? I remember I used to school you at North park Hanah!!
January 26 at 10:47am

Albey Al Lol damn bro you're bringing back my memories...nah I don't ball anymore bro I have old knees...lol
January 26 at 10:49am

Albey Al And you didn't school nobody son..., you were the teachers aide and I was a professor!!
January 26 at 10:50am

Adam Hernandez Are they still making you ride the little yellow bus to school?
January 26 at 10:51am

Raymond Castillo Haha... Ya I feel you on the knee issue... We went hard though...
January 26 at 10:53am

Raymond Castillo Teachers aide... Amen... Don't you remember you got tired of being with Pico Polo and we recruited you to come ball with Pico Park. You took your talents to North park Hahahaha!! #KingDeLaCorte
January 26 at 10:54am · 2

Albey Al Lol... Suck bro that's what's up!!
January 26 at 10:57am · 1

RECENT ACTIVITY

Albey Al and Ifho Pro Matt Christianer are now friends.
3 more similar stories

Albey Al
So I'm thinking of getting my sleeve tattooed.... anyone know any good tattoo artist?

Share - January 23 at 6:14pm via mobile

4 people like this.

Vincent Rincon don't waste your money, it's expensive and permanent. If you like the look get a henna tattoo, that way if you get tired of it you can remove it
January 23 at 6:33pm · 1

Vincent Rincon: If you really want something start small, please, I can save you to the guy in Fullerton that did mine.  
[https://www.facebook.com/fullertonatattoo](https://www.facebook.com/fullertonatattoo)
January 23 at 6:38pm

Albey Al: Go with me on wed  
January 23 at 6:39pm

Kristy Wells: Heying brother Todd at Aces High in Fullerton is awesome,  
January 23 at 6:41pm  
1

Vincent Rincon: How much are you going to spend?  
January 23 at 6:46pm

Albey Al: Not sure yet, I guess it depends on what I want to get  
January 23 at 6:54pm

Vincent Rincon: [https://bcn-gravatar-a.akamaihd.net/hphotos-sr  
src=541_11131568929400_1233758645_1040353666695061_n.jpg](https://bcn-gravatar-a.akamaihd.net/hphotos-sr  
src=541_11131568929400_1233758645_1040353666695061_n.jpg)
This was $75  
January 23 at 7:01pm

Ann Varallo: DON'T  
January 23 at 7:13pm

Albey Al: Really?!!!  
January 23 at 7:24pm

Ann Varallo: Only if you think your body is too perfect and requires a FLAW, then go for it. Or if you have an ugly scar you want to bring more attention to. ... and nobody will notice how beautiful you are, they'll just see the tattoo and ask how/why you got it. Not how your day was.  
January 23 at 7:33pm  
1

Lisa Corea: Tats are not very sexy but good luck with that!  
January 23 at 7:46pm  
2

Chelsea Buergo: Haterz gonna hate! Ink it up!  
January 24 at 12:35am  
1

Lisa Corea: My point exactly.  
January 24 at 7:05am

Andrea Vargas: The guy that did Vincent Rincon isn't at Tatt A Tatt any more, but let me know if you still interested in him I can give him your info and set up an apt for you. He's in Westminster now...  
January 24 at 8:10am

Sandra Rincon Nevarez: AL CALL ME  
January 24 at 9:51am

Albey Al: Anybody want to grab a late breakfast?  
[Share]  
*January 23 at 11:01am via mobile.*  
2 people like this.

Pao Ramirez: Leggo  
January 23 at 11:22am

Albey Al: Down?  
January 23 at 11:23am

Pao Ramirez: Yup where  
January 23 at 11:21am

Becky Becka: Hellooo :)  
January 23 at 11:25am

Albey Al: @pat: I need your # ...I got a new phone  
January 23 at 11:29am

Albey Al: front cheek/super chest slowly growing...16/F

3/12/2012
Sandra Jenkins and 7 others like this.

Lilac Liz
NICE UNDIES
January 20 at 3:25pm · 1

Jasmine McCarthy
Again without pants?! Lol
January 20 at 3:33pm

Jamie Correa
That's it I'm dating you.
January 20 at 3:35pm · 1

Chelsea Burges
BANGIN!
January 20 at 3:40pm

Lisa Correa
WTF Put it away our hide family members!!
January 20 at 6:41pm · 1

Lisa Correa
Oh
January 20 at 6:41pm

Sandra Jenkins
love it
January 20 at 8:01pm · 1

Cassey Pugh
Stop stuffing your underwear bro! Haha
January 21 at 4:24am · 1

Albey Al
SIR is the best invention since the wheel.... I swear I'm becoming too dependent on my iPhone

Share · January 20 at 12:45pm near Bree · 2

Joe Swanz and 5 others like this.

Christian Giornome
Totally know what you mean!!!!
January 20 at 1:08pm

Albey Al
Trying to bulk up this winter...167 lbs..trying to get to 172

Share · January 18 at 3:27pm near Bree · 9

9 people like this.

Alexa Conventos
January 18 at 3:44pm

Albey Al

Albey Al the last gym you saw was Jim's burgers
January 18 at 4:27pm · 1

Charlie Spillane hahaha never had Jim's have to put it on the list
January 18 at 4:30pm

Vincent Risco Don't get too big, You still gotta have dexterity to play ball And you don't wanna look like beetle juice (Dwight Howard)
January 18 at 6:42pm

Beck Becks If a gun weight the vest won't let u breath at all Hoo Hoo!!
January 18 at 6:42pm

Vincent Risco What's your body fat percentage?
January 18 at 6:45pm

Albey Al Right now my BF is just under 11% .. which is why am my abs definition is slowly fading.. but that's expected during this phase.. I'm going to start to be strict with my nutrition sometime in March....
January 18 at 6:54pm

Albey Al

The new track "Function " by Ft. 40 is sick!!!
Share · January 17 at 1:49pm via mobile ·
Jared Flinn likes this.

Albey Al I'm ready when you are!
January 17 at 2:29pm · 2

RECENT ACTIVITY
Albey and Kevin Gamara are now friends.
Albey and Nicholas Vargas are now friends.

Albey Al added 2 new photos.
January 13 at 9:58pm via mobile

Albey Al added 2 new photos.
January 13 at 9:30pm via mobile

RECENT ACTIVITY
Albey and Cleo Smikey are now friends.
Albey and Vanny Vanny Duarte Gutiérrez are now friends.
Albay Al

DTF tonight... I think so!

Michele Mercedes oh boy
January 10 at 3:46pm · 1

Albay Al "Downtown Fullerton
January 10 at 3:47pm

Anthony Amorello That place sucks
January 10 at 3:56pm

Sandy Navarro Yeah im ready... lol
January 10 at 7:02pm · 1

Lisa Correa Cool ok... I was gonna say...
January 10 at 9:47pm

Albay Al
Fullerton shores
Fullerton shores

Share · January 10 at 5:31am near Brea ·

Grace Celeste Diaz and 9 others like this.

Cecilia Munoz My Mexican Situation...... MISS YOU# LUV YA CUZ!
January 10 at 6:44am

David Chacon Hey tonight at roscoes 8:30 see u there ???. Lots of peeps there for my b-day
January 10 at 7:52pm

Kristina Knope This is hilarious!
January 10 at 8:45pm

Jasmine Pearce Heh heh so waz...,
January 10 at 8:45pm

Lisa Correa DTF? Are you advertising?
January 10 at 12:20pm

Janet Flores Ok ... u won!!!! U got me here lol...Its OHHH...lol the fun began!!!!!!
January 10 at 10:29pm

Shae Montgomery Way funny, looks like you have too much time on your hands =P
March 5 at 2:57pm

Albay Al
Burbank street

Sonny Black My mannnn
January 10 at 3:15pm · 1

Albey Al
Who wants to FaceTime chat with me??
Share · January 9 at 11:02pm near Brea ·

Jasmine McCarthy Ikes this.
Jasmine McCarthy Moooooo!!!
January 9 at 11:28pm
Jasmine McCarthy Lotlk ;)
January 9 at 11:28pm
Sonny Black My boy
January 10 at 1:38am

RECENT ACTIVITY
Albey and Kimberley Phillips are now friends.

RECENT ACTIVITY
Albey changed his profile picture.
Albey and Mohammad Abrahm are now friends.
Albey changed his profile picture.
Albey and McCall Lansford are now friends.

Albey Al
SO I have a amp phone to use until my 4s arrives on the 10th...It pretty much is a P.O.S...anyhow, if you think I'm deservong last me cell number...otherwise I never wanted to be friends with you in the first place...!
Share · January 9 at 5:30pm near Brea ·

Albey and 5 others like this.

Albey Al ok, you like the status but failed to leave your number....thx
January 5 at 6:15pm

Lizia Lizia wish i would of seen this earlier to mess w u. _._. bl
January 5 at 6:23pm

Cheri Grippi 909823192
January 5 at 6:53pm

Cheri Grippi I have a question for yooou! About a co worker
January 5 at 6:54pm

Albey Al msg me on fb...my phone sucks at typing :)
January 5 at 6:59pm

Albey Al
My phone is broken...new phone will be with me on Jan 10th...WTF am I supposed to do until then??!
Share · January 5 at 4:28am near Whittier ·

Albey and 5 others like this.

Cecilia Munoz Work out!!!!!!! sounds like a situation for the station bl
January 5 at 4:30am · 3

Albey Al I miss my mexican barbie
January 5 at 4:31am · 1

Cecilia Munoz Seeem what's with all my cues saying all the right things this morning**** I miss my mexican situation:-( love you cuuuu
January 5 at 4:42am · 1

Sonny Black Did u go to my Verizon guy??
January 5 at 5:14am · 1

Cheri Grippi E me all your pics of you working out, fla. ;)
January 5 at 6:15am · 1

Krisie Lowe hehehe, cousin, I guess there will no tooling or boosting...
January 5 at 9:22am
Albey Al

Albey Al 45
January 5 at 11:39pm

Vincent Rincon
January 5 at 11:39pm

Dana Cordova Martinez REA!
January 5 at 12:47pm

Albey Al
As You all know I'm a diehard lakers fan... but watching the clippers take care of business against the spurs is awesome!

Jessica Franco likes this.

Vincent Rincon It's because as a Lakers fan you've grown to hate the spurs and jaz.
December 29, 2011 at 9:18am

Albey Al
Starting off right... at Joel's.
December 22, 2011 at 9:52pm in Fullerton.

2 people like this.

Albey Al
Wanna to hit my Dougie, Cat daddy, Dog Mommy, smokie dookie, and Robe Zabba...oh ya... it's on and crunkin tomorrow!

Jessica Franco and 2 others like this.

Kahro Leena  
December 21, 2011 at 8:42pm

Adam Hernandez Only if you go he's dummy retarded and ride the yellow bus. And superman. Don't forget the superman.
December 22, 2011 at 1:46am

Albey Al
DTF tomorrow night...open invite...we're looking for Big booty Judy...

Krisle Loves and 5 others like this.

View all 16 comments

Kahro Leena get over yourself. I swear for u
December 22, 2011 at 10:22am · 2

Krisle Loves Imao. Cousin, you crack me up. Lmao, you do too.
December 29, 2011 at 9:34am · 1

Albey Al
Anyone want to let me Tool it and Beel it?!

Share · December 19, 2011 at 9:24pm near Brea.

View all 4 comments

Chari Griggs Save a fart for later?
December 19, 2011 at 11:35pm

Albey Al DTF Wednesday night?
December 19, 2011 at 11:41pm

Albey Al
Nothing better than Lakers basketball, PERIOD

Share · December 16, 2011 at 7:41pm near Brea.

5 people like this.

Lisa Gomaa You're not crying for Iman?
December 19, 2011 at 7:51pm
Brandy Alexandra True story

Lisa Correa Is she aware that her profile is cropped to her tits?
December 19, 2011 at 8:09pm · 2

Albey Al
who needs andrew bynum when we have troy murphy...oh dear God...Help us — with Marat Meychaus.
Share · December 19, 2011 at 11:13am via mobile

Marat Meychaus Murphy for threeeeeeeennn! Lol
December 19, 2011 at 11:35am via mobile

Vincent Rincon Clippers tonight!!!
December 19, 2011 at 1:47pm

RECENT ACTIVITY
Albey and Sabrina Wemack are now friends.
Albey and Tanya Janke Rincon are now friends.
Albey and Timothy Roberts are now friends.

RECENT ACTIVITY
Albey and Diego Lagunas are now friends.

RECENT ACTIVITY
Albey and Kahro Leena are now friends.

RECENT ACTIVITY
Albey and Kendra Levy are now friends.
Albey and Chelsea Banejo are now friends.
Albey and Greg Hektomb are now friends.

RECENT ACTIVITY
Albey is now friends with Sarah Queen and Anita Arzuyan.
Albey and CC Bodycoach are now friends.

RECENT ACTIVITY
Albey and Deb Henry are now friends.
Albey changed his profile picture.
Albey is now friends with Lori Tagli and Jen Jewell Whiff Pro.
Albey is now friends with Amanda Simmons and 2 other people.
Albey is now friends with Venus Nguyen R&B Pro and Alexi Cameotter.

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