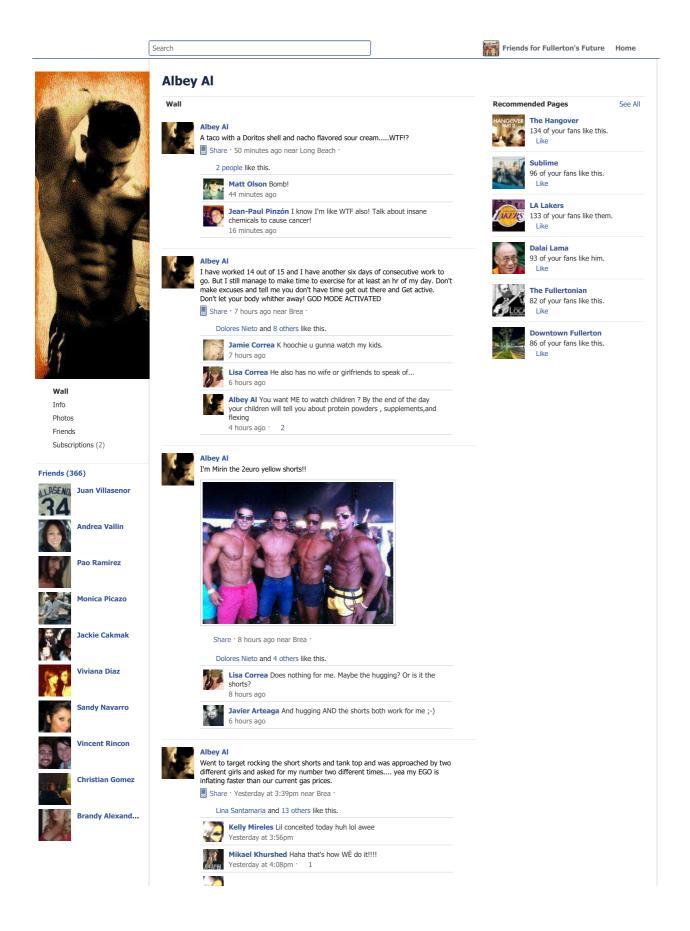
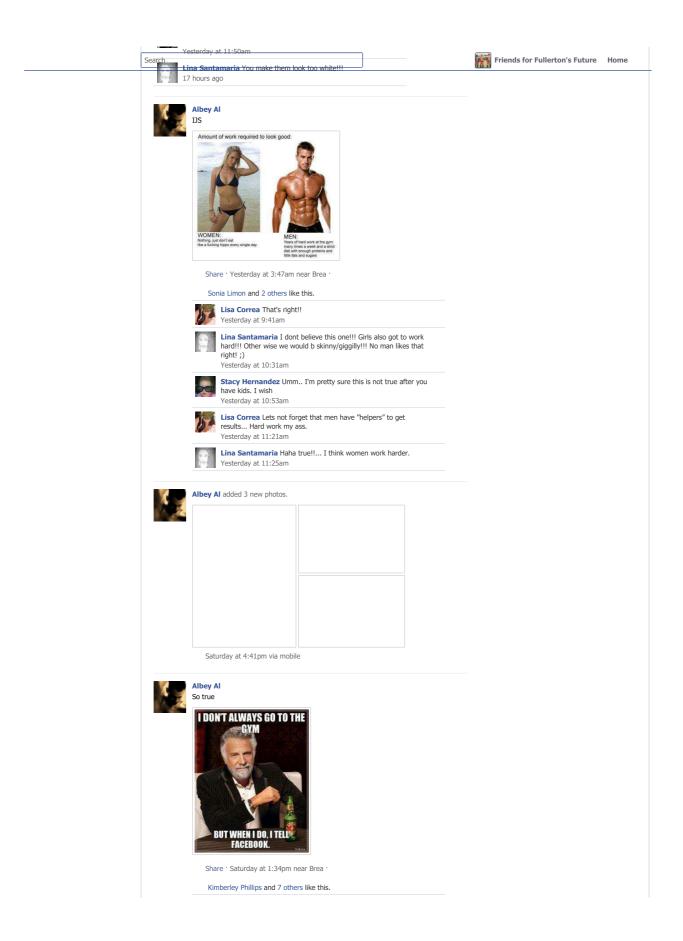
Albey Al Page 1 of 45



Albey Al Page 2 of 45



Albey Al Page 3 of 45



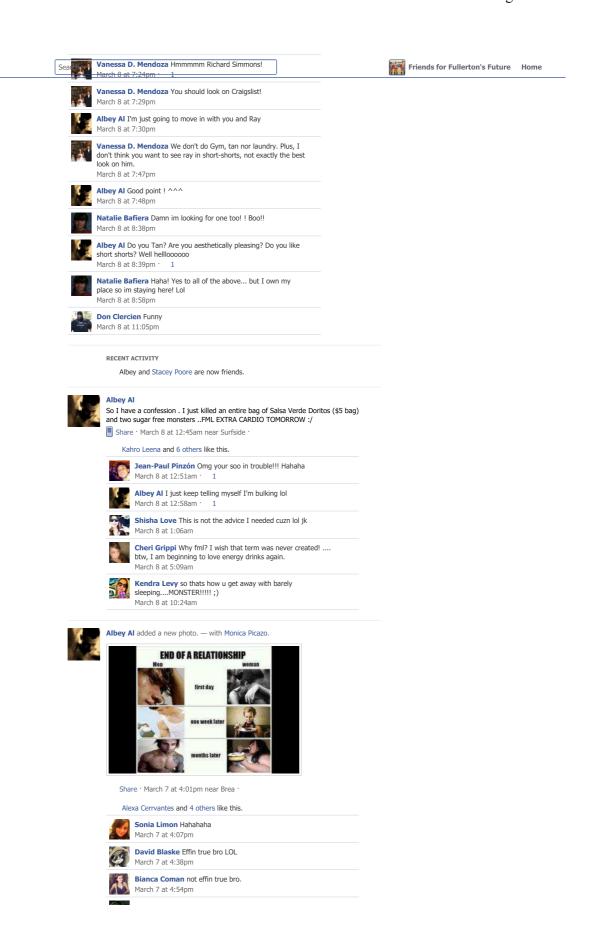
Albey Al Page 4 of 45



Albey Al Page 5 of 45



Albey Al Page 6 of 45



Albey Al Page 7 of 45



Albey Al Page 8 of 45



Fellas, I'm looking for serious workout partners. Goal : get big and shredded for summer. If this sounds like a commitment you're willing to do for the next 12 weeks hit me up!!! Oh must have a 24 hr gym pass



Friends for Fullerton's Future Home

Share · March 6 at 7:51pm near Brea

Anabel Ramirez and 3 others like this.



David Blaske Tellin ya dude, if I lived in Cali, we'd destroy that gym. I got the same problem over here. I've outlived every single gym buddy I've ever had.



Lisa Correa How about the ladies?



Albey Al @lisa: I'm not a magician



March 6 at 8:31pm



Lisa Correa By nature, women are more committed than men. March 6 at 8:40pm ·



Anabel Ramirez U can get me a gym pass and i'll commit for 12 March 6 at 9:15pm ·





Pao Ramirez How bout me March 6 at 11:59pm ·



Don Clercien Al, I also have out lived many gym parthners at Golds. Maybe that's why i am as big as a house :) March 7 at 12:14am



Albey Al

If you have over 20% body fat you should NOT be wearing a Spegetti strap tank



Share · March 6 at 6:55pm near Brea

William Alonso and 4 others like this.



Deina Torres You mean ... Spaghetti March 6 at 7:15pm ·



Albey Al Focus Deina, focus ...





Raymond Castillo Is that Kurt Angle? March 6 at 7:23pm



 $\label{eq:Deina Torres} \textbf{I'm focusing on the spelling errors !}$ March 6 at 7:25pm ·



David Blaske Long as he doesn't go on the treadmill...



Jasmine McCarthy Ur just mad cuz ur shorts aren't getting all the

March 6 at 7:39pm



Albey Al In this case, he can have it March 6 at 7:40pm ·



Eyebrows check /haircut check/ tan check/ now it's time to go to the gym and work on my chest. I'm feeling fresher then a Motha F***--- LEGGO!

Share · March 6 at 4:23pm via mobile ·



Monica Picazo and 5 others like this. Stephanie Lee Correa This is Cousin Ric eyebrows checked? Wtf

I guess that's how LA Cops roll! March 6 at 4:54pm · 1

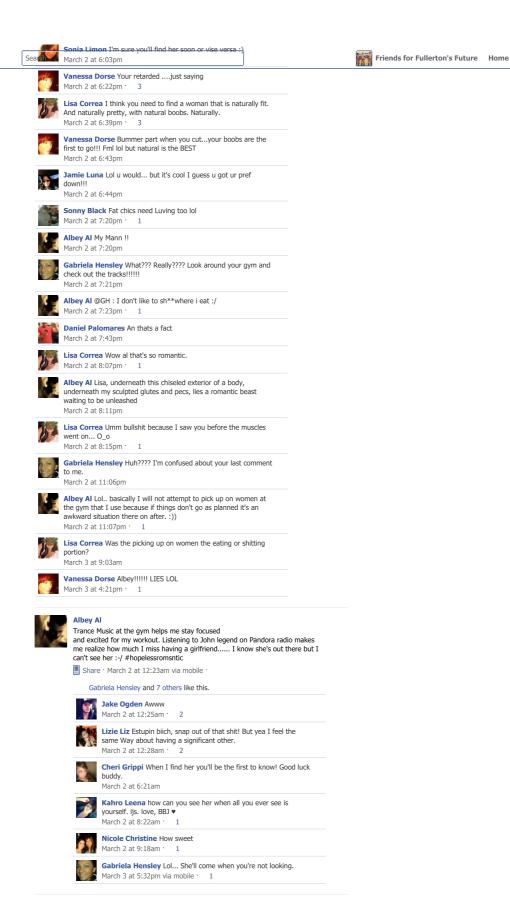
http://www.facebook.com/profile.php?id=100000212107300&ref=ts&sk=wall



Albey Al Page 9 of 45



Albey Al Page 10 of 45



Albey Al Page 11 of 45



Albey Al

Friends for Fullerton's Future Home

Are you one of those guys just exercising your upper body, looking like a tic with sticks for legs?! You mad ?! Come at me Brah!!



Share \cdot March 1 at 12:06pm near Brea

2 people like this.



Lizie Liz Sexy legs!!! March 1 at 12:11pm



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



Dolores Nieto Mmmmm, Very sexy legs!!! March 1 at 12:43pm ·



Albey Al @daniel : I was a weak man back then. I didn't know any hetter II March 1 at 1:13pm



Daniel Palomares Haha ok ur pardoned lol March 1 at 1:32pm · 1



Lisa Correa Well its not your abs so...

March 1 at 7:14pm

Albey and Antoinette Esquibel are now friends.

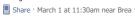
Albey and Robin von Mayer are now friends.

Albey and Tiffany Alday are now friends.



March 1: 12 week body transformation in full effect. Why are you going to decide 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..FUUUURRRRAAAKKK!



Gabriela Hensley 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 huh!? Yay! March 1 at 3:26pm

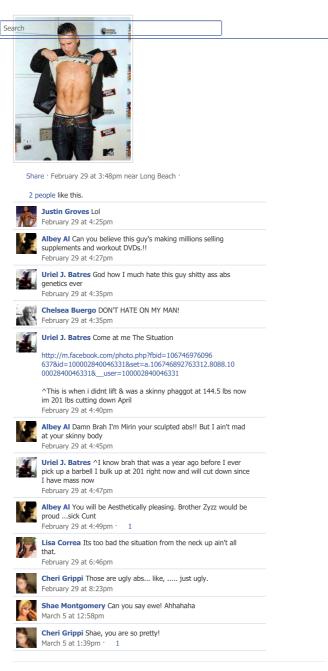


Albey Al

I'm not Mirin!

Albey Al Page 12 of 45

Friends for Fullerton's Future Home



RECENT ACTIVITY

Albey is now friends with Corey Armani Torres and 3 other people.



Albey Al FOCUSED!! Keep Mirin! Albey Al Page 13 of 45



Albey Al Page 14 of 45

> Albey Al Absolutely! I wouldn't be where I am today if not for the Seanutotivation and advice from other people. It's my ultimate duty to pay it forward #firnessforlife



Friends for Fullerton's Future Home

February 29 at 11:04am ·



Sonia Limon Aww that's awesome!! I really appreciate it



Dolores Nieto I am not hater... love ur ABS!

February 29 at 5:53pm



Albey Al

Trance music, Pre workout, motivational videos of Zyzz--I'm ready to do work some. I need to get ASTECTIC!!! Forever Mirin!!! God mode Activated - Fuuuurrrrraaakkk!

Share · February 29 at 8:32am via mobile

Alexa Cerrvantes and 2 others like this.

View all 6 comments



Xotchil Buenrostro Castro LMAO! Thats a whole 8 weeks! Danggggg i aint THAT bad lol



Albey Al We can totally do something in eight weeks but it's not allow AI we can totally do something in eight weeks but it is not going to be the ultimate. A personal trainer from a fitness facility will tell you he can do it for you in 8 weeks, and make you pay a crap load of money up front. I'm telling you I can do it for you free of charge just not in 8 weeks. We can certainly make progress in eight weeks but it's not going to be that BANGIN body. February 29 at 10:59am



Albey Al

In the MOOD for Sushi

■ Share · February 28 at 3:20pm via mobile ·

Alberto Cesario and 6 others like this



Cassie Reyes You would be... February 28 at 3:38pm



Carol Martinez Hi cuzn I miss u I hope all is good with u!!!!! February 28 at 3:46pm



February 28 at 4:13pm



Cassie Reyes I think the guy above me wants to feel you... IJS.



Albey Al:/ February 28 at 4:15pm · 1



Pao Ramirez Sorry I can't eat sushi :/

February 28 at 4:37pm

RECENT ACTIVITY

Albey and Guss Limon are now friends.



Dont 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 one said.

Haters gonna hate!"



Share : February 27 at 7:34pm via mobile

Lina Santamaria and 17 others like this.

Albey Al Page 15 of 45



Albey Al Page 16 of 45

Friends for Fullerton's Future Home



Share · February 26 at 4:45pm via mobile ·

Kendra Levy and 10 others like this



Dolores Nieto Very sexy!

February 26 at 4:50pm



Fresh Les Balco



Albey Al Haha...the CREAM





Uriel J. Batres This is clearly Photoshop I've seen a lot of them in my day. Looking juicy brah



Josh Urias U got me beat boss!! Keep it up bruh!...

February 26 at 5:40pm · 1



Kimberley Phillips DAYUMMMM BABE!!!

February 26 at 7:02pm ·



Bruce Lee Awesome bro! Work of art n an inspiration!

February 27 at 10:33pm · 1



Albey Al Thx Bruce! Let's get it done!

February 27 at 10:41pm



Bruce Lee You kno it's never done bro even at 2 am or when no ones left in de gym there's always a part that's not sore N begs to be worked on! My anniversary is march 12 and people always ask me why are you working so hard? Are you competing? If I have your body I'll quit right there! I just smile n politely tell them that I'm barely half way there like a stage 5 of 10 and ten is when I stop:) that usually shut them up! I hope they know that there's no perfect 10 it's just a number like theres no reps in my sets I'm done when the shredding is done! Thanks again bro my next back workout will be an inspired one! Sorry had air to say...
February 27 at 10:57pm



Albey Al I couldn't have said it better myself! I truly believe this is a lifestyle that I've chosen and get inspired by people that share the same passion such as yourself ...

February 27 at 11:05pm



Bruce Lee Thx again bro :) we'll talk again soon pray for me cuz it's leg day n I'm not gonna walk out...
February 27 at 11:43pm



Uriel J. Batres Its Bruce Lee^ I can't believe it, you are one sick cunt brah
February 28 at 3:43am



Albey A

Sunday at the House of the Gods.. You Mirin? You mad bro?yea you Mad.. GOD MODE ACTIVATED — at 24 Hour Fitness - Brea, CA.

Share · February 26 at 1:41pm in Brea ·

5 people like this.



Albey Al

 $http://m.youtube.com/index?desktop_uri=\%2F\&gl=US\#/watch?v=oSMdjWuiKy4$

YouTube m.youtube.com

Share · February 26 at 11:04am ·



Albey Al

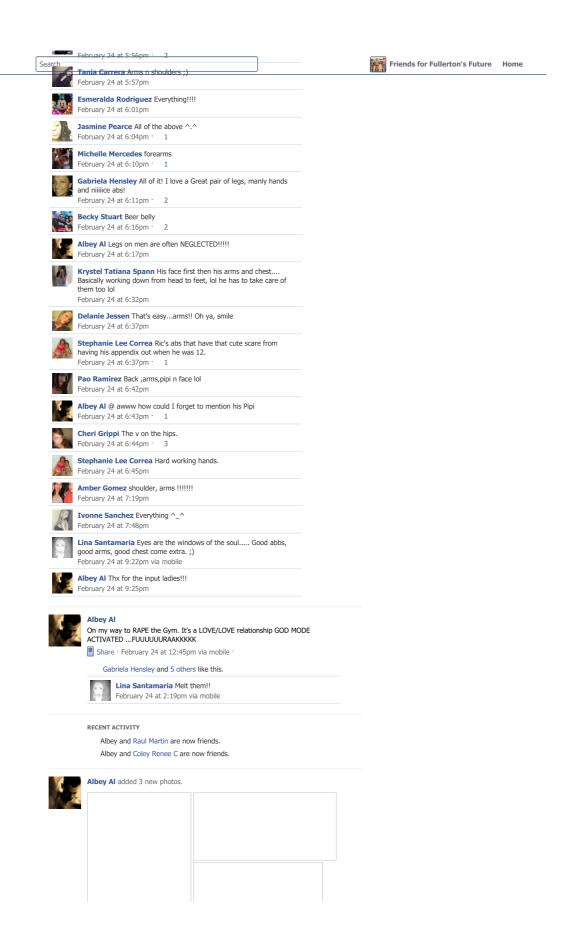
My end goal is not to be some massed up freak, but rather to have a physique that can be looked as art; streamlined, tapered, and universally appealing. - Zyzz

Share · February 25 at 1:35pm via mobile ·

Albey Al Page 17 of 45

Search Bruce Lee and 2 others like this. Friends for Fullerton's Future Home Gabriela Hensley Who Are you calling a freak??? Lol February 25 at 5:46pm via mobile Albey Al It looks better on YOU then it does on me :) February 25 at 5:49pm Okay fellas 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 Cerrvantes likes this. $\begin{tabular}{ll} \textbf{Albey Al} This is an absolute hard question to answer I know, but if I had to pick one feature it would have to be LEGS... \\ \end{tabular}$ February 24 at 9:25pm · 1 Bobby Patel A woman without a tongue!!!! Victor Wesseling Ass ass ass ass ass ass ass February 24 at 9:30pm **Albey Al** @Vic: it was a tossup between ass and legs but technically i think it's all part of the same mechanism! **Deina Torres** I think Bobby is talking about a mute! Lol $\begin{tabular}{ll} \textbf{Deina Torres} & \textbf{Bobby ask for a blind mute woman that way you can tell her you look like Brad Pitt <math>!!!$ Lol !February 24 at 9:35pm · Bobby Patel LOL!!! Krisie Lovee are you writing a cosmo article or something cuzzo? Stephanie Lee Correa What does it matter really February 24 at 10:35pm Albey Al JV....don't be Gay Albey Al By the way sorry for the derogatory comments. JV don't February 24 at 10:44pm Pao Ramirez Wait soooo u like my legs ? February 24 at 11:00pm Raymond Castillo I like my women like I like my chickens with really big Breasts... Preferably dark meat... February 24 at 11:01pm Gabriela Hensley Albey: you got lucky. I've got legs:-) February 25 at 5:47pm · Albey Al Hence the reason you're my # 1. :) Gabriela Hensley #1???? Lol. That's awesome. Being # 1 is quite something February 25 at 6:11pm Albey Al Question for the WOMEN : What part of the male physique do you find most $% \left(1\right) =\left(1\right) \left(1\right) \left$ attractive: Butt, Arms, Abs, Back, Shoulders, Legs, Chest, Share · February 24 at 5:52pm via mobile Alexa Cerrvantes likes this. Ivon Rojas Arms abbs and Face ^_^ Stacy Butler shoulders Raymond Castillo Penis! Oops... You said women... February 24 at 5:54pm · Jamie Correa Back and arms! Uriel J. Batres Zyzz

Albey Al Page 18 of 45



Albey Al Page 19 of 45



Albey Al Page 20 of 45

Friends for Fullerton's Future Home



Share · February 21 at 5:13pm via mobile ·

Ivonne Sanchez and 10 others like this.



Cecilia Munoz SO WHEN YOU GETTING THE GIG TO STRIP LOL!!!!

February 21 at 5:20pm



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



Raymond Castillo Dude... I thought those Kurt Rambis shorts you bought on Ebay were a collectors item... Now they're worth nothing!!! Hahaha!!!

February 21 at 5:25pm · 1



Kahro Leena i swear for you.





Victor Wesseling Are u some kind of fitness model February 21 at 5:34pm

February 21 at 5:34pr



Albey Al hahaha...wish you had a vagina..it would mwan so much more

February 21 at 5:35pm



Albey Al *mean February 21 at 5:35pm



Victor Wesseling 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 Wesseling Im just chuggin my diet coke all pist off..... Lol

Corney

Albey Al hahah..You wearing a sweat suit?!

February 21 at 5:38pm · 1



February 21 at 5:39pm



Victor Wesseling Is that you in the sauna , i refuse to put steroids in my body......
February 21 at 5:40pm



Cecilia Munoz I WILL LET THE GIRLS KNOW BIG BILLS!!! LOL February 21 at 5:43pm · 1



Albey Al were tring to go soon!!



Kizzy Munoz HAHA UR CRAZY



Tebruary 21 at 3.47 pm



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



Cecilia Munoz Kizzy u know your friends wilm be all up in that muthafucka gay or straight you bitches will have taken ovet the front row I think we should hook up something at your pad!......COVER CHAAAARGE!!!!!

February 21 at 5:51pm ·



Albey Al B.Y.O.B. Ernie Meza can be the bouncer

/h

Kevin Guevara Impressive good job



Kizzy Munoz HAHA NO February 21 at 6:41pm



Ernie Meza Watch out Captain America here comes Big Al.....

Albey Al Page 21 of 45



Albey Al Page 22 of 45



Albey Al Page 23 of 45



Page 24 of 45 Albey Al



Dear Douch Bag using your cell phone on the bench seat...move out the way Dear Douch Bag using your cell phone on the pental septimitive out the may before you get thrown out the way. The gum is not a place to socialize #Irritated



Friends for Fullerton's Future Home

Share · February 16 at 7:12pm via mobile Kahro Leena and 9 others like this



Albey Al *gym



Stephanie Lee Correa Hum why are you on your phone too

February 16 at 7:18pm



Albey Al Lol..earlier context 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 Lee Correa Go work out on something else lol February 16 at 7:19pm



Gabriela Hensley Lol. I did do that once:) I was waiting on an important call from my daughters school ... But it's annoying and rude . No one needed the spot I had so that worked out!!! February 16 at 7:22pm ·



Gabriela Hensley Some girl was talking on the phone on a tricep machine I wanted. I gave her the dirtiest look. Lol. I was trying to my triceps... What is she thinking?????

February 16 at 7:24pm



Gabriel Dominguez fkin AL Imfao hahahaha yo u need sum bak up homi holla@yoboy ! pico Style Son ! lol :D...



Bianca Coman Why didn't you take it up with him like a man? .. ;)



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





Albey Al Bahahahaha



Sonny Black But ur using phone too lol



Uriel J. Batres I curl in the squat rack u mad?



February 16 at 7:35pm ·



Bianca Coman But griping about it it isn't either of those 2 things .. Lol don't hate me



Albey Al You Mirin Uriel ?! February 16 at 7:40pm ·



Matt Jinzo Yeah stay out of our gum! You can't handle this

February 16 at 7:50pm · 1



Monica Picazo Where's the love button?



Albey Al was with Lizie Liz at The Playboy Mansion.

February 16 at 12:11am in Brea



Albey Al Awwww yeaaaa, Playboy Mansion yea!!! February 16 at 12:24am via mobile



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



Lizie Liz Estupin biich February 16 at 1:03am



Albey Al Gorda, Biich



Lizie Liz My gorda ass is about to go buy tacos!!





Jeremy Viscusi BS! You're not there February 16 at 1:28am

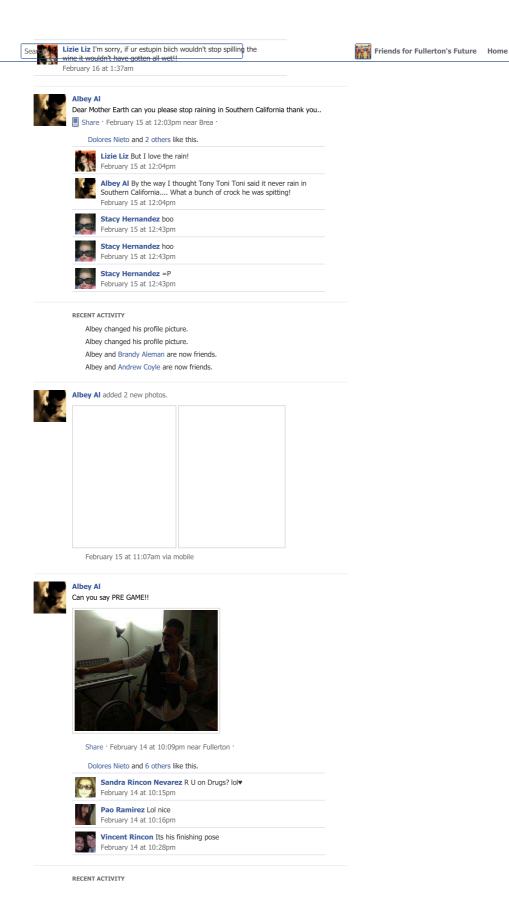


Albey Al Lol February 16 at 1:28am



Albey Al Btw Lizz my bed is soaking thx to you

Albey Al Page 25 of 45



Albey Al Page 26 of 45



Albey Al Page 27 of 45



Albey Al Page 28 of 45



Albey Al Page 29 of 45



Albey Al Page 30 of 45



Albey Al Page 31 of 45

Albey is now friends with Dolores Nieto and Tiffany Ibrahim. Friends for Fullerton's Future Home Search Albey Al 2:00 never felt so good :) Share · February 9 at 1:30pm near Brea · Cheri Grippi likes this. Albey Al I want to Sex you up love that song C.H.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 moval? Sexing it up? February 8 at 5:46pm · Albey Al Some overweight guy, wearing a sweatsuit in the sauna, as 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 sweatsuit over his ugly mug... you powered down one more swig of his diet Coke and walked out....hahaha . What a tool!!! ■ Share · February 8 at 11:45am near Brea Gina P. Dueñas and 3 others like this. Albey Al And apparently I can't spell and put a sentence February 8 at 11:46am · Victor Wesseling Haters Jasmine McCarthy Umm yea u wanna try that last part again so we can get the full effect of what was said?? Lol February 8 at 11:59am Natalie Bafiera Yes I kinda wanna know what u meant to say! Lol.. Re-do! Re-do! February 8 at 12:00pm Cassie Reves Wow, Damn Iphone. February 8 at 12:15pm Vincent Rincon Alright ma'am slow down and start from the top February 8 at 2:02pm **Lisa Correa** I saw a girl at the mall spilling out of her skinny jeans in line for a cinnabon and I thought, yeah that's exactly what you February 8 at 7:00pm RECENT ACTIVITY Albey and Elysse Cassandra are now friends Albey and Sushant Srikrish are now friends. Albey and Kyrstyn Niespolo are now friends. Albey Al GoldWater ♥ Share $^{\boldsymbol{\cdot}}$ February 7 at 1:40pm near South Whittier $^{\boldsymbol{\cdot}}$ Sonny Black Yo February 7 at 1:47pm Albey Al Can't rain on my parade today !!! <CHR> Share · February 7 at 9:12am near La Habra · Ivon Rojas and 6 others like this. Monica Ramirez Hahah! That's the attitude. February 7 at 3:09pm Tuesday <Y.O.L.O

■ Share · February 6 at 5:30pm near Brea

Albey Al Page 32 of 45

Search Michelle Mercedes and 3 others like this. Friends for Fullerton's Future Home Vincent Rincon Wtf is y.o.l.o.? February 6 at 7:08pm Albey Al You only live once February 6 at 11:44pm Need more leg growth/ separation. Any suggestions? Share · February 5 at 4:45pm near Brea Alexa Cerrvantes and 2 others like this. Juan Villasenor I suggest you STOP wearing those shorts. February 5 at 4:47pm · $\textbf{Vincent Rincon} \ \text{http://www.bodybuilding.com/fun/reinventing-the}$ February 5 at 4:51pm Jamie Correa Put yer pants on? $\textbf{Albey Al} \ \mathsf{Thx} \ \mathsf{for} \ \mathsf{the} \ \mathsf{link} \ \mathsf{brother} \ ... \mathsf{ima} \ \mathsf{check} \ \mathsf{it} \ \mathsf{out} \ !!$ February 5 at 4:53pm Lora Liberty Drink more cum fag. It's the Super Bowl fag February 5 at 5:26pm · Albey Al Lora if you expect me to develop a type of reputation you did at the PD .. 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! Rebruary 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. Nice! You really want to start talking about reputations at the pd?! February 5 at 5:31pm Albey Al Lol lora it's jokes ..reeeeelax!!! 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? Albey Al Peace kept...I'm cool with Lora and she knows THAT! ${\bf Juan\ Villasenor}$ but you did drop the soap in the showers that February 5 at 5:37pm · Mike Larsen Dude just give Lora her shorts back and shell stop rippin you February 5 at 5:37pm Albey Al Lol..But these are my favorite ones ! February 5 at 5:39pm Uriel J. Batres Squats February 5 at 6:10pm · Don Clercien No short cuts, 1. Diet 2. Seated squats

Albey Al Page 33 of 45



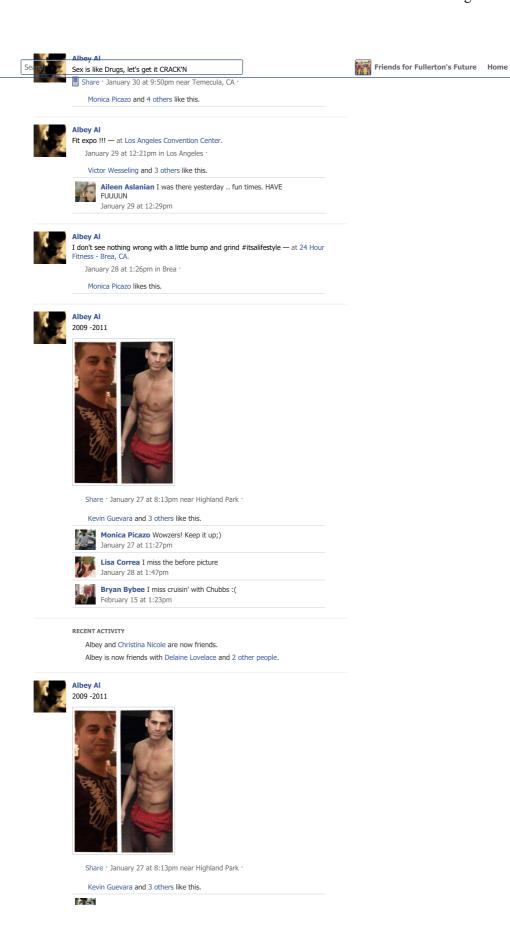
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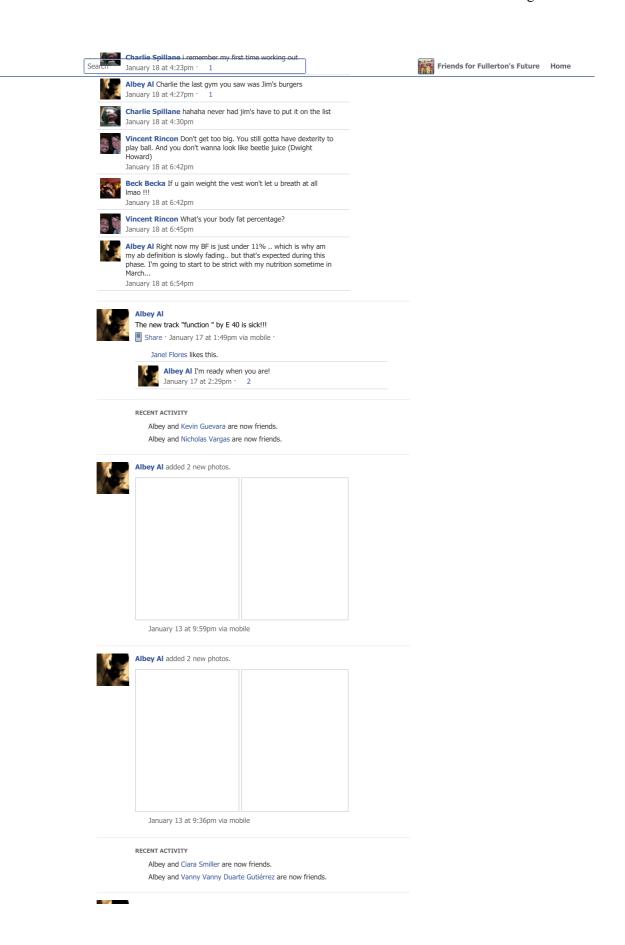
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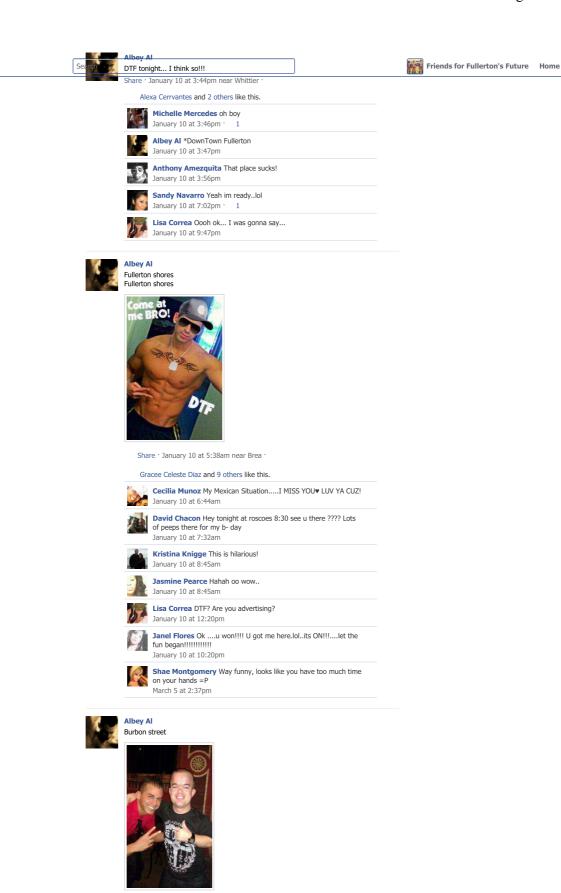
Albey Al Page 40 of 45



Albey Al Page 41 of 45



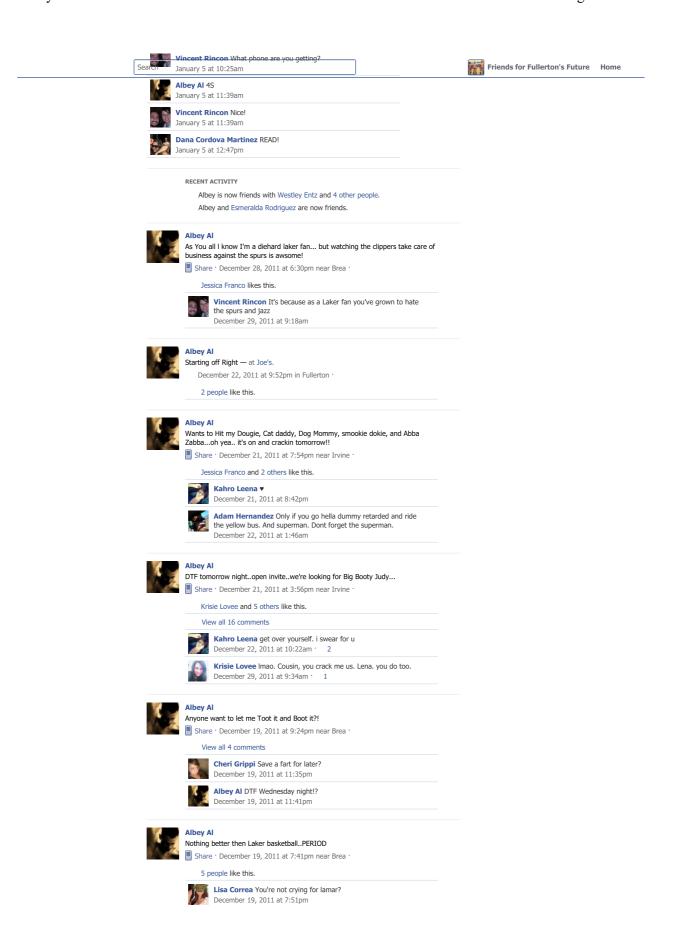
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Albey Al Page 44 of 45



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