

Search	Kelly Mireles Lol how do you both do it? By giving out your number? Lol jk	Friends for Fullerton's Future	Home
	Albeyyyyyyy better not be giving out your numba Yesterday at 4:22pm		
	Albey Al Nope no number given politely declined Lol Yesterday at 4:23pm · 2		
	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 5:52pm		
×.	Albey AI @ 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 5:54pm · 1		
	Bruce Lee Agreed :) I ended the week with a four hour plus total annihilation of all the body part today! Feelin great right now Yesterday at 6:02pm		
	Albey AI GOD MODE BRUCE!!! Watch your body grow !!!! Yesterday at 6:37pm		
a.	Lisa Correa This goes against your previous post of forming relationships but whateva. Use your biceps to pick up the phone and call a prima. 23 hours ago • 1		
	Kristina Knigge 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 forgetton. Act and behave in a way that will make life interesting and fun, fuck a mundane 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, trust me its alot more fun that way.		
	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! ZYZZ-		
	Share · Yesterday at 1:27pm near Brea ·		
	Lina Santamaria and 10 others like this.		
	Bruce Lee Ya bro fuck haters! We do it our way or no way at all! Haters confusion works all de time lol they won't know what hit them :) Yesterday at 5:56pm · 1		
	Albey Al Real talk Bruce		
	Yesterday at 5:58pm Kimberley Phillips Hell to the fucking yeah!! 22 hours ago · 1		
	Albey Al No Homo fuuuuuurakkkkk. I'm Mirin Aestectics		
	Share · Yesterday at 11:39am near Brea ·		
	Kevin Guevara and 2 others like this.		
	Javier Arteaga Oh yum! Yesterday at 11:48am		
	Uriel J. Batres Strong is hair is strong		



	Correa You don't have to thoughyou know that right?	
	necares.com Irday at 1:39pm	
A Y	Ibey AI re visions are slowly coming into fruition. Months of dedication and hard work. ou bad Brah !! Anesthetic as Fuuuuuraaaakkk!! GOD MODE — with Mikael humbed ab 24 Jul Efference	
_	hurshed at 24 Hr Fitness. Share · Saturday at 12:44pm in Brea ·	
	4 people like this.	
Y E a	Ibey AI four body is a blank canvas and you paint a picture for everyone to see. iveryone is unique in their own way, shape or form make your body your own and have people Mirin ! On that note God mode activated. Come at Brah ! keep firin my shoulders!! — at 24 Hour Fitness - Brea, CA.	
	Share · Friday at 1:18pm in Brea ·	
	Alexa Cerrvantes and 5 others like this.	
	Benny Canez I need so hire you ! Friday at 1:51pm · 1	
	Lisa Correa I hate painting Friday at 5:49pm	
R	ECENT ACTIVITY	
	Albey and Jennifer Vega are now friends.	
Ju fc	Albey and Rob Benjamin are now friends. Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea. <b>Ubey Al</b> ust wanted to take a quick second to tell you guys I love you and couldn't ask or a better group of Friends. Even with all my crazy antics and ISH I do, you uys still live me for who am I. #Muchlove — with Marat Mychaels and 2 others.	
ju fo g	Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea.	
ju fo g	Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea. Albey Al ust wanted to take a quick second to tell you guys I love you and couldn't ask or a better group of Friends. Even with all my crazy antics and ISH I do, you uys still live me for who am I. #Muchlove — with Marat Mychaels and 2 others. Share · Friday at 11:20am near Brea · Alexa Cerrvantes and 4 others like this.	
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ju fo g	Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea.  Albey Al Ust wanted to take a quick second to tell you guys I love you and couldn't ask or a better group of Friends. Even with all my crazy antics and ISH I do, you uys still live me for who am I. #Muchlove — with Marat Mychaels and 2 others. Share · Friday at 11:20am near Brea · Alexa Cerrvantes and 4 others like this.  Xotchil Buenrostro Castro GAY! Friday at 11:27am  Mohamad Alrahem Luv u too bro Friday at 11:46am  Lisa Correa Totally Friday at 1:04pm  Beck Becka So gayyyyyyyy!!!! Fits your personality	
ju fo g	Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea.         Nbey Al         ust wanted to take a quick second to tell you guys I love you and couldn't ask or a better group of Friends. Even with all my crazy antics and ISH I do, you uys still live me for who am I. #Muchlove — with Marat Mychaels and 2 others.         Share · Friday at 11:20am near Brea · Alexa Cerrvantes and 4 others like this.         Xotchil Buenostro Castro GAY! Friday at 11:27am         Mohamad Alrahem Luv u too bro Friday at 11:46am         Kisa Correa Totally Friday at 1:30pm         Beck Becka So gayyyyyyyy!!!! Fits your personality Friday at 1:58pm · 1         Albey Al Yes everyone I'm gay Just too bad you're too macho to tell your friends you love them ^^^ #hatersgo'nhate	
ju fo g	Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea.         Whey Al         ust wanted to take a quick second to tell you guys I love you and couldn't ask or a better group of Friends. Even with all my crazy antics and ISH I do, you ups still live me for who and I. #Muchove — with Marat Mychaels and 2 others.         Share ' Friday at 11:20am near Brea '         Alexa Cerrvantes and 4 others like this.         Sime ' Friday at 11:27am         Mohamad Alrahem Luv u too bro Friday at 11:46am         Friday at 1:40pm         Friday at 1:58pm ' 1         Albey Al Yes everyone I'm gay Just too bad you're too macho to tell your friends you love them ^^^ #hatersgo'nhate Friday at 2:04pm         Beck Becka It's more gay picturing u in those short shorts telling them how Much u love them. Bahahababa U look like your from another village Friday at 2:05pm ' 1         Albey Al Yesshort shorts makes me gayEmbrace it	
ju fo g	Albey is now friends with Kristy Mulholland and Jeanina Gomez Govea.         Stare I         ust wanted to take a quick second to tell you guys I love you and couldn't ask or a better group of Friends. Even with all my crazy antics and ISH I do, you uys still live me for who am I. #Muchlove — with Marat Mychaels and 2 others.         Share · Friday at 11:20am near Brea ·         Alexa Cerrvantes and 4 others like this.         Voit Piriday at 11:27am         Mohamad Alrahem Luv u too bro Friday at 11:46am         Friday at 11:46am         Friday at 1:58pm · 1         Alexe Acerce Totally Friday at 1:58pm · 1         Albey Al Yes everyone I'm gay Just too bad you're too macho to tell your friends you pow         Friday at 2:04pm         Eck Becka It's more gay picturing u in those short shorts telling how Much u love them. Bahahahabba U look like your from another village Friday at 2:05pm · 1	



Sea	Vanessa D. Mendoza Hmmmmm Richard Simmons! March 8 at 7:24pm 1		Friends for Fullerton's Future	Home
	Vanessa D. Mendoza You should look on Craigslist! March 8 at 7:29pm			
N 2	Albey AI I'm just going to move in with you and Ray March 8 at 7:30pm			
	Vanessa D. Mendoza We don't do Gym, tan nor laundry. Plus, I don't think you want to see ray in short-shorts, not exactly the best look on him. March 8 at 7:47pm			
	Albey Al Good point ! ^^^ March 8 at 7:48pm			
12	Natalie Bafiera Damn im looking for one too! ! Boo!! March 8 at 8:38pm			
	Albey Al Do you Tan? Are you aesthetically pleasing? Do you like shorts shorts? Well heliloooooo March 8 at 8:39pm · 1			
19	Natalie Bafiera Haha! Yes to all of the above but I own my place so im staying here! Lol March 8 at 8:58pm			
	Don Clercien Funny March 8 at 11:05pm			
	RECENT ACTIVITY Albey and Stacey Poore are now friends.			
	Albey Al So I have a confession . I just killed an entire bag of Salsa Verde Doritos and two sugar free monstersFML EXTRA CARDIO TOMORROW :/ Share · March 8 at 12:45am near Surfside · Kahro Leena and 6 others like this.	s (\$5 bag)		
	Jean-Paul Pinzón Omg your soo in trouble!!! Hahaha           March 8 at 12:51am · 1			
	Albey Al I just keep telling myself I'm bulking lol March 8 at 12:58am · 1			
	Shisha Love This is not the advice I needed cuzn lol jk March 8 at 1:06am			
	Cheri Grippi Why fml? I wish that term was never created! btw, I am beginning to love energy drinks again. March 8 at 5:09am			
	Kendra Levy so thats how u get away with barely sleepingMONSTER!!!!!;) March 8 at 10:24am			
	Albey Al added a new photo. — with Monica Picazo.         Image: Constraint of the state of			
	March 7 at 4:38pm  Bianca Coman not effin true bro.			
	March 7 at 4:54pm			

<pre>#22pm este Diaz Lol 127pm este Diaz Lol 127pm este Diaz I want some cake too yum 128pm erre Tomorrow @ Dinner! 129pm azo Lol Apparently I'm a guy. 128pm este Diaz Yes girl no alcohol for me lol I'll just 154pm este Diaz Yes girl no alcohol for me lol I'll just 154pm 1 is post Sall not have words such as cake, pie, cookie hank you TEAM 115pm este Diaz Very funny Ugie 110pm 1 g that much closer to my ultimate goal. GOD MODE ?? You Mirin my Aesthetics? FUUURRAAAAAK — at 2 1 March 7 at 12:56pm in Brea  1 ople like this. Beck Becka Your post are weird dude!!!! What's up lingo brah??? Wtf is that lol March 7 at 1:01pm 1 Raymond Castillo Haha!!! March 7 at 1:10pm </pre>	s ACTIVATE 4 Hour Fit	ness -					
este Diaz I want some cake too yum este Diaz I want some cake too yum erre Tomorrow @ Dinner! :29pm azo Lol Apparently I'm a guy. :28pm este Diaz Yes girl no alcohol for me lol I'll just :54pm erre Yes! Cake and milk for you :) :14pm · 1 is post Sall not have words such as cake, pie, cookie hank you TEAM :15pm este Diaz Very funny Ugie :10pm g that much closer to my ultimate goal. GOD MODE. ?! You Mirin my Aesthetics? FUUURRAAAAAK — at 2 · March 7 at 12:56pm in Brea · ople like this. Beck Becka Your post are weird dude!!!! What's up lingo brah??? Wf is that lol March 7 at 1:01pm · 1 Raymond Castillo Haha!!! March 7 at 1:10pm thing I could have done for myself was to listen and	s ACTIVATE 4 Hour Fit	ness -					
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Raymond Castillo Haha!!! March 7 at 1:10pm thing I could have done for myself was to listen and							
but I gained confidence and the passion to want to reading this post and you feel like shredding some of build some self confidence, call me up and we'll wo protherhood	lf a future help other f that body	e health r people. y fat and					
· March 7 at 11:58am near Brea ·							
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Albey Al We can totally do it. It won't be easy but n gain:) inbox me your cell phone number	io pain no						
5.							
me. #youvebeenwarned	ver once h	elped					
	thing lol						
why I didn't call you :/	niracles, h	ence					
		will					
	and now I need to really target those "problem area March 7 at 12:13pm · 1 Albey AI We can totally do it. It won't be easy but r gain:) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he ner me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same March 7 at 2:245pm Kahro Leena See he will tell u he will work w u and tell u he didn't call to work w u bc he can't work Mirz	and now I need to really target those "problem areas " :/ March 7 at 12:13pm 1 Albey Al We can totally do it. It won't be easy but no pain no gain:) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he never once h me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same thing lol March 7 at 1:03pm Albey Al @Kahro : I'm not a magician and can do miracles, h why I didn't call you :/ March 7 at 2:45pm	March 7 at 12:13pm 1 Albey Al We can totally do it. It won't be easy but no pain no gain:) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he never once helped me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same thing lol March 7 at 1:03pm Albey Al @Kahro : I'm not a magician and can do miracles, hence	and now I need to really target those "problem areas " :/ March 7 at 12:13pm 1 Albey Al We can totally do it. It won't be easy but no pain no gain:) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he never once helped me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same thing lol March 7 at 1:03pm Albey Al @Kahro : I'm not a magician and can do miracles, hence why I didn't call you :/	and now I need to really target those "problem areas " :/ March 7 at 12:13pm 1 Albey Al We can totally do it. It won't be easy but no pain no gain:) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he never once helped me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same thing lol March 7 at 1:03pm Albey Al @Kahro : I'm not a magician and can do miracles, hence why I didn't call you :/ March 7 at 2:45pm Kahro Leena See he will tell u he will work w u and then he will	and now I need to really target those "problem areas " :/ March 7 at 12:13pm 1 Albey Al We can totally do it. It won't be easy but no pain no gain:) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he never once helped me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same thing lol March 7 at 1:03pm Albey Al @Kahro : I'm not a magician and can do miracles, hence why I didn't call you :/ March 7 at 2:45pm Kahro Leena See he will tell u he will work w u and then he will tell u he didn't call to work w u bc he can't work Miracles Imao	and now I need to really target those "problem areas " :/ March 7 at 12:13pm 1 Albey Al We can totally do it. It won't be easy but no pain no gain.) inbox me your cell phone number March 7 at 12:24pm Kahro Leena He's lying he won't help. Lol Im Walking proof and evidence that he lies! March 7 at 1:02pm Kahro Leena This is what he said to me and he never once helped me. #youvebeenwarned March 7 at 1:03pm Kahro Leena Mind you he told his cousin the same thing lol March 7 at 1:03pm Albey Al @Kahro : I'm not a magician and can do miracles, hence why I didn't call you :/ March 7 at 2:45pm Kahro Leena See he will tell u he will work w u and then he will

Gearch	Fellas, I'm looking for serious workout partners. Goal - get big and shredded fo 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	or 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. March 6 at 7:54pm		
	Lisa Correa How about the ladies? March 6 at 8:24pm		
	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 · 2		
	Anabel Ramirez U can get me a gym pass and i'll commit for 12 weeks lol           March 6 at 9:15pm · 1		
	Pao Ramirez How bout me March 6 at 11:59pm · 1		
	Don Clercien Al, J 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 tar top to the Gym!!!	nk	
	i fare · March 6 at 6:55pm near Brea ·		
	William Alonso and 4 others like this.		
	Deina Torres You mean Spaghetti March 6 at 7:15pm · 1		
	Albey Al Focus Deina, focus March 6 at 7:23pm		
	Raymond Castillo 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 treadmill March 6 at 7:34pm		
	Jasmine McCarthy Ur just mad cuz ur shorts aren't getting all the attn 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/ 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.		
	Fiornica Ficazo and 5 others like tills.		

Search	Albey Al Hahahey cuz I miss you March 6 at 4:55pm		Friends for Fullerton's Future	Home
	Krisie Lovee You forgot to mention texting your	r cousin back		
	March 6 at 5:13pm			
	Monica Picazo ARM CANDY! Lol March 6 at 6:42pm · 1			
	Albey Al @ Moni : Like a Boss March 6 at 8:11pm			
	Monica Picazo I AM THE BOSS. Don't forget the March 6 at 8:17pm	at;)		
	RECENT ACTIVITY Albey and Ryan Matthew Worthington are Albey and Megan Lopez are now friends.	e now friends.		
1	Albey Al So a question for all my aesthetic athletes. Wi train?	hat are your two favorite muscles to		
	Mine are quads and Chest!! Share · March 6 at 2:32am via mobile ·			
	Alexa Cerrvantes likes this.			
	Uriel J. Batres My angus u mad? March 6 at 3:42am · 1			
	Uriel J. Batres Legs & Shoulder I lil March 6 at 3:43am	ke the pump after your done		
	Kendra Levy Glutes and abs lol March 6 at 5:25am · 1			
	Albey Al Can't neglect the Glutes!!! March 6 at 5:27am · 1			
	RECENT ACTIVITY			
	Albey changed his profile picture. Albey is now friends with Maribel Garcia a	and Shae Montgomery.		
1	Albey Al It's a Friday night and all I can do is sit and th going to do tomorrow. FML what have I becor FUUUUURRAAKKK!! You Merin?! Share · March 3 at 12:04am via mobile · Gabriela Hensley and 4 others like this.			
	Victor Wesseling Come to slide ba March 3 at 12:17am	r and get fucked up with me		
	Bobby Patel Its great discipline!!! March 3 at 12:19am			
	Josh Urias #beast March 3 at 12:46am			
	Kimberley Phillips VEGAS March 3 at 1:37am · 1			
	Gabriela Hensley Hahahaha! Soun March 3 at 5:32pm	ds like me!!!		
	David Blaske They see you rollin, t March 3 at 8:06pm · 1	hey mirin!! lol		
1	Albey Al Why is is so hard to meet a woman who EXEP but WHERE?!!!!	RCISES!!!! I know you're out there		
	Share · March 2 at 5:46pm via mobile ·			
	Kevin Guevara and 7 others like this. Pao Ramirez Really , really !!!!			
	March 2 at 5:48pm			
	Uriel J. Batres I know that feel man March 2 at 5:56pm	n		

Search	Sonia Limon I'm sure you'll find her soon or vise versa :) March 2 at 6:03pm		Friends for Fullerton's Future	Home
-	Vanessa Dorse Your retardedjust saying March 2 at 6:22pm · 3			
15 4	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 Bummer part when you cutyour boobs are the first to go!!! Fml lol 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 down!!! March 2 at 6:44pm			
	Sonny Black Fat chics need Luving too lol March 2 at 7:20pm · 1			
	Albey Al My Mann !! March 2 at 7:20pm			
200	Gabriela Hensley What??? Really???? Look around your gym and check out the tracks!!!!!! March 2 at 7:21pm			
	Albey Al @GH : I don't like to sh**where i eat :/ March 2 at 7:23pm · 1			
	Daniel Palomares An thats a fact March 2 at 7:43pm			
15 4	Lisa Correa Wow al that's so romantic. March 2 at 8:07pm · 1			
	Albey Al Lisa, underneath this chiseled exterior of a body, underneath my sculpted glutes and pecs, lies a romantic beast waiting to be unleashed March 2 at 8:11pm			
34	Lisa Correa Umm bullshit because I saw you before the muscles went on O_o March 2 at 8:15pm $\cdot$ 1			
1	Gabriela Hensley Huh???? I'm confused about your last comment to me. March 2 at 11:06pm			
	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			
15 4	Lisa Correa Was the picking up on women the eating or shitting portion?			
att .	March 3 at 9:03am Vanessa Dorse Albey!!!!! LIES LOL			
<u>.</u> -	March 3 at 4:21pm · 1			
	Albey Al Trance Music at the gym helps me stay focused and excited for my workout. Listening to John legend on Pandora rac me realize how much I miss having a girlfriend I know she's out can't see her :-/ #hopelessromstic Share · March 2 at 12:23am via mobile ·			
	Gabriela Hensley and 7 others like this.			
	Jake Ogden Awww March 2 at 12:25am · 2			
	Lizie Liz Estupin biich, snap out of that shit! But yea I feel same Way about having a significant other. March 2 at 12:28am · 2	the		
	Cheri Grippi When I find her you'll be the first to know! Go buddy. March 2 at 6:21am	od luck		
	Kahro Leena how can you see her when all you ever see i yourself. ijs. love, BBJ ♥           March 2 at 8:22am · 1	\$		
	Nicole Christine How sweet March 2 at 9:18am · 1			
	Gabriela Hensley Lol She'll come when you're not lookin March 3 at 5:32pm via mobile · 1	ıg.		







Seandric	otivation and	utely! I wouldn't be where I am today if not for the I advice from other people. It's my ultimate duty to	Friends for Fullerton's Future	Home
		#firnessforlife		
		Limon Aww that's awesome!! I really appreciate it ary 29 at 11:05am		
		es Nieto I am not hater love ur ABS! ary 29 at 5:53pm		
	Tra sor	bey Al ince music, Pre workout, motivational videos of ZyzzI'm ready to do work ne. I need to get ASTECTIC!!! Forever Mirin!!! God mode Activated - juurrmaakkk!		
		Share · February 29 at 8:32am via mobile ·		
		Alexa Cerrvantes and 2 others like this.		
		View all 6 comments		
	ę	Xotchil Buenrostro Castro LMAO! Thats a whole 8 weeks! Danggggg i aint THAT bad lol February 29 at 10:56am		
		Albey AI We can totally do something in eight weeks but it's 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		
	In	<b>rey Al</b> the MOOD for Sushi Share <sup>-</sup> February 28 at 3:20pm via mobile <sup>-</sup>		
		Alberto Cesario and 6 others like this.		
	C	Cassie Reyes You would be           February 28 at 3:38pm · 1		
		Carol Martinez Hi cuzn I miss u I hope all is good with u!!!! February 28 at 3:46pm		
		Jean-Paul Pinzón Feel u!! February 28 at 4:13pm		
	C	Cassie Reyes I think the guy above me wants to feel you IJS. February 28 at 4:14pm		
	2	Albey Al :/ February 28 at 4:15pm 1		
		Pao Ramirez Sorry I can't eat sushi :/           February 28 at 4:37pm		
	RE	CENT ACTIVITY		
		Albey and Guss Limon are now friends.		
	Do let	they Al the ever pay people out or put people down. Instead just put yourself up and the haters do their thing. Id rather be a person thats hated on, than a person t does the hating. A wise man one said		
	Ha	ters gonna hate!"		



	David Blaske Word up dudebehind every successful person lies	Friends for Fu	llerton's Future Home
	ebruary 27 at 7:37pm · 2		
	<b>.izie Liz</b> U make me want to go tan February 27 at 7:38pm · 1		
	leremy Viscusi Dude, you're so buff!! February 27 at 7:50pm		
s s	Albey Al hahaone day at a time JVI'm trying to get to 175lbs by summer		
	February 27 at 7:51pm .izie Liz U make me feel fatter than i Am, estupin biich		
	ebruary 27 at 7:52pm · 1 <b>.isa Correa</b> What if I just hate on haters? Is that ok? P.s. Put some pants on.		
	February 27 at 8:07pm · 1		
	leremy Viscusi I'm still waiting, 2years, for my diet! February 27 at 8:35pm		
a constant	Albey Al i posted it on your page!! February 27 at 8:35pm		
	leremy Viscusi 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 Jessen Daaaaammmnnnn!!! February 27 at 10:08pm · 1		
Carl F	lamie Correa You missed a spot in the smidge of yer arm pit. Ps but some pants on. February 29 at 3:59pm		
	Albey Al I know, I'm far from perfect ;) ebruary 29 at 4:01pm		
	RECENT ACTIVITY		
	Albey and Brandon Sifontes are now friends.		
	Albey changed his profile picture.		
	Albey is now friends with Bruce Lee and 6 other people.		
	Albey Al		
197.	Keep Mirin my Sculpted Glutes!! FUUUUUURAAKKKKK Share · February 27 at 5:23pm via mobile ·		
	2 people like this.		
	Albey Al Wide shoulders /tapered torso. GOD MODE ACTIVATEDyou MIREN Marat Mychaels at 24 Hour Fitness - Brea, CA.	!! — with	
2. 15	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 !!!		



Search Bruce I	Lee and 2	others like this.	]	1	Friends for Fullerton's Future	Home
		ensley Who Are you calling a freak??? Lol at 5:46pm via mobile				
		looks better on YOU then it does on me :) at 5:49pm				
	woman:	l as this one's for you what would you say is l · February 24 at 9:24pm via mobile · ka Cerrvantes likes this.	the best feature on a			
		Albey AI This is an absolute hard question to I had to pick one feature it would have to be February 24 at 9:25pm · 1				
		<b>Bobby Patel</b> A woman without a tongue!!!! February 24 at 9:27pm 3				
	1 3. 1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1 1.1	Victor Wesseling Ass ass ass ass ass ass ass February 24 at 9:30pm	as ass			
		Albey Al @Vic : it was a tossup between ass technically i think it's all part of the same med February 24 at 9:32pm · 1				
		Deina Torres I think Bobby is talking about February 24 at 9:32pm · 1	a mute ! Lol			
		Deina Torres Bobby ask for a blind mute wo tell her you look like Brad Pitt !!! Lol ! February 24 at 9:35pm · 1	oman that way you can			
		Bobby Patel LOL!!! February 24 at 9:38pm				
		Krisie Lovee are you writing a cosmo article February 24 at 10:09pm	or something cuzzo?			
		Stephanie Lee Correa What does it matter February 24 at 10:35pm	really			
		Albey Al JVdon't be Gay February 24 at 10:42pm				
	N.	Albey Al By the way sorry for the derogatory be dumb February 24 at 10:44pm	/ comments. JV don't			
		Pao RamirezWait soooo u like my legs ?February 24 at 11:00pm · 1				
	Advant Con	Raymond Castillo I like my women like I lik really big Breasts Preferably dark meat February 24 at 11:01pm · 1	ke my chickens with			
		Gabriela Hensley Albey: you got lucky. I'veFebruary 25 at 5:47pm · 1	got legs:-)			
		Albey Al Hence the reason you're my # 1. :) February 25 at 5:49pm				
	ia ja	Gabriela Hensley #1???? Lol. That's aweson something February 25 at 6:11pm	me. Being # 1 is quite			
	attractive	for the WOMEN : What part of the male phys : Butt, Arms, Abs, Back, Shoulders, Legs, Ch · February 24 at 5:52pm via mobile ·				
		ka Cerrvantes likes this.				
		Ivon Rojas Arms abbs and Face ^_^ February 24 at 5:53pm				
		Stacy Butler shoulders February 24 at 5:53pm	vaman			
		Raymond Castillo Penis! Oops You said w February 24 at 5:54pm 5	vomen			
		Jamie Correa Back and arms! February 24 at 5:54pm				
	đ.	Uriel J. Batres Zyzz				

	February 24 at 5:56pm · 2		a-01	
Search	Tania Carrera Arms n shoulders ;) February 24 at 5:57pm		Friends for Fullerton's Future	Home
Ö	Esmeralda Rodriguez Everything!!!! February 24 at 6:01pm			
	Jasmine Pearce All of the above ^.^ February 24 at 6:04pm · 1			
A.C.	Michelle Mercedes forearms February 24 at 6:10pm 1			
6	Gabriela Hensley All of it! I love a Great pair of legs, man and niiiiice abs! February 24 at 6:11pm · 2	ly hands		
Day	Becky Stuart Beer belly February 24 at 6:16pm · 2			
	Albey Al Legs on men are often NEGLECTED!!!!! February 24 at 6:17pm			
	<b>Krystel Tatiana Spann</b> His face first then his arms and ch Basically working down from head to feet, lol he has to take them too lol February 24 at 6:32pm			
	Delanie Jessen That's easyarms!! Oh ya, smile February 24 at 6:37pm			
	$\label{eq:stephanic Lee Correa} Ric's abs that have that cute scare having his appendix out when he was 12. February 24 at 6:37pm ^ 1$	from		
27	Pao Ramirez Back ,arms,pipi n face lol February 24 at 6:42pm			
	Albey Al @ awww how could I forget to mention his Pipi February 24 at 6:43pm · 1			
	<b>Cheri Grippi</b> The v on the hips. February 24 at 6:44pm · 3			
	<b>Stephanie Lee Correa</b> Hard working hands. February 24 at 6:45pm			
	Amber Gomez shoulder, arms !!!!!! February 24 at 7:19pm			
S	Ivonne Sanchez Everything ^_^ February 24 at 7:48pm			
	Lina Santamaria Eyes are the windows of the soul Goo good arms, good chest come extra. ;) February 24 at 9:22pm via mobile	od abbs,		
	Albey Al Thx for the input ladies!!! February 24 at 9:25pm			
	Albey Al On my way to RAPE the Gym. It's a LOVE/LOVE relations ACTIVATEDFUUUUUURAAKKKK  Cabriela Hensley and 5 others like this.  Cabriela Hensley and 5 others like them! February 24 at 2:19pm via mobile	ship GOD MODE		
	RECENT ACTIVITY			
	Albey and Raul Martin are now friends. Albey and Coley Renee C are now friends.			
	Albey Al added 3 new photos.			

Search					Friends for Fullerton's Future	Home
February	23 at 12:25pm via n	nobile				
	Share · February 2	pump. #fitnessfanatic 23 at 8:57am via mobile d 2 others like this.				
_		ernal Ok pump it up h	ard Iol			
	Chelsea Bu	ergo Fist PUMP! at 10:54am · 1				
ļ	Albey Al @ HeavensG February 23		g to punch a hole i	nto the		
		ergo Zeus megapump at 11:12am · 1	power activated!!	!		
	Albey Al Yo floor with m February 23		\$ and yourself to F	ape the dance		
	dancefloor v	<b>lergo</b> Haha I dont ev vants me. lol at 11:18am · 1	ven have to rape it	the		
	floor wants i think in gon AT BRO!	ea!! You can hang with it and we're gonna give na bout to go GOD MO at 11:22am · 1	e itI'm do pumpeo	l right now I		
	Chelsea Bu February 23	at 11:35am	;			
o	Share · February 2	Lazy people use to des 22 at 11:50am via mob d 8 others like this.		I		
	to be more of	ncon I wish I was obse dedicated to relaxing at 12:14pm · 1	essed with working	out. I seem		
	Cheri Gripp work too? February 22	oi What about dedicate at 1:29pm	ed to collecting cate	? Does that		
	5	maria Live that one!!! at 2:41pm via mobile				
		o you Live it, Love it, or at 2:42pm · 1	r both !!			
		maria Both ;) at 2:45pm · 1				
R	ECENT ACTIVITY Albey changed hi Albey and Lorena	s profile picture. 1 Ramirez are now frier	nds.			
	<b>Ibey Al</b> Tou Mad bro, You Mir	in!!! ZyzzFuuuuaaar	TTTTKKKK			



	February 21 at 6:53pm			
Search	Gabriela Hensley Nice!!!!!		Friends for Fullerton's Future	Home
	February 21 at 7:36pm · 1			
	Vincent Rincon Your looking huge. Like the shorts, haters gonna hate ;) February 21 at 9:14pm · 1			
Real Provide American Strength (Strength (Strengt (Strengt (Strength (Strength (Strength (Streng	Don Clercien Great job when you own it, no one can say otherwise February 21 at 9:29pm · 1			
	Albey AI Thx for the confidence people !! February 21 at 10:27pm			
5	Sandra Jenkins Ay papi ;) February 21 at 11:20pm · 1			
t. ·	Monica Ramirez Nice pix! February 22 at 1:15am · 1			
	Deb Henry w o w February 22 at 3:03pm · 1			
R	Shae Montgomery Oh sweet baby Jesus help this craze lol March 5 at 2:31pm			
	RECENT ACTIVITY			
	Albey and Kendra Levy are now friends.			
	Albey is now friends with Perfecta Bernal and Lina Santama Albey changed his profile picture.	ria.		
	Abby changed his prome picture.			
X	Albey Al			
	Getting ready to hit chest/bi'sYou MIRIN BRO!			
	Gabriel Dominguez same here bro! going 1 month s	human O. have		
	LoST 25Lbs So FaR! Yessss gold & first mission accomp far! I am still struggling with my nutrition and diet:-( so just get bored of the same things am eating ! help me I no YoU CaN!=) February 21 at 2:48pm	olished so ometimes I		
K.	Albey Al The last three days at the gym I've been approached and asked fitness model, or personal trainer. Now believe me any day of th be flattered, however none of these compliments were from tha sex!!	e week I would		
	FML! Guess I better stop wearing my dolphin shorts to the gym			
	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 y           February 20 at 3:11pm · 2	et? ;)		
	Lizie Liz ^ Imao!! February 20 at 3:15pm			
	Sonia Limon Hey Are you a fitness model or a perso Lol Feel better now? :-p February 20 at 4:11pm · 1	onal trainer ?		
	Albey Al Soooooo much bettermy ego is back on top February 20 at 4:12pm · 2	;)		
	Sonia Limon :) February 20 at 4:12pm			
	Lisa Correa Before you let your head explode, its com line. February 20 at 7:46pm · 1	nmon pick up		
	Marat Mychaels As the guy who works out with you for one would really appreciate the retirement of the d February 20 at 9:14pm			
	Albey Al That's a woman stuffing a penis into a car			



Search	bruary 18 at 2:31pm	Friends for Fullerton's Future	Home
Ga	briefa Hensley Hattit bruary 18 at 6:33pm		nome
Ci	eri Grippi Fml? Why so hard on yourself?		
Fe	bruary 18 at 8:17pm		
¥	Albey Al		
ALC: NOT	I don't have a girlfriend. I just know a Girl that would be very mad if I sai Share ' February 18 at 12:38pm via mobile '	id that.	
	Krisie Lovee and 5 others like this.		
	Monica Picazo It's complicated >.<		
	February 19 at 5:44pm via mobile		
	RECENT ACTIVITY		
	Albey changed his profile picture.		
	Albey is now friends with Rebecca Rose Graves and Brianna Vasquez		
<b>X</b>	Albey Al		
A State	I need 🕈		
	Share · February 17 at 5:10pm via mobile ·		
	Chelsea Buergo and 4 others like this.		
	February 17 at 5:25pm		
	Michelle Mercedes i thought you needed sexting? haha           February 17 at 7:42pm · 1		
	Albey AI 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 the round thing looks GOOD to ME #Sofine	at pretty	
	Share · February 17 at 1:21pm near Garden Grove ·		
	2 people like this.		
¥	Albey Al added a new photo. — with Marat Mychaels and Daniel Buenros	stro.	
	Ma and my friends particle out of annu- We want out of annu- We want out of annu- The server set with the body fragments Have we at classify block Have we at classify block Have we at classify block		
	* 15		
	Share ' February 17 at 12:57am near Brea '		
	Rob Benjamin likes this.		
	Albey Al Fighting them off with a stick is difficultanyone have a shovel I can born Share ' February 17 at 12:49am near Brea '	row ?!	
	2 people like this.		
	Melissa Putney No shovel but I have a frying pan that might work better. February 17 at 12:51am · 1	t	
	Cecilia Munoz USE YOUR GUN CUZN HEHE!! February 17 at 3:17am		
	225 Coluary 17 at 5.17am		
X a	Albey Al		

Search		ouch Bag using your cell phone on the bench seatmove out the way you get thrown out the way. The gum is not a place to socialize #Irritated	Friends for Fullerton's Future	Home
	Shar	e · February 16 at 7:12pm via mobile ·		
	Ka	hro Leena and 9 others like this.		
		Albey Al *gym February 16 at 7:12pm		
	4	Stephanie Lee Correa Hum why are you on your phone too then? Just saying February 16 at 7:18pm · 1		
		Albey Al Lolearlier 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		
	a la	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 · 1		
	(a 1)	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 February 16 at 7:24pm		
	13	Bianca Coman Why didn't you take it up with him like a man? ;) February 16 at 7:31pm		
		Albey Al I'm all about two thingsAss 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		
	á.	Uriel J. Batres I curl in the squat rack u mad? February 16 at 7:35pm · 2		
	13	Bianca Coman But griping about it it isn't either of those 2 things Lol don't hate me February 16 at 7:35pm		
		Albey Al You Mirin Uriel ?! February 16 at 7:40pm · 1		
		Matt Jinzo Yeah stay out of our gum! You can't handle this bubiliscious! February 16 at 7:50pm · 1		
		Monica Picazo Where's the love button? February 16 at 8:52pm		
		AI was with Lizie Liz at The Playboy Mansion. ruary 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		
		<b>Lizie Liz Estupin biich</b> February 16 at 1:03am		
		Albey Al Gorda, Biich February 16 at 1:06am		
		Lizie Liz My gorda ass is about to go buy tacos!! February 16 at 1:14am		
	NI NI	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 February 16 at 1:29am		

	Lizie Liz I'm sorry, if ur estupin biich wouldn't stop spilling the wine it wouldn't have gotten all wet!!	Friends for Fullerton's Future	Home
	February 16 at 1:37am		
	•		
X.	Albey Al Dear Mother Earth can you please stop raining in Southern California thank you		
	Share · February 15 at 12:03pm near Brea ·		
	Dolores Nieto and 2 others like this.		
	Lizie Liz But I love the rain! February 15 at 12:04pm		
	Albey Al By the way I thought Tony Toni Toni said it never rain in Southern California What a bunch of crock he was spitting! February 15 at 12:04pm		
	Stacy Hernandez boo February 15 at 12:43pm		
	Stacy Hernandez hoo		
	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 Brandy Aleman are now friends. Albey and Andrew Coyle are now friends.		
	·····, -···············		
	Albey Al added 2 new photos.		
A State			
	February 15 at 11:07am via mobile		
	•		
1	Albey Al Can you say PRE GAME!!		
8 - J.			
	Share · February 14 at 10:09pm near Fullerton ·		
	Dolores Nieto and 6 others like this.		
	Sandra Rincon Nevarez R U on Drugs? lol♥ February 14 at 10:15pm		
	Pao Ramirez Lol nice February 14 at 10:16pm		
	<b>Vincent Rincon</b> Its his finishing pose February 14 at 10:28pm		
	RECENT ACTIVITY		

Search	Albey changed his profile picture.	Friends for Fullerton's Future Home
	Albey Al         I'm officially at 170 pounds, 175 pounds by may!??         Share - February 14 at 7:45pm via mobile -         Cheri Grippi and 2 others like this.         Josh Urias Beast.         February 14 at 7:59pm         Albey Al         On Valentine's Day. I'm at the place that Lieve most — at 24 Hour Eltreer - Braa.	
	On Valentine's Day, I'm at the place that I love most — at 24 Hour Fitness - Brea, CA.  Share · February 14 at 5:51pm in Brea · Gabriela Hensley and 9 others like this.	
	Albey AI         Who needs a valentine when you have yourself!!                 Share · February 14 at 4:56pm near South Whittier ·             Jackie Cakmak and 13 others like this.           Jackie Cakmak and 13 others like this.         Image: Sandy Navarro Thats rightlol February 14 at 4:57pm          Image: Stephanie Lee Correa Keep telling your self that February 14 at 4:59pm · 1          Image: Albey AI I bought my own flowers , my own candy looks like all I have have left to do is make loveWINNING!! February 14 at 5:01pm · 1          Image: Stephanie Lee Correa I enjoy my Valentines with my daughter also. February 14 at 5:05pm          Image: Gracee Celeste Diaz Your a nut that's hella funny February 14 at 5:09pm	
	Dolores Nieto Oh, I agree           February 14 at 5:22pm · 1           RECENT ACTIVITY           Albey is now friends with Gabriela Hensley and Heather Evans.           Albey changed his profile picture.	
	Albey AI         Feels like walking around in my Calvin Klein's         Image: Share · February 14 at 1:02pm near Santa Ana ·         Alexa Cerrvantes and 3 others like this.         Image: Share · Paul Pinzón Lmao!         February 14 at 1:07pm         Image: Kahro Leena get the fuck over yourself. why dont you just go do	
	Kimberley Phillips Lmao!!! Just get your ass to Vegas already!!!         February 14 at 1:19pm · 1         Kimberley 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 dont already need to go pick up all the pieces of your brain that exploded.         February 14 at 1:20pm         Kotchil Buenrostro Castro Imfao! Gym!!!!         Eebruary 14 at 1:21pm	
	<ul> <li>February 14 at 1:21pm</li> <li>Kahro Leena the only thing left to explode since your so full of yourself is your balls February 14 at 1:21pm</li> <li>Albey AI I'm trying to get there !!!! February 14 at 1:21pm</li> <li>Albey AI I can't hear you BBJ, im too far gone</li> </ul>	

Search	Eebruary 14 at 1:22pm	Friends for Fullerton's Future	Home
	Kahro Leena oh go fuck off in your "koRNer" lol -ebruary 14 at 1:23pm ·1	72.0023	
	Albey Al Xorchillgym or petco? February 14 at 1:24pm		
	Kotchil Buenrostro Castro lol gym!!! February 14 at 1:25pm		
the second s	Albey Al I'm actually in the area because I'm getting a quick naircut February 14 at 1:27pm		
34	Juan Villasenor Bro, you practically walk around in your underwear already. February 14 at 1:48pm 1		
	Marat Mychaels Juan must work out at the gym with you! LOL February 15 at 11:54am · 1		
N. J.	Albey Al Aesthetic Crew 2012 O.C Share · February 13 at 11:46pm near Fullerton ·		
No.	Albey Al I enjoying the health lifestyle but cooking meals for the week blows! #toomuchtime		
	Share · February 13 at 6:43pm near Brea · 2 people like this.		
	<b>Justin Groves</b> Very time consuming but worth its weight in g see you march 17th? Leggo! February 13 at 6:47pm	gold	
	Albey AI I can use some tips/workout partnerwhat city do yo live in ? February 13 at 6:57pm	ou	
	Justin Groves Nowhere near brea homie! I live in temecula c border of san diego February 13 at 6:59pm	on the	
	Albey Al Damn!! Lol February 13 at 6:59pm		
	Justin Groves Anytime you have a question or need advise il to help as best I can or find you the best answer February 13 at 7:00pm	ll try	
	Albey Al Awesome bro. Thx! February 13 at 7:01pm		
	Vincent Rincon Its amazing you learned how to cook February 13 at 7:25pm		
	Ivon Rojas U Just Need a Wifey Son!           February 13 at 8:27pm		
1. A	Albey Al It's the beginning of my weekend and I'm feeling Jacked. Each day that gets us closer and closer to summer. Pool parties, Vegas, Palm Desert, of women in small bikinis#CaliforniaGirls♥		
	Share · February 13 at 2:31pm near Brea · Gina P. Dueñas and 4 others like this.		
	Cassie Reyes hopefully not big women in small bikinis unles thats your thang February 13 at 2:53pm	55	
	Albey Al I don't discriminate, big gals need loving too  February 13 at 2:55pm		
	Cassie Reyes Uh Um nothing to say on that one. Yo go or with your bad self. February 13 at 2:55pm	'n	
	Albey AI Fat bottomed girls February 13 at 2:57pm		
	Albey Al QUEEN!!! February 13 at 2:57pm		
	Victor Wesseling You gotta come with me and Derek on son river trips bro February 13 at 3:02pm · 1	me	

Sear	Ibey AI You just say when and I'm there bro!! ebruary 13 at 3:03pm	Friends for Fullerton's Future	Home
	ictor Wesseling Tight, believe me buddy you'll get the call ebruary 13 at 3:05pm		
	RECENT ACTIVITY Albey and Amanda C Treras are now friends. Albey and Charlie Goodwin are now friends.		
	Albey Al Dear Facebook user: please refrain from laughing on my page in Spanishjajajaja Thank you Share · February 13 at 6:13am via mobile · Lizie Liz and 7 others like this. Circle Gina P. Dueñas Why February 13 at 10:47pm via mobile		
	Albey Al Not afraid to say itAlbey feels like sexing Share · February 12 at 4:38pm near Brea · Alexa Cerrvantes and 6 others like this.		
	Michelle Mercedes i do believe you are one of the most ridiculous but 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 mannnnn February 12 at 4:54pm 2		
	Monica Picazo Not a bad thing           February 12 at 5:39pm · 1		
	Albey Al I don't see nothing wrong with a little bump and grind February 12 at 5:41pm · 1 Monica Picazo Of there is I'm oblivious to it		
	February 12 at 5:42pm · 1  February 12 at 5:44pm  February 12 at 5:44pm		
	Kelly Mireles Lol ALBEYYYYYYY are you ok ??           February 12 at 8:08pm		
	Albey Al Not reallyjust a little " frustrated" February 12 at 8:09pm		
	Kelly Mireles 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 Mireles Lol I think you gonna have to Albey February 12 at 8:18pm		
	Albey Al Lolhow bout we talk in person February 12 at 8:18pm		
	Albey Al Hhaha February 12 at 8:18pm Kelly Mireles Yes! Then you can explain it		
	February 12 at 9:10pm · 1 Cheri Grippi Well at least your near brea and not in moval!		
	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 near Brea ·		
	4 people like this.  Raymond Castillo What exercise's are you doing for back? And what are process?		
	what rep ranges?		

	iry 12 at 2:52pm	a	
Search	Albey Al Lots of compound exercisesreps vary from 12-15 to 6- 8depending on set February 12 at 3:58pm	Friends for Fullerton's Future	Home
	<b>Raymond Castillo</b> Width and thickness you should keep it at 6-8 check out the Hany Rambod 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 then a gym sesh on a Saturday morning? Well morning for me at least cause I just woke up!! Share · February 11 at 1:03pm near Brea ·		
	Alexa Cerrvantes likes this. Gabriel Dominguez yo AL wats up bro hw u doing ? check it am mad hung over! so is it wise for me to still go to the gym and work out?( I need some advice big dog help me out please!! thxman:-/ February 11 at 1:19pm		
	Albey Al @ Gabe : you have go with how your body feels. You can never do any wrong well going to the gym however, if your body's not 100% your not going to give it 100% February 11 at 2:45pm		
	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 ISH was intense and nonstop I think I might try it again today.		
	Share · February 11 at 4:30am near Costa Mesa · 8 people like this.		
	Victoria Martinez Cuzin u need to b in ed sleepin February 11 at 4:38am		
	Lori Taplin Have you tried dubstep?           February 11 at 5:19am · 1		
	Sonny Black My boyy February 11 at 8:04am		
	Michelle Mercedes TRANCE is lifeespecially when working out February 11 at 9:48am		
	Dana Cordova Martinez try deadmau5 and skrillex February 11 at 10:40am		
	Michelle Mercedes ^^^^^no February 11 at 12:02pm		
	Dana Cordova Martinez ^^^^ yes           February 11 at 1:03pm		
	RECENT ACTIVITY		
	Albey and Randi Barker are now friends. Albey and Victorine Roig are now friends.		
	Albey is now friends with Nick Sayegh 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 herthank you Share · February 10 at 9:07pm near Westminster · Gina P. Dueñas and 3 others like this.		
	Pao Ramirez Sure ooook February 10 at 9:40pm		
	Kelly Mireles Lol I thought u was gonna marry meeeeee February 11 at 6:14am		
	Albey Al I don't know if it's my prevworkout 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 summer time and I can't wait!! I'm going to bring it hard for the summer of 2012 Share · February 10 at 1:05pm near Brea ·		
	Ivon Rojas and 2 others like this.		



Sea	earch	Albey is now friends with Dolores Nieto and Tiffany Ibrahim.	Friends for Fullerton's Future	Home
		Albey Al 2:00 never felt so good :) Share · February 9 at 1:30pm near Brea · Cheri Grippi likes this.		
	No.	Albey Al I want to Sex you up ove 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 · 1		
		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 fitlol		
		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 outhahaha . What a too!!!! 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 togetherFML February 8 at 11:46am · 5		
		Victor Wesseling Haters         February 8 at 11:54am         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 Reyes Wow. Damn Iphone.         February 8 at 12:15pm · 1		
		Vincent Rincon Alright ma'am slow down and start from the top         February 8 at 2:02pm         Isa 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 need!         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 SoldWater  Share · February 7 at 1:40pm near South Whittier · 2 people like this. Sonny Black Yo February 7 at 1:47pm		
	1000	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</chr>		
	1000	Albey Al Tuesday <y.o.l.o Share · February 6 at 5:30pm near Brea ·</y.o.l.o 		

Search Michelle Merc	edes and 3 others like this.		Friends for Fullerton's Future	Home
	Rincon Wtf is y.o.l.o.? 6 at 7:08pm	·		
	You only live once 6 at 11:44pm			
	AI more leg growth/ separation. Any suggestions?			
	lexa Cerrvantes and 2 others like this.			
AL ASEA	Juan Villasenor I suggest you STOP wearin February 5 at 4:47pm · 1	g those shorts.		
	Vincent Rincon http://www.bodybuilding.co -wheel.htm February 5 at 4:51pm	m/fun/reinventing-the		
	Jamie Correa Put yer pants on? February 5 at 4:51pm			
K.	Albey Al Thx for the link brotherima check February 5 at 4:53pm	k it out !!		
	Lora Liberty Drink more cum fag. It's the Se February 5 at 5:26pm · 3	iper Bowl fag		
	Albey Al Lora if you expect me to develop a did at the PD You're sadly mistaken February 5 at 5:28pm · 2	type of reputation you		
	Albey Al Lol February 5 at 5:28pm			
34	Juan Villasenor @ Loraall I can say is WC     February 5 at 5:28pm · 1	)W!		
	Lora Liberty That was from mike, he had m joke. But way to go below the belt. Nice! You talking about reputations at the pd?! February 5 at 5:31pm	y phone and it was a really want to start		
	Albey Al Lol lora it's jokesreeeeelax!!! Con me better than that February 5 at 5:32pm	e on dude you know		
ALASEA	Juan Villasenor in an effort to keep the pea get along? February 5 at 5:35pm	ce, can't we all just		
	Albey Al Peace keptI'm cool with Lora and February 5 at 5:36pm	she knows THAT!		
JLASEN	Juan Villasenor but you did drop the soap i one timeremember? February 5 at 5:37pm · 1			
	Mike Larsen Dude just give Lora her shorts rippin you February 5 at 5:37pm	back and shell stop		
	Albey Al LolBut these are my favorite ones February 5 at 5:39pm · 1	!		
4	Uriel J. Batres Squats           February 5 at 6:10pm ·         1			
	Don Clercien No short cuts, 1. Diet 2. Seated squats			

3. More hammys Sear≰hPatience	and quads	]	Friends for Fullerton's Future	Home
Albey C.H.R.	AI	s ·		
Sha	Al a valentine. rre · February 4 at 9:41pm via mobile · vonne Sanchez and 4 others like this.			
	Sandra Rincon Nevarez Fkn go get one wi bring home at least 1/2 a dz. February 4 at 9:43pm	t dat 6 pack u could		
	Vincent Rincon West Hollywood might have February 4 at 9:59pm · 2	e what your looking for		
	Pao Ramirez Yup me 2 February 4 at 10:04pm			
	Albey Al Lol I thought you had a date February 4 at 10:07pm Pao Ramirez Who ? Lol			
	February 4 at 10:19pm Albey Al I don't know what his name was I could do a three-way day if he got butt hurt. February 4 at 10:33pm			
<u>.</u>	Pao Ramirez Ohhh yeah lol February 4 at 10:36pm			
	Gina P. Dueñas I would not mind having or February 4 at 10:40pm			
Louis Contraction	Becky Stuart I'm renting David out by the H February 4 at 10:41pm 1 Albey Al C.H.R.	iour.		
	February 5 at 3:01am Krystel Tatiana Spann Lol your silly :) February 5 at 3:20am			
SH				
	Cheri Grippi wow! you have changed a lot. February 4 at 9:09am	good job!		

Search	Albey Al	Friends for Fullerton's Future Home
	Should I or shouldn't I take my gun to Sante Fe Springs	7A N
8 . JA	📕 Share · February 3 at 12:55pm near Brea ·	
	Esmeralda Rodriguez and 3 others like this.	
	Kimberley Phillips Aren't u a copn have a license to take ur gun with u lol February 3 at 1:48pm	
	Cecilia Munoz You can leave it with me cuzn lol February 3 at 2:14pm	
	Cassie Reyes I think you should. Just to be safe. February 3 at 2:29pm	
	Sandra Rincon Nevarez PLEASE don't leave it with Cece she will kill herself backwards February 3 at 2:40pm	
	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!!!! :-) February 3 at 11:53pm	
	RECENT ACTIVITY	
	Albey and Art Ortiz are now friends. Albey and Shirley Moran are now friends.	
	Albey Al	
Carlos	I feel like Eggies this morning !! :*) Share · February 2 at 9:39pm near Torrance ·	
	Cassie Reyes and 3 others like this.	
	Cassie Reyes Eggles which way?? Scrambies or Dippies?? February 3 at 8:45am	
	Albey Al Lots and lots of Dippies February 3 at 11:32am 1	
	What is it about a woman and a raspy voice that turns me onis 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 lol ;) February 2 at 1:57pm	
	Pao Ramirez Ewww February 2 at 2:27pm	
	Cassie Reyes Wait do you mean raspy like maybe they have a sore throat so it sounds kinda deeper but still feminine? I know what you're talking bout that is SEXY! February 2 at 2:46pm 1	
	Cassie Reyes Gotta elaborate, son!	
	February 2 at 2:47pm	
	February 2 at 2:47pm  Albey AI I mean like she probably choked on a Deritto or something raspy	
	February 2 at 2:47pm  Albey AI I mean like she probably choked on a Deritto or something raspy February 2 at 2:54pm  Albey AI Better?!	
	February 2 at 2:47pm         Image: Albey Al I mean like she probably choked on a Deritto or something raspy         February 2 at 2:54pm         Image: Albey Al Better?!         February 2 at 2:54pm         Image: Albey Albetter?!         February 2 at 2:54pm         Image: A	
	Image: February 2 at 2:47pm         Image: February 2 at 2:47pm         Image: February 2 at 2:54pm         Image: February 2 at 2:57pm	

Search	Albey Al	Friends for Fullerton's Future	Home
192	What I would like to see in 2012 is an instructor to teach me how to do backwards cartwheelsfingers crossed	0.01.13	
	Share · February 2 at 10:45am via mobile ·		
	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 Grippi Idk how that would work. February 2 at 11:34am		
	Albey Al Y.O.L.O.		
	I love the way you hold those paper clips :) Bhare · February 1 at 6:33pm via mobile ·		
	Cassie Reyes likes this.		
	Gabriel Dominguez hey AL wats 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! thx man:) February 1 at 6:55pm		
	RECENT ACTIVITY Albey and Uriel J. Batres are now friends.		
	Albey and Oriel J. Barres are now mends.		
	Albey Al So I'm thinking about trying out for the Chippendale's crew so I'm going to need some ideas on a theme , any suggestions?? Bahare · February 1 at 11:26am near La Habra ·		
	2 people like this.		
	Matt Olson Police officer? February 1 at 11:40am		
	Raymond Castillo Walmart Greeter! February 1 at 11:49am · 2		
	Ivon Rojas Firefighter ;) February 1 at 11:57am		
	February 1 at 12:00pm		
	Albey AI Lolshort 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=CyUVKS1EyEs&feature=youtube_gdata_player February 1 at 12:11pm		
	Beck Becka All bc I told u to consider it V February 1 at 1:52pm		
X	Albey Al Curls for the girls — with Marat Mychaels at 24 Hour Fitness - Brea, CA.		
	Share ' February 1 at 8:46am in Brea		
	Alexa Cabrera and 3 others like this.  Vincent Rincon More like strokes for blokes February 1 at 8:55am		
	RECENT ACTIVITY		
	Albey and Angel Ricardo Araiza are now friends.		

Image: Nature y Sub a Subject next Tencolo, CA <sup>1</sup> Image: Nature y Sub a Subject next Tencolo, CA <sup>1</sup> Image: Nature y Sub a Subject next Tencolo, CA <sup>1</sup> Image: Su	Search	Albey Al Sex is like Drugs, let's get it CRACK'N	Friends for Fullerton's Future	Home
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<image/> For a set of the s		January 28 at 1:26pm in Brea ·		
<ul> <li>209-2011</li> <li>209-2012</li> <li>200-2012</li> <li>200</li></ul>		Monica Picazo likes this.		
Revin Guevara and 3 others like this.   Image: 2 at 11:27 pm   Image: 2 at 1:47				
Revin Guovara and 3 others like this.   Image: 2 dist 11:27 pm   Image: 2 dist 11:27 pm <td< td=""><td>1</td><td></td><td></td><td></td></td<>	1			
Kevin Cuevara and 3 others like this.         Image: Second Seco		96		
Revin Guovara and 3 others like this.   Image: 2 dist 11:27 pm   Image: 2 dist 11:27 pm <td< td=""><td></td><td></td><td></td><td></td></td<>				
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Kevin Guovara and 3 others like this.   Image: 2 other a like a bound of the power of the pow				
Image: Several and 3 deters like this.				
Wonica Picaco Wowzersi Keep it up;) January 27 at 11:27pm         Image: State Correal I miss the before picture January 28 at 1:47pm         Image: State Correal I miss the before picture January 28 at 1:47pm         Image: State Correal I miss the before picture January 28 at 1:47pm         Image: State Correal I miss the before picture January 28 at 1:47pm         Image: State Correal I miss the before picture January 28 at 1:47pm         Image: State Correal I miss the before picture January 28 at 1:47pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correal I miss the before picture January 28 at 1:23pm         Image: State Correace January 28 at 1:23pm         Image: Sta		Share · January 27 at 8:13pm near Highland Park ·		
Image: A private y 2 at 11:27pm         Image: A private y 2 at 1:47pm				
Image: Analysis of the second seco				
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Abey and Christina Nicole are now friends.         Abey is now friends with Delaine Lovelace and 2 other people.         Image: Star A 2 of 2 of 2 of 1 of 2 of 2 of 2 of 2 of				
<text><image/><image/><image/></text>				
2009-2011				
Share · January 27 at 8:13pm near Highland Park ·	X.			
		196		
Kevin Guevara and 3 others like this.		Share · January 27 at 8:13pm near Highland Park ·		

Search	Monica Pica January 27 a	<b>azo</b> Wowzersi Keep it up;) at 11:27pm	]	Friends for Fullerton's Future	Home
 34	Lisa Correa January 28 a	I miss the before picture at 1:47pm	<u> </u>		
		e I miss cruisin' with Chubbs :(			
		is slow but I'm not stopping !!!			
		ople like this.			
		Monica Picazo What more can you do?! January 27 at 5:00pm			
		Carol Martinez Hello cuzn put some pants o January 27 at 5:09pm · 1	on ejole		
		Kahro Leena umm excuse me go to your KC clothes on. your walnuts are about to fall out January 27 at 5:12pm			
		Carol Martinez O wow cuzn they know u so am laughing hard, uh no she didn't! January 27 at 5:15pm	well lol! Ur walnuts I		
		Juan Villasenor No mames! 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 bo duke shorts lol! January 27 at 5:35pm	ody loco and your daisy		
	Con 1	Raymond Castillo Richard Simmons just tw my shorts" now I know who Haha! LAfit E January 27 at 6:46pm · 1			
		Albey Al I wish I would've stolen his perm! January 27 at 6:47pm			
		Raymond Castillo Haha!!! January 27 at 6:48pm			
		Justin Groves Rip it buddy! full throttle! January 27 at 7:36pm			
×.	Janua	s, abs and cardio #grinding — at 24 Hour Fitr ary 27 at 1:20pm in Brea · sople like this.	iess - Brea, CA.		
	RECENT A	CTIVITY is now friends with Delaine Lovelace and 2 of	other people.		
×.	Share · Ja	s Expo this weekI'll be there on sunday!!!!! anuary 26 at 2:25pm ·	anyone else going?		
		<ul> <li>P. Dueñas and 2 others like this.</li> <li>v all 5 comments</li> </ul>			
	<b>W</b>				

	<b>/ Al</b> Not that kind babe ?!! ry 26 at 5:50pm		Friends for Fullerton's Future	Home
	<b>o Leena</b> that's not what u txt me BABE!! ry 26 at 6:09pm			
So hol	bey Al I'll be looking for a roommate . If you're clean, drug f lla at your boy! Share · January 26 at 11:35am via mobile ·	ree and drama free,		
	Amber Gomez and 6 others like this.			
	Jasmine McCarthy I have a gf who was looki a couple weeks ago! I'll ask her of she's still loc January 26 at 11:39am			
	Sonia Limon Where at and how much? January 26 at 11:49am			
	Juan Villasenor F U! January 26 at 11:59am			
	Albey Al At the moment I currently reside in th however should the right opportunity present it relocate January 26 at 1:01pm			
	Kimberley Phillips Wished we lived closer to would be in trouble!!! Lmao January 26 at 3:16pm	each other we		
So Ca	bey Al I'm back at school for the first time since graduating ndy never gets old#californiagirls Share · January 26 at 10:27am via mobile ·	back in 2000eyei		
	Alexa Cerrvantes and 5 others like this.			
	Kristy Wells U would say that. Loo January 26 at 10:40am			
	Raymond Castillo Hey Al do you still ball? I re school you at North park Hahaha! January 26 at 10:47am	emember I used to		
	Albey Al Lol damn bro you're bringing back my don't ball anymore bro I have old kneeslol January 26 at 10:49am	/ memoriesnah I		
	Albey Al And you didn't school nobody son y teachers aide and I was a professor!! January 26 at 10:50am	rou were the		
0	Adam Hernandez Are they still making you ribus to school? January 26 at 10:51am	de the little yellow		
	Raymond Castillo Haha Ya I feel you on th went hard though January 26 at 10:51am	e knee issue We		
	Raymond Castillo Teachers aide Ahem D you got tired of losing with Pio Pico and we rec ball with Pico Park. You took your talents to No Hahahahal!!!! #KingsOTheCourt January 26 at 10:55am 2	ruited you to come		
	Albey Al Lolfuck bro that's what's up!! January 26 at 10:57am · 1			
RE	CENT ACTIVITY Albey and Ifbb Pro Matt Christianer are now friends. 3 more similar stories			
So art	bey Al I'm thinking of getting my sleeve tattooed anyone ist?	know any good tattoo		
	Share · January 23 at 6:14pm via mobile · 4 people like this.			
	Vincent Rincon don't waste your money. its e permanent. if you like the look get a henna tatt get tired of it you can remove it January 23 at 6:33pm · 1			

Searc	ch ,	Albey Al Hmmmm January 23-at 6:35pm		Friends for Fullerton's Future	Home
		Vincent Rincon if you really want something start small. please. i can have you go to the guy in Fullerton that did mine. at https://www.facebook.com/fullertontattoo 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 6:43pm			
		Albey Al Not sure yet I guess it depends on what I want to get January 23 at 6:58pm			
	3 9	Vincent Rincon https://fbcdn-sphotos-a.akamaihd.net/hphotos-ak -snc1/5411_1115566929400_12337586 43_30406359_4695061_n.jpg			
		this was \$250 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 7:32pm · 1			
2		Lisa Correa Tats are not very sexy but good luck with that! January 23 at 7:46pm · 2			
7		Chelsea Buergo Haterz gonna hate! Ink it up! January 24 at 12:35am · 1			
		Lisa Correa My point exactly. January 24 at 7:45am			
	20	Andrea Vargas The guy that did Vincent Rincon isn't at Ratt A Tatt 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 11:25am			
		Beck Becka Helloooo ;) January 23 at 11:26am			
		Albey Al @ pat: I need your #I got a new phone January 23 at 11:29am			
	6	Albey Al Front delts/upper chest slowly growing167lbs			



Search	Charlie Spillane i remember my first time working out January 18 at 4:23pm · 1	Friends for Fullerton's Future Home	
	Albey Al Charlie the last gym you saw was Jim's burgers January 18 at 4:27pm · 1		
E	Charlie Spillane hahaha never had jim's have to put it on the list January 18 at 4:30pm		
	Vincent Rincon 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		
1	Beck Becka If u gain weight the vest won't let u breath at all Imao !!! January 18 at 6:42pm		
	Vincent Rincon What's your body fat percentage? January 18 at 6:45pm		
	Albey AI Right now my BF is just under 11% which is why am my ab 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		
Ka	Albey Al The new track "function " by E 40 is sick!!! Share · January 17 at 1:49pm via mobile · Janel Flores likes this.		
	Albey Al I'm ready when you are! January 17 at 2:29pm · 2		
	RECENT ACTIVITY Albey and Kevin Guevara are now friends. Albey and Nicholas Vargas are now friends.		
	Albey Al added 2 new photos.		
	January 13 at 9:59pm via mobile		
×.	Albey Al added 2 new photos.		
	January 13 at 9:36pm via mobile		
	RECENT ACTIVITY Albey and Ciara Smiller are now friends. Albey and Vanny Vanny Duarte Gutiérrez are now friends.		
	-		

Search	Albey Al DTF tonight I think so!!!	Friends for Fullerton's Future	Home
	Share · January 10 at 3:44pm near Whittier ·	NAME OF T	
	Alexa Cerrvantes and 2 others like this.		
	Michelle Mercedes oh boy January 10 at 3:46pm · 1		
	Albey Al *DownTown Fullerton January 10 at 3:47pm		
	Anthony Amezquita That place sucks! January 10 at 3:56pm		
	Sandy Navarro Yeah im readylol January 10 at 7:02pm · 1		
	Lisa Correa Oooh ok I was gonna say January 10 at 9:47pm		
×.	Albey Al Fullerton shores Fullerton shores		
	Come at me BRO! D7F		
	Share · January 10 at 5:38am near Brea ·		
	Gracee Celeste Diaz and 9 others like this.		
	Cecilia Munoz My Mexican SituationI 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 7:32am		
	Kristina Knigge This is hilarious! January 10 at 8:45am		
	Jasmine Pearce Hahah oo wow January 10 at 8:45am		
	Lisa Correa DTF? Are you advertising? January 10 at 12:20pm		
	Janel Flores Oku won!!!! U got me here.lolits ON!!!let the fun began!!!!!!!!! January 10 at 10:20pm		
	Shae Montgomery Way funny, looks like you have too much time on your hands =P March 5 at 2:37pm		
	Albey Al Burbon street		

Search	January 10 at 2:32am near Brea     Cerrvantes and 2 others like this.		Friends for Fullerton's Future	Hom
s	Conny Black My mannnnn anuary 10 at 3:15am · 1			
	Albey Al Who wants to FaceTime chat with me?!! Share · January 9 at 11:22pm near Brea ·			
	Jasmine McCarthy likes this.			
	January 9 at 11:28pm Jasmine McCarthy Lol jk ;)			
	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 Mohamad Alrahem are now friends	5.		
	Albey changed his profile picture. Albey and McCall Lansford are now friends.			
	Albey Al SO I have a temp phone to use untill my 4S arrive is a P.O.S. anyhow, if you think i'm deserving text numberotherwise I never wanted to be friends of Charge J Jacurez E at EVER page 2000	t me your cell		
	Share · January 5 at 5:35pm near Brea · Alexa Cerrvantes and 5 others like this.			
	Albey Al ok, you like the status but faile numberthx January 5 at 6:15pm	ed to leave your		
	Lizie Liz wish i would of seen this earlie January 5 at 6:23pm	er to mess w u lol		
	Cheri Grippi 9098023192 January 5 at 6:53pm			
	Cheri Grippi I have a quession for yoo January 5 at 6:54pm	ooou! About a co worker		
	Albey Al msg me on fbmy phonr suck January 5 at 6:59pm	<s :)<="" at="" td="" typing=""><td></td><td></td></s>		
	Albey Al My phone is brokennew phone will be with me of supposed to do untill then!!! Share - January 5 at 4:28am near Whittier -	on Jan 10thWTF am I		
	Alexa Cerrvantes and 6 others like this.	e a situation for the		
	situation lol January 5 at 4:30am · 3			
	Albey Al i miss my mexican barbie January 5 at 4:31am · 1			
	Cecilia Munoz Awww whats with all my things this morning VVV I miss my mexic cuzn V			
	January 5 at 4:42am · 1 Sonny Black Did u go to my Verizon gu	Jy??		
	January 5 at 5:14am · 1         Cheri Grippi E mail me all your pics of '         January 5 at 6:51am · 1	you working out. Ha. :-)		
	Krisie Lovee hahaha. cousin. I guess the booting .	here will no tooting or		

Search	Vincent Rincon What phone are you getting? January 5 at 10:25am		Friends for Fullerton's Future	Home
	Albey Al 4S January 5 at 11:39am			
	Vincent Rincon Nice! January 5 at 11:39am			
	Dana Cordova Martinez READ! January 5 at 12:47pm			
	RECENT ACTIVITY			
	Albey is now friends with Westley Entz and 4 other p Albey and Esmeralda Rodriguez are now friends.	eople.		
×.	Albey Al As You all I know I'm a diehard laker fan but watching i business against the spurs is awsome! Share · December 28, 2011 at 6:30pm near Brea ·	the clippers take care of		
	Jessica Franco likes this. Vincent Rincon It's because as a Laker fan yo the spurs and jazz December 29, 2011 at 9:18am	u've grown to hate		
No.	Albey Al Starting off Right — at Joe's. December 22, 2011 at 9:52pm in Fullerton '			
	2 people like this.			
×.	Albey Al Wants to Hit my Dougie, Cat daddy, Dog Mommy, smook Zabbaoh yea it's on and crackin tomorrow!!	xie dokie, and Abba		
	Share · December 21, 2011 at 7:54pm near Irvine · Jessica Franco and 2 others like this.			
	Kahro Leena ♥ December 21, 2011 at 8:42pm			
	Adam Hernandez Only if you go hella dummy the yellow bus. And superman. Dont forget the December 22, 2011 at 1:46am	retarded and ride superman.		
6	Albey Al DTF tomorrow nightopen invitewe're looking for Big Bo	ooty Judy		
	Krisie Lovee 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 Krisie Lovee Imao. Cousin, you crack me us. L	ena. you do too.		
	December 29, 2011 at 9:34am · 1			
	Albey Al Anyone want to let me Toot it and Boot it?!			
	View all 4 comments Cheri Grippi Save a fart for later? Describer 10, 2011 at 11/25am			
	December 19, 2011 at 11:35pm  Albey Al DTF Wednesday night!? December 19, 2011 at 11:41pm			
6	Albey Al Nothing better then Laker basketballPERIOD Share · December 19, 2011 at 7:41pm near Brea ·			
	5 people like this. Lisa Correa You're not crying for lamar? December 19, 2011 at 7:51pm			

 Search	Brandy Alexandrea True story December 19, 2011 at 8:00pm · 1	]	Friends for Fullerton's Future	Home
1	Lisa Correa Is she aware that her profile is cropped to he	er tits?		
	December 19, 2011 at 8:09pm · 2			
K	Albey Al who needs andrew bynum when we have troy murphy.			
8 2	with Marat Mychaels.			
	📕 Share <sup>.</sup> December 19, 2011 at 11:33am via mobile <sup>.</sup>			
	Marat Mychaels Murphy for threeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeeee	e! Lol		
	Vincent Rincon Clippers tonight!!! December 19, 2011 at 1:47pm			
	RECENT ACTIVITY			
	Albey and Sabrina Werneck are now friends.			
	Albey and Tanya Janine 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 Buergo are now friends.			
	Albey and Greg Holcomb are now friends.			
	RECENT ACTIVITY			
	Albey is now friends with Sarah Queen and Anita A	rutyunyan.		
	Albey and OC Bodycoach are now friends.			
	RECENT ACTIVITY			
	Albey and Deb Henry are now friends.			
	Albey changed his profile picture.			
	Albey changed his profile picture.	II Whife Dro		
	Albey is now friends with Lori Taplin and Jen Jewe Albey is now friends with Amanda Simmons and 2			
	Albey is now friends with Analida Similaria and 2 Albey is now friends with Venus Nguyen Ifbb Pro a			
Olde	r Posts			

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