

Anton

Hey guys, welcome to my new home, Abbotsford.

It's a little bit old fashioned guys, I'm not going to lie to you, but watch what Anton can do to this place, come on round.

So this used to be the old music room.

We're gonna rip this carpet out, put some artificial grass down.

The chandelier, I like it.

We can do some pull ups on that.

I love this.

I respect the bird, it makes me want to work out.

And do you know what?

I feel that bird respects me.

Anyone that knows me, knows I'm a massive fan of books.

Stack three on top of each other and get the perfect elevated push-up.

Welcome to the gun show.

Mum, have you seen my breath spray?

Yeah, it's in bedroom number seven.

Right, okay.

Mum I absolutely love this, I mean look at this he's doing the perfect lunge.

That's great posture there he's working his quads, his glutes, his hamstrings and I mean look at his facial expression that's not pain, that's pleasure.

Mum!

It goes to G-Minor there, come on.

- Sorry!

From the top please.

- okay.

So this used to be Walter Scott's study.

The only change I'm going to make is over here.

I'm going to change this little room into a Sauna.

Oh mum! What are you doing in my Sauna?
- Well Anton...