

Catching Up with Ben | Episode #022

written by Mike Roberto | July 23, 2019

In July of 2019, Ben visited Mike in Texas to film some content. But first they sat down, stimed up with their favorite caffeine sources, and caught up on the industry and where they've been.

Ben and Mike Catch Up | July 2019

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Timestamps:

- :45 catch up on life
- 7:15 Ben's training
- 15:20 Coming from "NutraBio University"
- 19:00 Ghost hitting the industry
- 34:00 Mfit's launch
- 40:00 Mike's new mission in the industry
- 50:30 Insulin talk
- 1:09:00 What we're excited for in the second half of the year

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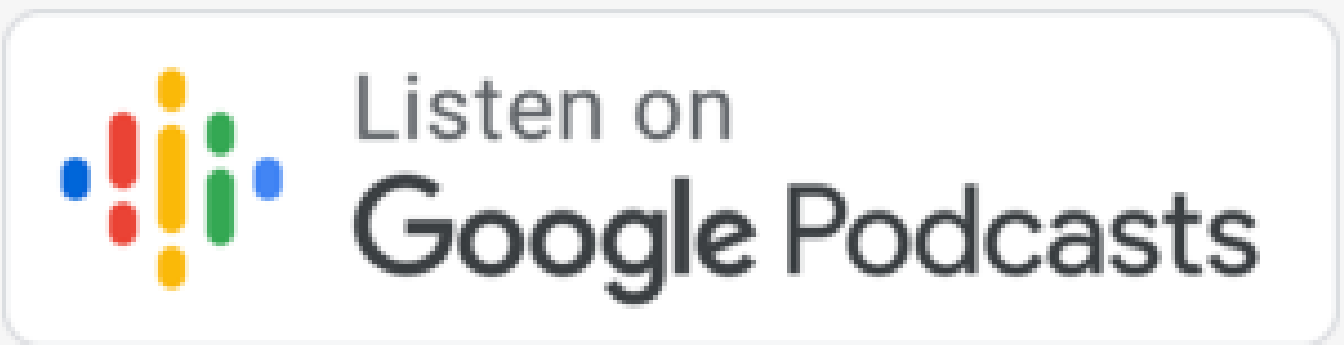


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