

# Devoured by Sarcopenia

Into Eternity

Embroided in a never ending war  
Taking a perilous turn  
Attacked with deadly intent  
Nothing can crush your spirit  
Insidious

Deteriorate day by day  
Approaching a life threatening state  
Driven on again by fear  
Surmount this obstacle

Devoured by sarcopenia  
Poverty of the flesh consumes  
Watch as the mass decreases  
Inside this torrid atmosphere  
Sarcopenia  
Devoured by sarcopenia  
The end of this procession  
Trapped in a state of decline  
Sarcopenia  
Devoured by sarcopenia

Devoured by sarcopenia

Devoured

Regeneration overload  
A focused intensity  
Follow a progressive overload prescription  
Theory into practice

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