

You have zero excuses to not get jacked

989 upvotes | 5 August, 2019 | by Chainega

"It is a disgrace to grow old through sheer carelessness before seeing what manner of man you may become by developing your bodily strength and beauty to their highest limit" –Socrates

There are only two types of male physiques at my college campus: the sorry ass obese/overweight/dad bod guys and the rounded-shoulders scrawny guys who look like children whose thin neck would snap if you back patted them too hard.

These are the guys who complain that they are not getting as much pussy as they want (or any at all) without coming up with any solution. So when I say the magical words of 'Just go lift bro' they always come up with bullshit excuses.

Do you have free time to play videogames, jerk off furiously to porn or just fuck around YouTube or Reddit or any of all that stuff? Then you also have time to exercise, it won't even take you that long: 45-60 mins. Videogames can wait.

Do you have two arms, two legs and can you use them on a regular basis? Then you can exercise too. If a [disabled bodybuilder](#) can look like a Greek sculpture then so can you.

If you can pay your internet service to fuck around Reddit, then you can clearly pay a gym membership too.

Are you absolutely broke? Go out to the nearest park, do some sit ups, push ups, pull ups, chin ups, dips. How do you think gymnasts get that jacked?

Are you not strong enough to do the exercises? Use assistance bands, start slow, cheat a little bit. At least try.

You don't have a routine or don't know how to do the exercises? There are literally thousands of free videos on YouTube explaining everything you have to know.

You want to loose weight? Stop eating garbage, drink more water.

You want to gain weight? Stop eating garbage, get in a caloric surplus, drink more water.

If you are skinny or fat it is entirely your fault. Blame it all you want on your genetics, the weather, your ex gf, the stars, the cosmos, your destiny. Nothing will change the fact that only you have control over your own body.

Fitness is truly the first step to the mental and physical transformation of any men. Healthy body, healthy mind. So what are you waiting for?

If you only hamster yourself into not doing anything everyday, then one day you will wake up as an erectile dysfunctional man-titted people-pleasing low t bald motherfucker who can't even stand up for himself (sorry if you are already this guy, you can still fix yourself up tho).

Did you realized that you were a lazy fuck? Don't worry, don't beat yourself up about this. Just do something about it. It's not only about the women, but more importantly, about YOU.

Just get your eyes off the screen and start taking action, you've had enough internet for today.

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Comments

AutoModerator[M] [score hidden] 5 August, 2019 08:42 PM stickied comment

Why are we quarantined? The admin don't want you to know.

Register on our backup site: <https://www.trp.red> and reserve your reddit name today.

I am a bot, and this action was performed automatically. Please contact the moderators of this subreddit if you have any questions or concerns.

comu_nacho • 269 points • 5 August, 2019 09:34 PM

I have to have a hip operation, expensive as shit, as it uses stem cells, I can't do squats, abs, anything that goes through the mid section, but I work around that. I asked my doc what I could do, and do the shit out of that.

2 of my buddies have diagnosed depression, and working out does wonders for their mood. The gym has likely saved one life there.

-Skizzy • 102 points • 5 August, 2019 11:02 PM

The gym has pulled me from depression also, it's my therapy.

ThrowawayYAYAY2002 • 5 points • 29 August, 2019 07:01 PM

My therapy, too.

It's honestly changed my life. I'd be lost without it.

Userq0485 • 62 points • 6 August, 2019 12:02 AM

Fixed my drinking problem. Hell I started lifting because I noticed I didn't want to drink on those days.

The 20 lbs I've lost and the increased female attention are just perks. Either I lift or I drink so I lift daily.

comu_nacho • 53 points • 6 August, 2019 12:07 AM

Lift the glass or lift the dumbbell.

Great choice. My dad died fighting that demon. Congrats on the life changes.

supersonic-turtle • 21 points • 6 August, 2019 03:31 AM

Hell yeah. I had a drinking problem, sober 2 years now. I lost 23lbs of fat and replaced it with muscle.

It's night and day how different I look and how much better I feel. Attention from women was just a side effect of my conscious decision to improve myself.

largepaycheckaddict • 30 points • 6 August, 2019 12:07 AM

The gym is the best antidepressant and it can be as affordable as \$10/month.

Pussyshack 1 points 6 August, 2019 04:02 AM* **[recovered]**

Planet fitness is complete shit. Get a real gym membership

largepaycheckaddict • 23 points • 6 August, 2019 04:52 AM

There's other gyms for that price that aren't planet fitness.. even then.. stop being a fucking overly

sensitive snowflake about all the gay shit at planet fitness. If you really feel shame from their “judgement free!” Beta nonsense that means you’re probably a pussy who considers the opinions of sheep. There’s weights, treadmills and machines there to get in good shape. That’s all I go to the gym for. Not for “atmosphere”.

dsgk_99 • 6 points • 6 August, 2019 05:17 AM

While I do agree that pf is better than nothing the fact that there are no barbells/squat racks is just a no for me dawg.

downvotedbylife • 9 points • 6 August, 2019 05:52 AM

You already lift. This post ain't for you. I know the internet says it's cool to shit on PF but you're just enabling people to have a shitty excuse not to start lifting here.

dilawer007 • 3 points • 6 August, 2019 08:41 AM

I always see people shitting on Planet Fitness, especially on fitness-related subs. I'm not from the U.S., can you explain why that's so?

StevenConfident • 3 points • 6 August, 2019 11:55 AM

Basically:

- They have free pizza and bagel days. At a gym.
- As stated above, there's often no barbells/proper equipment for lifting heavy.
- And even if you somehow found a way to lift heavy, chances are some dickwad behind the counter will activate their "lunk alarm". Why? Because you're lifting too heavy, grunting and making noise, and it's making their other clients "uncomfortable".

GonadGravy • 4 points • 6 August, 2019 03:10 PM

I lifted and gained 30lbs at planet fitness. Used dumbbells, select machines and Smith for compounds. It’s a great way to start, but I eventually got a membership to YouFit, which is Planet Fitness w/barbell freeweights. Still only \$10 a month.

There’s no excuse.

dilawer007 • 1 point • 6 August, 2019 12:34 PM

Wow, those are some very shitty reasons to be hating on something. But, everybody's got an opinion so who gives a fuck.

irishmastermind • 6 points • 6 August, 2019 12:44 PM

Ive felt less scoliosis pain since I’ve gone regularly

Protocol_Apollo • 108 points • 5 August, 2019 11:19 PM

People want to get jacked but they give up when they realise it will take longer than what they thought

In general, people overestimate what they can do in a year and underestimate what they can do in 5

KV-n • 25 points • 6 August, 2019 05:12 AM

On progresspics there are many people with VERY visible results in a year or less. They also claim it was without steroids but ofc its questionable.

boofXANAXeveryday 1 points 6 August, 2019 07:34 AM [recovered]

Hell, I started 5 months ago being underweight and gained 25lbs already without gaining a lot of fat. Noobie gains are real

b3nthegod • 11 points • 6 August, 2019 12:05 PM

THIS. My first 3 months i gained 8Kgs (17pounds), just by going heavy and a mass gainer. Im in the 5th month, and since than i only gained 2kgs. So yes i subscribe, to this.

Sumsar01 • 10 points • 6 August, 2019 12:48 PM

You gained a Lot of fat. You just wont know before you have to cut. Trust me.

boofXANAXeveryday 1 points 6 August, 2019 01:32 PM [recovered]

Well, my abs are still as visible as they were before, I think most of the fast went into my tighs, which doesn't bother me

Sumsar01 • 0 points • 6 August, 2019 03:37 PM

Fat will be stores very differently in people. But muscle mass isnt build that fast.

BuzzLightGear321 1 points 6 August, 2019 01:38 PM* [recovered]

25lbs of just muscle is impossible natty in 5 months. That would be 1 year of gains at the higher end. IMHO (since you said you gained fat) is that 10 lbs is fat/water.

GonadGravy • 1 point • 6 August, 2019 03:20 PM

I gained 23lbs of muscle in 6 months.

KV-n • -10 points • 6 August, 2019 07:56 AM

Noobie gains are real

not at all. the first year i started from skinny af and gained 4 pounds, the second year i lost 2, then i gave up.

boofXANAXeveryday 1 points 6 August, 2019 08:16 AM [recovered]

Well, you also need to eat a lot. Lifting alone is not enough

KV-n • -6 points • 6 August, 2019 08:20 AM

I did eat a liter of white youghurt a day on top of what i had used to eat before.

The actual problem turned out to be low t, i got it checked maybe a year after i gave up. Thats why posts like this OP ("its only your fault!!!") trigger me tf out. How is it my fault that my balls produce too little t???? And no im not gonna inject, at least not yeat

boofXANAXeveryday 1 points 6 August, 2019 08:44 AM [recovered]

Low t should not prevent you from gaining weight though, it would just be mostly fat instead of muscle

KV-n • 1 point • 6 August, 2019 10:46 AM*

I know and i do consider trt but even shitty life is imo better than being stuck with needle for the next 50 years. If some other way presents itself i will reconsider. Plus its

not like im medically low t, im theoretically in normal range but just at the bottom so the docs wont help

heartbroken_nerd • 1 point • 6 August, 2019 11:12 AM

Tell the docs that you identify as a woman but you now want to go back to being a man and you need testosterone fix to bring out your masculinity again.

KV-n • -1 points • 6 August, 2019 08:45 AM

my lifestyle is too active to gain fat

Jake_le_Dog • 3 points • 6 August, 2019 12:18 PM

Doesn't work that way.

Also your T is low because you're inactive and untrained. Not the other way around.

Don't look for excuses. Commit to something and admit to yourself you're halfassing something when you are.

wanderer779 • 1 point • 6 August, 2019 02:20 PM

It's up to you what you want to do. If you were tracking macros, eating a surplus, and running a well regarded program and still not gaining it could mean you need assistance. At that point it's up to you whether to try it. At the least you could talk to a Dr. And hear them out.

Edit: there are also some supplements that worked for this. Check out the YouTube of a guy called golden era bookworm. He claims to have doubled his t naturally. He took zinc and a few other things and switched to full body 3x a week programming.

Yakatonker • 1 point • 6 August, 2019 01:14 PM

Recommend you try going straight out carnivore. That being meats and high quality animal product, ie grass fed, no antibiotics. Cut out all plant matter, especially grains, corn, soy, because contrary to the bullshit out there that crap is anti-androgenic. If you use plastics of any sort for water, get a stainless steel container. Use charcoal water filter as well to clean your water.

Another thing about plants, the glyphosate used fucks with sulfur metabolism which impacts a grand number of metabolic processes in the human body. Meat does have its own issues because they fed the cattle GMO garbage, thus high levels of Atrazine, though not as bad as plants, and way more valuable in protein content.

PrincetonNarcissist • 1 point • 6 August, 2019 02:19 PM

You either suck at lifting or suck at eating. Stronglifts 5x5 and hit your macros.

umizumiz • 7 points • 6 August, 2019 12:57 PM

1st year gains are best gains

Jake_le_Dog • 5 points • 6 August, 2019 12:13 PM

Six months and your friends will compliment you - if done right and consistently

Three months and you'll have already noticed something going on yourself.

Protocol_Apollo • 4 points • 6 August, 2019 11:45 AM

I don't deny noob gains by any means but a lot of people don't maximise their noob gains by a large margin.

The average person who starts working out has very little structure behind their workouts and/or don't give enough heed to their diet.

Not to mention, noob gains physiques aren't what people are looking for when they start. They expect to have a decent beach body within a few months or a year when that's clearly an over-estimate

wanderer779 • 2 points • 6 August, 2019 02:15 PM

There are several variables. If you were fat but had a lot of muscle underneath you can lose the fat and voila you're lean and strong. If you're an ex football player who was strong and let himself go after college, you can gain it back quicker the second time than you did the first. And then of course there's genetics and steroids.

How many weak guys with average or below genes became strong and lean quickly without steroids? I think that's the boat a lot of us find ourselves in. If that's you it's probably going to take longer.

xcalibercaliber • 9 points • 6 August, 2019 02:34 PM

The author is a bit whacked but I benefited from "The 10X Rule". It's not a literal rule but a mental exercise to remind yourself that whatever you want to accomplish needs to be dedicated 10X the amount of thought, energy, and time to if you are serious about achieving it. Humans in general are woefully pathetic at counting the true cost and putting forth the proper energy to achieve something.

f33 • 5 points • 6 August, 2019 02:10 PM

And if you're 16-22. If you work hard and stuff your face you will explode in no time

Protocol_Apollo • 3 points • 6 August, 2019 02:33 PM

True- lobiner said himself: "if you are below age 25, you don't need steroids, your testicles themselves are steroids"

miserablesisyphus • 3 points • 6 August, 2019 08:31 PM

It's called compound interest -- our habits are compounding. The more you put in, the more it builds. I've been working out hard and eating excellent for 158 days. Days 1-60 wasn't anything exciting, but they built the framework. After day 60 is when I really started seeing results. Also, 158 days seems so short now.

Months 1 and 2 seemed like I had been doing something for a really long time, but imagine any other habit you do. If you've only played the guitar for 2 months you won't be that good, if you cut hair for 2 months you won't be that good, etc. It takes years to be good at something, but once you get over that learning curve it becomes easier. The same thing applies to our bodies. We can't workout hard for 3 months and expect to look like Arnold or someone who spent their life dedicated to achieving those results.

ovster94 • 1 point • 6 August, 2019 12:21 PM

This is the best comment. Truth

personaldistance • 52 points • 5 August, 2019 09:56 PM

Seriously. I have a torn labrum in my right shoulder and hyper-extended rotator cuff in my left. I'm going to the gym in about 10 minutes. Just fucking lift.

bowhunter6 • 34 points • 5 August, 2019 11:36 PM

Make sure you take care of your injuries. Work around them as best you can, but absolutely take care of yourself, especially your joints. Definitely keep up that tenacious attitude, though.

personaldistance • 21 points • 5 August, 2019 11:55 PM

Yeah it's tough but I work around it. Grip variations and volume over weight for now when it comes to shoulders. Appreciate it though man.

AquaticTurtle98 • 21 points • 5 August, 2019 11:11 PM

Good luck when your body gets fucked. I'd advocate getting that fixed, still exercise though. Right now you're good, but it will have a toll in the future mate.

personaldistance • 6 points • 5 August, 2019 11:54 PM

You're not wrong, but my body is already fucked. I'm going to be entering PT soon but for now I work around it. Can't stand slouching.

[deleted] • 9 points • 6 August, 2019 01:35 AM

Keep working around it. I have a torn labrum in my left shoulder and I thought sitting out would help- I sat out 6 months and my physique/mental got fucked lmao. Now that I'm back to lifting and working around I feel so much better. Still have a lot of muscle to gain back though. Luckily muscle memory is a thing, I think? So it should take me about half the time to gain it back

personaldistance • 5 points • 6 August, 2019 01:56 AM

That's exactly it. I sat out for the same reason and I HATED myself. Now I'm like fuck, it I'll work around it and if my arm still falls off at least I look and feel good haha. Hopefully PT helps and I don't need surgery but we'll see.

Polimber • 2 points • 6 August, 2019 04:48 AM

Fuck im glad to hear you're doing that. Had my labrum fixed three months ago and still can't fucking move it.

How'd I tear it? Heavy lift chest day, went to sauna took my shirt off, it got caught on my sweaty back and RIPPPPP. My arm was left hanging there with my bicep nearly ripped off.

The chest day had nothing to do with it. Just turned into the "man titted low t bitch" the OP talked about and now just prone to injuries. Clearly, I'm not young anymore to abuse my body like that anymore without enough preparation. I need to take it slow.

Anyway, lift and lift often!

Whopper_Jr • 1 point • 5 August, 2019 11:41 PM

<https://www.instagram.com/p/Bu6V-TSAebZ/?igshid=2841d3lk7cg0>

umizumiz • 1 point • 6 August, 2019 12:45 PM

ugh...

that fucking rotator...

kill me now...

TurdFerguson812 • 1 point • 6 August, 2019 03:37 PM

I tore my biceps tendon last year and had surgery. During my recovery, I did 1-arm bench presses with a dumbbell (in my good hand). Got some funny looks, but who cares.

huwhitejaredtaylor • 1 point • 12 December, 2019 04:38 AM

Mixed-grip deadlifting? That was my cause :(Happened April 2018.

bongolese • 111 points • 5 August, 2019 09:36 PM

All the weaklings complaining in this thread.

<https://www.google.com/amp/s/beta.washingtonpost.com/news/speaking-of-science/wp/2017/12/12/women-rate-the-strongest-men-as-the-most-attractive-study-finds/%3foutputType=amp>

There was no nuance to these results, he said. Zero of the 160 women surveyed showed a statistical preference for weaker men.

So get out there and build your body through exercise. Build your mind through learning. Build your lifestyle through fun.

anonymouse • 9 points • 6 August, 2019 11:56 AM*

I know at least one who prefers weaker men if they're tall and the stronger men are short (especially shorter than her). Guys who were jacked -fitness models, and interested in her, she rejected for a nerd with less arm circumference, because he was 1m85. Of course height isn't something you can control so no point adjusting your plans because of it, but there are women whose preference is looking up at their man instead of down, before anything else.

umizumiz • 12 points • 6 August, 2019 12:45 PM

I'd like to see how she feels after he's twisted into a pretzel and shit on by a swoll manlet.

anonymouse • 6 points • 6 August, 2019 02:57 PM

She could twist him into a pretzel - and did (black belt in Ju-Jitsu and Kyokushin). Didn't care, he was taller than her, and the manlets were invisible to her. She would complain they were hitting on her, and then turn around and forget it had happened when she said men just don't like a woman taller than them.

blitzer92 1 points 12 August, 2019 10:16 PM **[recovered]**

Your anecdote doesn't contradict the point made in the study. The researchers found that there was always a positive correlation between strength and attractiveness to every woman they studied (n=160), not that there weren't other factors that affect attractiveness as well.

The tall skinny guy may be more attractive than the short jacked guy, BUT the tall guy would be even more attractive if he were stronger and the short guy would be even less attractive if he were weaker.

anonymouse • 1 point • 13 August, 2019 11:36 AM

The point is that height is so important to some women that no amount of muscle or strength will make a difference that they will even register your existence. Yes, tall and strong would be better, but tall is weighted at 90%.

huwhitejaredtaylor • 1 point • 12 December, 2019 04:41 AM

Build your body through exercise. Build your mind through learning. Build your lifestyle through fun.

3 of the most wonderful, true statement.

Those fat, body-positive whales skip the first sentence, try the second one, and go HAM on the third.

entrep4 • -25 points • 6 August, 2019 02:13 AM

People keep referencing that study without mentioning that they obscured the heads of the men so the women rating them could only see the body. Most guys don't walk around with their head completely obscured and their torso undressed.

majaka1234 • 48 points • 6 August, 2019 03:29 AM

Most women don't prefer headless cadavers either. What's your point?

Obviously they cover the heads to filter out the chance of the face being a factor. It's called controlling for variables.

THEN3LLI • -6 points • 6 August, 2019 01:06 PM

Just my personal though:

Women prefer weaker men, we know that. They prefer them because 1) they are controllable 2) they are indeed weaker 3) they are not scared of them at all

IMO

bjcm5891 • 44 points • 6 August, 2019 01:29 AM

I'm convinced girls who say they want a guy with a dad-bod are just shit-testing...

yungassed • 19 points • 6 August, 2019 09:51 AM

They also consider Jason Momoa when not dehydrated and shredded for a movie to be a dad bod... Their concept of what is realistic is so distorted from media they really have no idea. When they say dad bod, they are really just saying he doesn't need to be a shredded calvin klein model, cause no shit, even those models don't really walk around like that in real life year round.

<https://www.esquire.com/entertainment/a28363658/jason-momoa-dad-bod-body-shame-instagram-photo/>

comu_nacho • 18 points • 6 August, 2019 04:27 AM*

Well, fat is better than skinny. A fat guy can fuck you up if he knows how to use his weight. Look at Butterbean. Bigger guys should activate some primal instinct in girls, even if it's fat, just not only fat.

Maybe they prefer dad bods over anorexic physiques, if there are no fit guys interested in them.

New_Guard • 15 points • 7 August, 2019 01:31 AM

If you're a bit fat, she feels like it's ok to be fat herself. Otherwise, your rippedness makes her feel the stress of maintaining her own physique, and the worry of other women potentially stealing you. I've had like 3 previous exes try to manipulate me into working out less and eating shit more often for exactly this reason. It's a red flag I really watch for now.

comu_nacho • 2 points • 7 August, 2019 03:48 AM

Yeah, my sister-in-law does this to my brother.

But I'm talking about girls' instincts. I really think they prefer guys with body mass index 25-26 better than bmi 17-18 (both extremes of normal), better if it's muscle, but fat won't hurt you in that range. It's Kenyan sabannah's laws, 500,000 years ago.

DancesWithPugs • 4 points • 6 August, 2019 06:40 PM

In the UFC a heavyweight fighter named Roy "Big Country" Nelson reportedly pissed off CEO Dana White for having a BIG OL' GUT and still winning his fights. That dude isn't the best ever but he knew how to maximize his bodyweight with both punches and grappling. 250+ lbs of hefty human laying on you is no joke. There are techniques involved as well but even just immobile mass on your chest makes your breathing very inefficient. Out of breath, and you're out of the fight.

comu_nacho • 2 points • 6 August, 2019 06:48 PM*

Current heavy weight boxing world champion Andy Ponce Ruiz is a more than hefty guy.

umizumiz • 4 points • 6 August, 2019 12:57 PM

I always say a girl who wants a dad-bod only wants it so she can be fat and slovenly.

Sumsar01 • 2 points • 6 August, 2019 12:50 PM

No, but it's with game theory in mind. A fat guy is lower value, they dont think a ripped guy will stick around.

someonesopinion6969 • 1 point • 6 August, 2019 10:57 AM

Fat girls are the norm, i think it's so they feel comfortable with their weight more so than skinny dude

Aggressive_Beta • 68 points • 5 August, 2019 09:56 PM

Its not even 45 minutes every day. Three days a week will suffice. That's less than 2 and a half hours a week. Pathetic if you won't make yourself that kind of time.

BuzzLightGear321 1 points 6 August, 2019 01:37 PM* **[recovered]**

My high rep workouts is 2 hours long 4 times a week. You can get by with less, but you are probably letting recovery go too long and missing muscle groups.

justanotherdude112 • 1 point • 6 August, 2019 04:07 PM

Depends on the body type. The real skinny dudes with the high metabolism usually lift best high weight, low reps, lots of rest, while the naturally bigger dudes can get in more reps to burn off the extra fat. Skinny dudes when they lift too often end up burning muscle AND fat, keeping them from bulking up.

zav25 • 77 points • 5 August, 2019 09:59 PM

Yes. Get fucking jacked. No excuse.

I've always played around with working out and been the athletic type of dude, always into sports and shit, but lately I've been getting really deep into bodybuilding...

Trust me, I swear to God I feel like a Hollywood star, everyone is looking at me while I'm walking down the street. I go into a restaurant, all the bitches with their boyfriends right besides them, can't keep themselves from checking me out, it makes me laugh everytime.

Real confidence comes from within. But looking good, being healthy and feeling good about yourself will help build that inner, authentic confidence. So go lift. Stop playing yourself. Be disciplined and get shit done. Cheers!

youcancallmedada • 24 points • 5 August, 2019 11:14 PM

Let's see that sexy physeek.

420KUSHBUSH • 29 points • 6 August, 2019 12:42 AM

At least take him out to dinner first

youcancallmedada • 16 points • 6 August, 2019 01:27 AM

I need to know what I'm getting before I spend money

ChinmayT2 • 5 points • 6 August, 2019 08:21 AM

Check out his profile. Looks good.

zav25 • 9 points • 6 August, 2019 09:52 AM

The thing is... I don't even look that impressive, definitely not looking like those Instagram models and shit like that. I just got big enough that I fill my t-shirts completely now, my arms pop out and I just look more massive overall, but nothing crazy. I can't even imagine what looking extra good has to be like.

You have to think that 99% of the population is either obese, skinny, skinny fat or just plain average looking, so if you're simply looking fit, nothing crazy, you're in the 1% physique wise.

Uesugi1989 • 2 points • 6 August, 2019 10:20 AM

How much height and weight are you? I am 6ft and 190lbs, but the thing is that I got an insanely narrow skeleton, like legit my waist is as thin as female models.

I am jacked and shredded as fuck but still I wish I could get bigger, my waist to back ratio is almost at 1/2 currently, I feel that I have plateaued the last few years

My point is that yes you can improve a lot, you can be the best you can but sometimes it is still not enough. Despite my thin skeleton structure, I am lucky to be relatively tall. Imagine if that same skeleton was put on a 5ft6 guy

zav25 • 1 point • 6 August, 2019 11:06 AM

I'm 5'10 and 182lbs currently. Body fat probably 15-16%.

[deleted] • 1 point • 6 August, 2019 01:24 PM

Imagine how Dmitry Klokov must feel

zav25 • 1 point • 6 August, 2019 03:18 PM

Looked him up, the man is goals for sure!!

[deleted] • 17 points • 6 August, 2019 03:28 AM

Not to take anything away from the disabled body builder, but that's obvious steroid use (notice he's also bald now which is a common side effect of anabolic steroids) i think it's great hes body building but i also want to be realistic with guys in this sub

AbocadoPie • 14 points • 6 August, 2019 12:01 AM

I live near a college campus, and the amount of young, at their prime, men who is just fat is infuriating to me. The fact you cant even take care of yourself gives me no trust that you can do good for others, or society as a whole. As trends of obesity continues to rise, I weep for the future of society.

Id complain less if women didnt get fatter too lol

maroonblood94 • 193 points • 5 August, 2019 09:20 PM

As a former bodybuilder, I can honestly say being jacked did nothing for me. Changing my attitude and working on confidence did. All a man needs is a lean, Brad Pitt/fight club physique. Women aren't looking for a mass monster, and many even find it a turnoff. Fitness and looking good are great. It doesn't need to be extreme though. I learned the hard way.

nicyhasreddit 1 points 5 August, 2019 09:30 PM **[recovered]**

The point is this though.

Women prefer muscular to fat or skinny. Lean means muscular too.

And you don't get muscular without lifting.

tryintofly • -8 points • 6 August, 2019 07:14 AM

Younger girls (that one is the same age as) prefer skinny, no question. Large muscles frighten or turn off a surprising amount. I think it makes many women feel insecure about their own appearance.

anonlmouse • 2 points • 6 August, 2019 10:45 AM

Bony to beastly did a survey on this. Even women who prefer skinny and could date Christian Bale as the machinist, would prefer their boyfriend with a bit of muscle.

Put on as much as you can natty. You'll increase your pool by getting larger than deliberately staying skinny. If you really can't do anything about size, at least get yourself a clear six pack.

NightflowerFade • 24 points • 6 August, 2019 03:22 AM

You can't get "too jacked" unless you use steroids

AreOut • 2 points • 6 August, 2019 06:54 AM

depending on your defintition of jacked, if you consider people with 20% bf jacked then yes you can, getting under 10% bf while retaining muscles is another story tho

GuruDev1000 • 1 point • 6 August, 2019 01:43 PM

You can get too jacked, that is, really really muscular, with a costly routine of supplements. These men will turn heads of women and turn them on, but I don't think it's going to help them get anything more than ONS without upping their game.

CryptoViceroy • 1 point • 6 August, 2019 03:16 PM

You can't get "too jacked" unless you use steroids

Well, using steroids for *years* that is.

People really overestimate the power of steroids. Even with steroids, it's still gonna take you years to get anywhere close to your genetic max.

anonymouse • 116 points • 5 August, 2019 09:31 PM

As a former bodybuilder, I can honestly say being jacked did nothing for me.

There is such a thing as too much muscle. 99.999% of men will never reach that, so when speaking in generalities, it's not worth even mentioning as an exception. And the people who do have too much muscle obviously aren't making excuses for why they shouldn't lift - they're posting about Swole Acceptance in between sets.

Compared to the guys this is addressed to, Brad Pitt *is* jacked.

sabinmightyfist • 52 points • 5 August, 2019 11:02 PM

This 100%. People don't accidentally get "too jacked and not tone". The way to get a bodybuilder body and brad pits body are the exact same.

majaka1234 • 32 points • 6 August, 2019 03:27 AM

Nuh uh. I once tripped over an Olympic bar and now I'm swole as fuck.

Just another swoletistic and a PSA for picking up your weights.

KnockKnockKGB • 6 points • 6 August, 2019 07:41 AM

No one involves illegal anabolic compounds and the other doesn't.

sabinmightyfist • 3 points • 6 August, 2019 11:57 AM

You are correct, but I was referring to the lifting/diet/supplementation aspects of it

MercyYouMercyMe • 44 points • 5 August, 2019 09:44 PM

Your average man is a fat slob. They do not to worry about becoming Rich Piana.

BlinkingTwilight 1 points 6 August, 2019 12:37 AM **[recovered]**

Rich Piana is a corpse, who wants to be a corpse?

Chaine[S] • 16 points • 5 August, 2019 10:21 PM

I agree. For me fitness is all about health, and no healthy guy is going to take it to the extreme.

However, I think you misunderstood my point. I said that fitness is the simplest way to start making huge changes to your life, and more often than not, a good habit leads to another good habit. First you add some muscle, your T levels improve, you start getting more confident, you start changing your attitude and it's only upward from there. Healthy body, healthy mind.

SalporinRP • 14 points • 5 August, 2019 10:30 PM

I think by "jacked" OP just meant lean with at least some respectable level of muscle mass.

A few years back after my 2nd bulk I had a bulky physique and I hated it. I was a relatively lean 185-190 at 5'10 and just felt so unathletic.

Now a few years later I'm a very lean 165-170 (I gotta be this low for boxing) and I feel much better. Much quicker and more athletic and I still turn heads at the beach. The only problem is that I do look worse than before in clothes. When I wear a long-sleeve shirt I pretty much just look like a normal person.

Don_Himself • 9 points • 6 August, 2019 07:45 AM

Wrong. Proper mass on your frame makes your physique more masculine, and makes your clothes fit far more flattering than being slim & petite. The #1 thing you can do for your style, which is proven to be an extremely big display of high sexual value, is put on lean muscle and wear clothes that fit you.

This alone will lift 90% of the load for you with women. The other 10% is knowing how to spike emotions in them smoothly, and how to swat away shit tests.

Life is literally this easy

DancesWithPugs • 2 points • 6 August, 2019 06:55 PM

Men can all understand the concept of nice hair, nice tits, nice legs, nice ass etc. on a woman. There's a broadly upheld general standard of appearance. Some men are baffled when those standards are turned on them. It's really not that complicated, but I do find value in breaking down why it works the way it does. Women are drawn to men's secondary sexual characteristics (just as we are to theirs.) Beards, deep voices, height, broad shoulders, muscles, package. They signal: this person is a male adult. Commence vagina tingles. Looking like a fat pregnant woman or little child will not be attractive. Looking like a warrior hunter is attractive because it signals masculinity, provision, and protection.

420KUSHBUSH • 3 points • 6 August, 2019 12:41 AM

All a man needs is a lean, Brad Pitt/fight club physique

I have this sort of body paired with inverted triangle, glad to hear I'm on the right path

and many even find it a turnoff

Vascularity, leanness and "looking like you take care of yourself" are the three most important

shadowq8 • 2 points • 6 August, 2019 08:00 AM

mass monster

That is usually over use of steroids and growth hormones.

AreOut • 1 point • 6 August, 2019 06:51 AM

it's quite true

I'm 6'2 with 255 lbs and a bit less than 20% bf, looks wise girls prefer guys my height with 180 lbs and 10% bf.

But I don't want to cut as I would lose strength and I like being strong. Many times confidence wins over looks, and girls love when they feel your strength during sex (when you lift them etc.).

Sumsar01 • 3 points • 6 August, 2019 12:54 PM

You dont have to loose strength.

Zech4riah • 1 point • 6 August, 2019 10:05 AM

That's what I keep saying, lean "Brad Pitt/fight club physique" is desirable for most of the women and to achieve that isn't even hard because you don't need awful lot of muscle mass.

mustardduck • 1 point • 6 August, 2019 02:13 PM

I find women who are 35+ *love* the bodybuilder type. Especially married/divorced women.

prettyawsm • 0 points • 6 August, 2019 01:04 AM

What would you say about jogging? I like to run for about 30 mins as a warm up proceeding to lift then. I heard that many people save energy skipping jogging and going to lift right away.

MarcosDomingues • 1 point • 6 August, 2019 10:50 AM

Warming up with cardio will waste your energy away. Instead do HIIT, and do it on separate days

Cods_gift_to_reddit • 43 points • 5 August, 2019 09:54 PM*

If you are fat it is entirely your fault. Blame it all you want on your genetics

Naturally putting on fat easily is actually a stronger place to start genetically as a guy compared to being scrawny because your body is programmed to make you big.

If you start lifting then a fat guy very very quickly starts to lose fat and build an attractive physique. I fucking hate running and any sort of cardio but 5-15 minutes lifting weights feels like no effort at all for huge rewards

My brother is naturally little and it took him a lot of effort to put on a little bit of muscle. He stopped because he said it was way too much effort for only a little bit of benefit. I'm naturally big but I put a bit of effort into lifting (and I mean a little bit) and the fat melted away. I packed on muscle literally overnight when I started it was crazy. I got comments the same week about how muscular I suddenly was, feels great guys 5 stars

Me_ADC_Me_SMASH • 26 points • 5 August, 2019 10:16 PM

Don't expect nuance in these kinds of threads. Forget about being raised with zero clue how to eat properly or being obese by the time you can actually start using your brain.

Some people start way behind in terms of fitness. But at least you can act on it when you realize that

Cods_gift_to_reddit • 6 points • 5 August, 2019 10:19 PM

For sure no-one has an excuse in the age of the internet, even the disadvantaged.

How could anyone be raised with zero clue about how to eat properly with all the information around us - everyone knows what they need to do.

Me_ADC_Me_SMASH • 16 points • 5 August, 2019 10:23 PM

That's just patently false. People to this day have no clue about how to eat properly.

Worse, they THINK they're eating properly but they're actually eating like shit and too much. If it was that easy there wouldn't be an obesity epidemic. People feed crap to their children all the time.

My baby sister is getting fat right now because my dad is letting her have all the sugar she wants and she's like 2.

Cods_gift_to_reddit • 2 points • 5 August, 2019 10:24 PM

Ah but knowing it and taking action on it are 2 very different things.

People lack discipline not knowledge

everybody knows that fat people need to eat less food, less often, and replace bad food (sugar,

factory made food, ready meals) for good food (fruit, veg, meat). Ask any 5 year old and they'll be able to tell you that.

Me_ADC_Me_SMASH • 5 points • 5 August, 2019 10:41 PM

You're too optimistic. They think eating more good foods on top of your bad food will make it better and compensate for the bad. I'm not making this up.

Cods_gift_to_reddit • 1 point • 5 August, 2019 10:51 PM

To those people in the world who think that eating more food will help them to lose weight - I pray for you.

Cods_gift_to_reddit • 1 point • 5 August, 2019 10:27 PM

And yeah that's really sad about your sister because her brain is still early stage developing.

Sugar overload now will make it a lot harder for her to manage and choose healthier food when she's older and independent.

I would imagine it fucks with hormones too and can cause long term problems

anonymouse • 1 point • 6 August, 2019 11:59 AM

Except they don't. I disregard a huge portion of diet advice, reversing it often, and I'm lean. It isn't that surprising with the advice that people aren't making progress, but they also need to figure out that if what they're doing isn't working, they need to change something, even if it flies in the face of common wisdom.

wanderer779 • 4 points • 6 August, 2019 01:41 AM

Yeah I noticed most of the quick transformations were fat dudes. Only downside is the loose skin which really only becomes noticeable if you were pretty obese.

anonymouse • 1 point • 6 August, 2019 12:01 PM

Which is why lifting is important, you're replacing fat with muscle in the same volume, or at least slow down your shrinking.

SalporinRP • 7 points • 5 August, 2019 10:31 PM

My brother is naturally little and it took him a lot of effort to put on a little bit of muscle. He stopped because he said it was way too much effort for only a little bit of benefit.

This is pretty much broscience. The different between a fast and slow metabolism is like 470 calories a day. All he needed was an extra egg in the morning and an chicken breast at night.

geepy • 4 points • 6 August, 2019 12:34 AM

More relevant is the efficiency of your gastrointestinal system to digest and absorb what you put in it.

majaka1234 • 5 points • 6 August, 2019 03:31 AM

I dated a girl who could shovel twice as much food in her mouth.

She's skinny as fuck.

Me? If I even look sideways at a burger it's going to my love handles.

Psychology07 • 13 points • 5 August, 2019 09:07 PM

The second to last sentence is powerful.

andre2142 • 7 points • 5 August, 2019 09:19 PM

Well said, usually stuff that's good for you takes hard work.

ahackercalled4chan • 8 points • 5 August, 2019 10:35 PM

from my boy Teddy Roosevelt:

Nothing in this world is worth having or worth doing unless it means effort, pain, & difficulty. i have never envied a human being who led an easy life. i have envied a great many people who led difficult lives and led them well.

KaiSmashSmashSawmash • 5 points • 5 August, 2019 11:56 PM

So all the women I sleep with

treetrunkbranchstem 1 points 5 August, 2019 11:15 PM [recovered]

Does this mean we really can skip leg day?

randomTATRP • 7 points • 6 August, 2019 06:58 AM

NO. do your squats and do them heavy and be rewarded with massive surges of testosterone.

Gucci2xsayit2x • 4 points • 6 August, 2019 12:28 AM

Going to the gym is the best favor anyone can do for their mind and body. Get after it!

SoulRedemption • 10 points • 5 August, 2019 09:34 PM

There is an influx of trolls in this thread

ratpoison987 • 15 points • 5 August, 2019 10:28 PM

And the jacked guy is in a wheelchair.

Get off your asses and lift. It's the only thing that will guarantee to improve your game.

As a jacked man, you can approach a girl and not say a word. That's where you want to be.

So lift.

haxwep24 • 13 points • 5 August, 2019 09:57 PM

I agree. Also it is impossible to become a mass monster being natty, not sure what people are afraid of.

AreOut • 1 point • 6 August, 2019 06:56 AM

it is possible, if you have proper genetics just eat a lot and you'll become big and strong (and fat hah)

haxwep24 • 1 point • 6 August, 2019 07:37 AM

Yeah, I meant without becoming fat

Whopper_Jr • 5 points • 6 August, 2019 12:12 AM*

Huge post man, working out and eating clean is probably the best thing I've done for myself in the past year. I'm very tall, but very slender. The height accentuates the wiry frame, so I've always looked disproportionate.

Last October I got so fed up with seeing my emaciated frame in photos that I decided to man the fuck up. I sat down and watched Athlean-X videos for 3 days straight, taking notes, drawings, etc. until I had a workout routine for myself. There are countless online fitness instructors to choose from, but I appreciate Jeff's approach; he explains how the body works, and he puts emphasis on balance and longevity. There are a few others I follow on Instagram with similar approaches: @theptinitiative, @moveu, @jackhanrahanfitness, @thehpm, @functionalrangerelease. I go to a gym that costs \$30/month. \$1 per day.

My diet is primarily meat & vegetables, some fruit, eggs, Greek yogurt, heavy cream, brown rice. I buy like the same 20 things at the grocery store. Makes it easy. I'm putting on weight, but I'm not interested in dirty bulking or ballooning and I occasionally do a 48hr water-only fast. I'm putting on visible muscle and my bf% is 6.4. I also picked up social dancing, so that takes care of cardio (hate running)—highly recommended. Gives you something to do when you go out and girls dig it.

Fitness is #1, makes executing RP so much easier and rewarding. Thanks for the post. You have to appreciate the incremental progress and get a mindset that is satisfied with, "I'm better today than I was yesterday." Results are awesome when they start appearing. Get up and get after it.

--TakeThePill 1 points 6 August, 2019 02:46 AM [recovered]

Ditch the rabbit food and seeds!

Whopper_Jr • 2 points • 6 August, 2019 03:13 AM

I did full carno for a bit, raw steaks take so long to eat lmao. I'd like to get ahold of some raw/unpasteurized milk from a local farmer (and local beef as well), haven't gotten around to it yet.

liberty1127 • 4 points • 6 August, 2019 12:17 AM

Even though every year I fall out of the gym for about 4 months due to 80 to 100 hr work weeks traveling in a truck on the road, the rest of the 8 months I am strict and dedicated and I've never felt better, gotten as much respect or IOIs than when I am jacked.

Get juicy

genX50 • 4 points • 7 August, 2019 02:23 PM

I'm 51, been lifting since I was in Grade 8. I was so skinny in those days that just playing volleyball hurt my tiny wrists. In fact, I was so brittle the gym teacher put me in the weight room for the rest of the year. One of the best things that ever happened to me. Didn't know wtf I was doing but I kept at it and never gave up.

38 years later I'm still at it. Still feel like I don't know wtf I am doing sometimes but I go after it regardless and learn as much as I can - you lucky bastards have YT ;). Anyhow, I've maintained a great, low-fat, strong muscular body over the decades. Being strong, having wide shoulders, nice arms and a narrow waist takes work but you get used to it. I get bored with it every few years but I still pack my bag and go.

Too much emphasis is placed on getting women. Women are easy to get and are nothing more than spoils of war. Lifting isn't about women. Lifting, martial arts, reading, risk-taking, etc are all parts of just being a man. You definitely do not have to do it. I'm just grateful I added and am continuing to add to my arsenal.

It's quite unfortunate that posts like this have to be made.

3E_ • 7 points • 5 August, 2019 10:17 PM

I am not allowed by my doctor to exercise for at least one more year ☐ It sucks big time.

comu_nacho • 2 points • 6 August, 2019 04:18 AM

Maybe you can focus on regulating your weight through diet. During this year, become leaner or heavier, depending on what you lack. Or improve in other areas if you can't do that. Read more, learn useful skills, go to a therapist, idk.

billsmashole • 3 points • 6 August, 2019 12:58 AM

My motivation to continue to workout is that real life achievements feel better than video game achievements (which feel fake and unfulfilling now). I still watch a lot of TV and movies (while resting) but I workout 5-6 days a week now instead of video games. Now I just need to work on motivation to not watch so much TV and get other hobbies.

BaLahKie • 3 points • 6 August, 2019 03:01 AM

For a lot of those types of people, it's not even the gym that's the real issue. It's the dedication you need outside of it to eat right etc (if you don't have lucky genetics). They know that it's more of a complete lifestyle change than just putting in 45 minutes per day, and that's what they fear

throwlaca • 3 points • 6 August, 2019 03:55 AM

I have an excuse: I'm over 40 and have rheuma in my hands and a herniated disc. That prevents me doing lots of movements. It do not prevent me for doing push-ups and I'm looking for hooks to do pull-ups and chin-ups. Best exercises there are. Not skinny fat anymore, however at my age I gain weight very easily. Thats actually good as its really easy to gain muscle too. If only I had the bones and joints of a 20-year old..

surfingjesus • 4 points • 5 August, 2019 11:35 PM

This Boomer hate for video games is so dumb. I go to the gym, I play video games. You can do both.

comu_nacho • 3 points • 6 August, 2019 04:21 AM

The thing is not against video games, is against not-exercising-activities instead of working out. Youtube, or instagram, or watching the 6 pm news. Video games is just an example.

surfingjesus • -2 points • 6 August, 2019 04:28 AM

No. Every one of these types of posts is about how a damn game is going to ruin your life. It's cliché boomer bullshit.

PrincetonNarcissist • 1 point • 6 August, 2019 02:37 PM

You're projecting insecurities onto what was a very innocuous example. Chill out. He mentions like 4 different time-wasting activities in the post. Video Games are just easy since so many people are addicted to them. I love video games. I also love lifting. But White Knighting for RDR2 or DMC5 is unnecessary.

surfingjesus • 1 point • 6 August, 2019 03:17 PM

Lmao what "insecurity". It's a crap example. You can waste *years* and lots of money in the gym working very hard, not knowing what you're doing and end up looking like shit or even permanently hurting yourself.

I'm surprised there's no "LEARN AN INSTRUMENT HURHUR ITS HARD" in there. Yeah I do that too and it's just like a video game to me not superduperhardbro. Wonder how I learned to approach that.

PrincetonNarcissist • 1 point • 6 August, 2019 03:23 PM

Many people waste time playing video games. Many of them would be better spent using some of that time lifting. That is all. IDK why you're so pressed about this. If it doesn't apply to you then move on with your life...

surfingjesus • 1 point • 6 August, 2019 03:38 PM

The only waste of time I see here is your circular reasoning of what you perceive as a waste of time.

Many of them would be better spent using some of that time lifting

That is your *opinion* not an evaluation. I *don't* get more out of weight lifting than gaming.

PrincetonNarcissist • 2 points • 6 August, 2019 04:00 PM

No one here is trying to be your parent or tell you personally what to do. If you wanna game, game. We're just advocating people lift some big fucking weight a couple times a week. If you agree, cool. If you disagree, cool. If you're somewhere in the middle, cool.

Perksie1027 • 1 point • 6 August, 2019 12:49 AM

You can do both and drink lot of beer. Just that calorie count handling with exercise. I could make it easier on myself if I cut down on the beers though

beginner_ • 2 points • 6 August, 2019 05:18 AM

There is a study out there and the natural capacity to build up muscle has a huge span. Yes there is such a thing as bad genes in terms for building muscle. The worst on roids still fare worse than a genetically favored person being natural.

While same is true for being fat or depression of course it's no excuse to not lift. Still if someone isn't huge and can't deadlift 500 lbs, it doesn't mean he doesn't lift or is lazy.

Ataxmaster1 • 1 point • 7 August, 2019 02:22 PM

Ok but anyone has the potential to deadlift 500 assuming they are willing to bulk and cut for 10+ years and they aren't super short. Plus anyone who deadlifts 400+ has an impressive physique anyways, and that's possible for everyone.

[deleted] • 2 points • 6 August, 2019 07:19 AM

I have arthritis (joint pain) so I can't do as much as other people probably could, being disabled and all, but I think that people should do what they can to stay in shape, especially if they're able bodied. I try to aim for 50 pushups, 50 situps, 50 squats and go for walks fairly often. Occasionally run on a good day. It's a fine line between keeping myself flexible and overdoing it, leading to hours if not days of pain, but I think it's worth it to stay active even with the disease. If I can manage to keep somewhat in shape with these creaky bones I'm sure the average Joe can manage much more.

crusaderbonerhands • 2 points • 6 August, 2019 03:38 PM

I'm 5'3" with 5 inch wrists. Putting muscle on my frame looks creepy

UltimateSky • 2 points • 6 August, 2019 05:34 PM

If you can pay your internet service to fuck around Reddit, then you can clearly pay a gym membership too.

I get what you're saying but this is a \$30/month bill vs a \$200+/month bill for a trainer lol. Not everyone that can afford internet can afford a trainer and getting a gym membership without knowing what you're doing is a waste of money.

I think the biggest thing holding people back is that there is so so so much information out there that it's impossible to sift through it all and find what works, what can work for your body/lifestyle/schedule, and how to get started without spending weeks and weeks doing research from 10 million sources. You can go in the gym and fuck around for 45-50 minutes but without a strict plan you will make negligible progress. IMO it's just hard to start out so most people quit after a month or two.

All of the people that I know that are seriously ripped to hell all have been lifting since middle/high school and all have gym bros to keep them accountable. Without that (while not impossible) you are at a severe disadvantage to the typical musclebro in your local gym (on average).

Nobody in the world is stupid enough to not understand that if you want to lose weight you gotta stop eating shit. You either have the determination or you don't and that's just it, black and white. If you don't 110% want it then you quit after 2 months. I'm sure the lazy fucks of reddit all know they are lazy fucks, the most critical part of lifting IMO is the first few months. After two months if you don't see even the slightest progress at all then most people are gonna quit, which is a cyclical problem because it's so hard to accumulate the knowledge to train effectively without prior experience. Getting a paid trainer is usually shit because they just want you to spend the money and break a little sweat. If you make no progress it means nothing really to them because it's just their job to do something but they have no goals to meet so if you increase 5lb on bench over 3 months then it's no problem for them.

I keep seeing "if you don't wanna be fat then just get ripped" posts and it's such a gross oversimplification of the process that I feel like you're discrediting yourself for how much hard work and conviction you actually put in to get in shape.

legend503 • 2 points • 6 August, 2019 07:02 PM

It's not the gym.. It's the fucking disgusting healthy food. Veggies taste like cancer in my country

cristianwonder • 4 points • 6 August, 2019 04:52 AM

Yawn, this shitpost again

- ☐ - Moldbug 2 sentence/paragraph blog shitpost style
- ☐ - Trashy drill sergeant tone
- ☐ - Basic and unoriginal point that's literally all over the side bar and the sub history

Thinkingard • 2 points • 6 August, 2019 12:49 PM

It's been this way for awhile. It's also not even red pill. It's blue pill to say all you have to do is get in shape and you're good to go. Tons of guys have been getting into shape for many decades and it doesn't mean they are going to have successful relationships. It's the frosting on the cake. It's also an excuse bc you can easily admit you aren't fit enough to start gaming.

russian_nigger • 2 points • 6 August, 2019 01:32 AM

this man is correct. now go lift you soylet fucks.

KV-n • 2 points • 6 August, 2019 05:07 AM

If you are skinny or fat it is entirely your fault. Blame it all you want on your genetics, the weather, your ex gf, the stars, the cosmos, your destiny. Nothing will change the fact that only you have control over your own body.

Unless you are willing to inject juice (which i am not) this isnt true at all. □

Zackville • 1 point • 6 August, 2019 04:28 AM

I made a post about Nick Vujicic in the braincels sub that got me banned. They all come with the same bullshit. At start you try to symphatise with them but as soon as you start realising what is that all about you see that most of them are truly not ready to evolve. As i learned, not everyone is able to awaken but those who do, will never be back to what they were.

GhostMan0214 • 1 point • 6 August, 2019 05:53 AM

I mainly do calisthenics and it surprises a lot of folks what kind of results you can get with just a little calisthenics, plyometrics, isometrics, cables, and various forms of cardio.

I used to enjoy looking pretty and all that when I was younger. Now, I train to enjoy the childhood I never had. Climbing trees and rocks and going on adventures. The world being my playground.

I agree with OP. You have no excuse not to get in shape and reap the benefits of a strong, healthy, able body.

downvotedbylife • 1 point • 6 August, 2019 05:56 AM

Started out wanting to get jacked, 3 years in I ended up with a powerlifter dad bod.

Still happy with where I'm at compared to where I was, though there's always shit to improve

Cryptoguru777 • 1 point • 6 August, 2019 06:00 AM

I fully agree on this. Socrates was right.

mrlympia • 1 point • 6 August, 2019 06:05 AM

Yeah I'm in college as well been training for years so I do know quite a bit about training (no I don't know it all and I don't claim to it either) but yeah the same goes for these cunts in my college skinny fat or chubby or fat . You try to help them and it's pointless they would rather watch pornhub premium than lift . This skinny vegan cunt with dirty clothes and a mop head (no I don't hate vegans just a description for your brain)I tried to give advice to he was like " eh no I'll do the program from online " newbie to the gym and won't listen goes for a FUCKING BURRITO straight before the gym, I tell him man stop doing that all the bloods in your stomach digesting the food he's like " no it's fine " Moral of the story : don't help them they don't want help

[deleted] • 1 point • 6 August, 2019 06:05 AM

If you don't know where to start. Being fit is easy as fuck you don't even need a Gym (but it helps).

<https://i.imgur.com/nvRVJqH.png> Read it.

adonisthegreek420 • 1 point • 6 August, 2019 06:15 AM

Finally on my dream weight and going to the gym after summer break.

someonesopinion6969 • 1 point • 6 August, 2019 10:55 AM

by the way, be careful to those newbies to keep an eye on nutrition, it's easy to become a fatfuck when you're bulking because 'bulk'

Sumsar01 • 1 point • 6 August, 2019 12:42 PM

Man i wish i could train more.

THEN3LLI • 1 point • 6 August, 2019 01:04 PM

To be honest.. you should use your fucking testosterone.

We are made to be trained and prepared, strong.

Why waste all of this just to... play videogames only? You can play videogames and workout more at the same time.

MeansToABenz • 1 point • 6 August, 2019 02:34 PM

Already hit the G Y M N A S I U M and the sun is just rising now ☐ This is a great reminder WHY though.

BigWeenus42 • 1 point • 6 August, 2019 06:54 PM

A post that isn't about wamen doing wamen stuff and getting away with it/getting karma.

Are you jesus?

bluepillcarl • 1 point • 7 August, 2019 01:19 PM

A gym membership was rated the number one thing to buy if you are homeless! I actually couldn't really think of anything else in our life that brings us more value for our dollar. Theres gym memberships out there that cost 10 dollars a month. Many offer not just weights and cardio equipment but the benefit of pools hot tubs, and showers.

dacklurgen 1 points 8 August, 2019 01:38 PM **[recovered]**

Fitness is truly the first step to the mental and physical transformation of any men. Healthy body, healthy mind. So what are you waiting for

Bluepill horseshit. The smartest and socially powerful men in the world never cared about fitness and looks. I would even go as far as saying they are ontologically incompatible. You can't serve two masters. If you want to build a strong spirit you have to hate your body. The more physically attractive a person is the dumber and personality-less they are. That's why women are dumb and boring. Because they're obsessed with their looks.

notadaddy • 1 point • 8 August, 2019 02:19 PM

Actually, you are the one spitting bluepill horseshit.

Lot's of successful and smart good looking people.

We were literally made to be beautiful. The human body AND mind can be masterpieces. Some people are born with better looks, just like others are born with more capable minds.

Fitness is for your future self, so you can enjoy life to the fullest.

notadaddy • 1 point • 8 August, 2019 02:13 PM*

I was athletic through my late 20s, was in the Marines, was active in college, did the whole running things for years, then got lazy in my mid 30s, was depressed, going through divorce etc, etc..just cuz you're not obese you think everything is A-OK.....and it just becomes a game of having the least fattest belly at work.

Skinny fat is a disease that creeps up, especially if you've been skinny fat since a young age, then you just turn into the flabby old man, skinny ass triceps, love handles, weak ass legs, etc.

There are lots of options to stay in shape that involves being strong. If you did sports in high school or have had

any type of training, you have a base of knowledge to build up on. I carve a three hour block every other day to get my walk, HIIT on stairs, and supersets at the park, i.e., dips, pullups, etc. Been at it for 6 months, my posture and neck are back to normal and clothes just looks better. Even sitting down is a lot more comfortable.

There is no excuse. People spend good money on washing their car, spend ridiculous amount of money on pets but won't put the time and effort into themselves.

It's when you start getting closer to 60 when the whole being in shape things starts paying off. My mentor, he is 65, good ol' California boy, surfed with him in South America. I don't surf, but I didn't want to look like a pussy in front of him. Many of his colleagues are nothing but round old people, he's still surfing, cycling and alert, and putting two more years into work so he can get extra money for retirement, and he will be enjoying it. **Working out is to future proof your older self.**

Also, there is something about pushing yourself and making your body sweat and feel pain that makes your brain mentally tough as well. Easier to have frame when you know you kicked your own ass working out.

BeanNCheeze • 1 point • 21 August, 2019 04:14 PM

There are really no excuses. I don't want to get huge but if I get fucking built in happy.

Gym hasn't really done anything excessive in my happiness. I'm way better then I was 2 years ago but I was also happier then.

VZPurp • 1 point • 31 August, 2019 02:19 PM

Consistent Effort + Protein = Results. I doubt anything beats lifting in terms of ROI. Even if you have a busy schedule, a 3-day split can be done in an hour or less each workout day. Any excuse is an expression of laziness, because it's likely the easiest activity you can do for the results you obtain.

Managical • 1 point • 6 August, 2019 07:11 AM

No thanks bro, games are more rewarding when played on hard mode.

whiffofass 1 points 6 August, 2019 07:51 AM **[recovered]**

I lived the bodybuilding lifestyle for the last 7 years. I even worked from home. As a result I look like an almost pro bodybuilder yet I'm financially in deep shit (dept) and jobless. I can't even think about women. So yeah... working out is not always the solution.

WOLFY-T • 1 point • 6 August, 2019 10:09 AM

Lol, and you just clearly let us know that not getting women is all in your head. That's on u bro, the ones who just wanna fuck without caring about your financial situation usually reveal themselves. (I get sexual advances from at least one girl each time in the gym, 4 days a week. As long as you in your head overthinking your financial situation as hindrance, then it will stay so.

mustardduck • 1 point • 6 August, 2019 01:48 PM

I have been running two miles, 3x per week since I was 18(39 now). I also have been doing 50 pushups and 100 situps every night before bed since I was 18. My diet could be better but I eat healthy for the most part. I have never set foot in a gym. My arms aren't huge/jacked but they are toned. My abs and my legs are on point.

I'm satisfied with the way I look and so are the women.

Dls95405 • -1 points • 5 August, 2019 10:44 PM

You don't seem to know that bald men have more testosterone than men the same age with a full head of hair.

The testosterone plays a role in the hair folical dying or something like that.

toothdude 1 points 5 August, 2019 11:11 PM [recovered]

Bald man checking in. Pretty sure this is bullshit.

FreeSamplesAtCostco • 1 point • 5 August, 2019 11:38 PM

Thanks for making laugh. I need that today.

ruffyamaharyder • 1 point • 6 August, 2019 03:03 AM

If you think you have a problem see a doctor.

Dls95405 • 1 point • 6 August, 2019 04:57 AM

Can she reduce my testosterone?

ruffyamaharyder • 2 points • 6 August, 2019 05:00 AM

Not sure, I'm not a doctor.

r8001 • -2 points • 6 August, 2019 11:55 AM

Wrong, I have 3:

Bad genetics -- it's way too hard for me to build mass. When I do, even if I eat clean, I still get fat. Then if I stop, muscles disappear in a matter of one month, while most of fat lingers on.

No time -- I fucking work 40hrs a week, while trying to spend the rest on either actually resting, or on working on that personal project of mine, which could potentially one day save me from... well... from 40hrs work a week! And no, gym is NOT a rest, it's a physical work, so in the end you're both emotionally AND physically exhausted.

No money -- I dunno about 'murica, but in my country food + supplements + gym membership all take a metric fuckton of money. Money I'd rather save on something else, considering first two reasons.

Let the downvotes from genetically-gifted douchebags commence, I don't give a fuck.

Reckless22 • 1 point • 17 August, 2019 06:58 PM

Quit blaming your issues on the world and take some damn responsibility for yourself. If you want it, take it but don't self-deceive.

FedoraTipper15 • -1 points • 6 August, 2019 02:40 AM*

It's pointless if you're short.l, It just looks like you're over compensating at that point. I still lift to stay lean, but it's not gonna make me attractive.

banelord1976 • -10 points • 5 August, 2019 09:15 PM

It helps but it really the face that women want.

truest22 • 20 points • 5 August, 2019 09:21 PM

And you still found a way to make an excuse, congratulations

banelord1976 • 4 points • 5 August, 2019 09:23 PM

Dude I'm jack as fuck. I'm just saying....face is key.

[deleted] • 12 points • 5 August, 2019 09:49 PM

You're right. But even if you're the ugliest dude in the world, it would still be better to be "jacked and ugly" than "out of shape and ugly." Mad respect for those gains btw.

banelord1976 • 5 points • 5 August, 2019 09:54 PM

Ya working out is great...just do it for 6 month. Soon it not for the women...it for you. The body rewards you with some kind of high each time you work out.....when you do it for yourself it a next level.

[deleted] • 3 points • 5 August, 2019 10:05 PM

I do it to be more well respected by strangers on public transportation but I respect your motivation as well.

CatfreshWilly • -2 points • 5 August, 2019 10:53 PM

My ankylosing spondylitis, \$700 a month in disability, and arthritic ridden 28 year old body says youre absolutely full of shit. There are plenty of reasons you cant with health limitations.

Protocol_Apollo • 5 points • 5 August, 2019 11:17 PM

Are you an average 28 year old?

Lift weights. Get stronger. Profit.

comu_nacho • 2 points • 6 August, 2019 04:35 AM

Well bro, where it says "lift", you read "improve" whatever the fuck you can improve, given your circumstances. Mind or spirit.

Stay strong.

bowhunter6 • 1 point • 5 August, 2019 11:32 PM

You're never going to get anywhere with that attitude.

Get off your ass and do something, at least.

CatfreshWilly • 1 point • 6 August, 2019 01:28 AM

I do, its called physical therapy. Thanks for the insight. Unfortunately my disease is incurable so my bones and joints are all falling apart and my spine is fusing together.

bowhunter6 • 2 points • 6 August, 2019 01:49 AM

JFC, well, uh, sorry to hear that, bro.

Hope your circumstances change for the better.

CatfreshWilly • 2 points • 6 August, 2019 01:53 AM

Srry to be such a buzzkill, just hate seeing these pictures of certain disabilities saying that people have no excuse to not be in great shape. Sure this guy fought like a motherfucker to look as great as he does, its unfortunately not possible for all, especially related to joint issues or chronic pain. I am really self conscious about how skinny I am, (6'3" 138lbs) would love to change it but i feel like even if i could afford enough food to gain weight I would just get fat lol

tryintofly • 0 points • 6 August, 2019 07:12 AM

I don't disagree, but there's a third component I learned through experience: to get ripped, you need to diet like crazy and cut out any fun foods, to the point of starving yourself if you want to sub 5% body fat. That takes more time and energy than lifting and is nowhere near as fun. But yes, everyone can get jacked unless they have very low t levels, so I try to not judge anyone's lifestyle based on appearance.

AdamNJH • 1 point • 6 August, 2019 10:33 AM

No need to go below 10% bf if going for aesthetics.

Nighthawkdragon8 • -2 points • 5 August, 2019 11:24 PM

Ik I'm bitching, but my excuse is bad rotator cuffs from an old injury

Thinkingard • -6 points • 5 August, 2019 10:33 PM

Jacked? Steroids are a schedule III drug, no thanks. It's also expensive from what I've heard. I'm just not going to be able to compete with roid users if that's what women want.

ruffyamaharyder • 1 point • 6 August, 2019 03:02 AM

It's not what most women want and not what he said. "Jacked" means in really good shape. You can get in really good shape without steroids.

Virtusvitium • -1 points • 6 August, 2019 04:42 AM

This seems like a shit post. Everyone knows getting yoked is alpha. Not everyone makes gains like that. You shouldn't be making gains for pussy alone. Cause if you still suck at spitting game you'll feel defeated. Get yoked to boost your confidence. Then use that confidence to talk to women and get even more confidence. Take a comfortable pace, but always seek improvement. Remember, there's plenty of pussy out there for all of us.

ImAnIronmanBtw • -1 points • 6 August, 2019 07:26 AM

I have a massive cock and can last an hour in bed. And fuck like a god. Trust me, i'm okay with just being fit ;)

Nighthawkdragon8 • -5 points • 5 August, 2019 11:26 PM

Lifting doesn't directly help with women since looks aren't what actually make women attracted.

But it indirectly helps by reducing stress, making you feel accomplished, it's good for your energy and confidence etc.

hellowurld9 1 points 5 August, 2019 09:07 PM **[recovered]**

u retard

we were not put on earth to waste money

time and resources

as well as energy in gettting jacked

Snowpeartea • 3 points • 5 August, 2019 09:45 PM

Hard to tell sarcasm through text or maybe he is serious. Can't tell.

[deleted] • 3 points • 5 August, 2019 09:56 PM

U retard

U were not put on earth to waste your life without seeing how it would be if you were jacked.

Being jacked is not a waste. Trust me it's fun.

Zero jacked ppl regret getting jacked, but A TON of people regret NOT getting jacked. Therefore: your best bet is to get jacked and deep down u fuckin know it.

Being out of shape is a waste. Being jacked is fun. **No one regrets being jacked.** Be someone who has no regrets, BE JACKED.

hellowurld9 • 1 point • 5 August, 2019 10:01 PM

u dumb retard

i am jacked

not like him cause i am natural and dont take steroids

but i do bodybuilding

it is a waste

also our bodies were not designed to be jacked

it is designed to store fat.

[deleted] • 2 points • 5 August, 2019 10:03 PM

U dumb retard

If you truly hold the opinion that bodybuilding is a waste

Then WHY DO U DO IT?

Also our bodies were designed to be pretty jacked

Cryogenically preserved cavemen and their healthy musculature and healthy BF % levels confirm this in the historical record.

[deleted] • -27 points • 5 August, 2019 09:10 PM

Man, no point in getting jacked if you're short.

Coming from a short man.

OrpheusV • 12 points • 5 August, 2019 09:16 PM

That's pretty nihilistic. You literally have nothing to lose, and if nothing else, your health comes first above anything else.

[deleted] • -10 points • 5 August, 2019 09:24 PM

You didn't present an argument.

OrpheusV • 13 points • 5 August, 2019 09:27 PM

Smells of no-effort bitch in here to me.

[deleted] • 7 points • 5 August, 2019 09:57 PM

It's still better to be short and jacked than short and out of shape and you know it, dude.

captainsadness1010 • 5 points • 5 August, 2019 09:37 PM

Don't be an incel if you're posting on TheRedPill. I'm also very short, and a bit of a slacker at the gym, and

sometimes will be passed up by girls preferring my taller friends. Sometimes this can get to my head too. But taking the time out of your day to write a self-deprecating, self-defeating comment like that only enforces your negative ideas further. You're only hurting yourself and making our eyes roll.

[deleted] • -1 points • 5 August, 2019 10:56 PM

u/dumb_intj

Tell this man.

n8dawwg • 2 points • 5 August, 2019 09:49 PM

I'm 6 foot and kinda out of shape. However, it doesn't take much effort for me to get attention from women.

thatblondeguy_ • -27 points • 5 August, 2019 09:04 PM

why lift when it's all about the face bro? Waste of time

VinterBot • 9 points • 5 August, 2019 09:11 PM

And in the next episode of "I'm not jacked, so I'm going to diminish the work others put to get jacked:" Josh says girls think all jacked guys are jerks, so he'll stay fat.

Snowpeartea • 8 points • 5 August, 2019 09:45 PM

Lifting makes your face look better too.

[deleted] • 11 points • 5 August, 2019 09:07 PM

How bad is your face if you couldn't compensate it with your body?

Nicolas0631 • 4 points • 5 August, 2019 09:13 PM

It doesn't matter. You are anyway better with less fat & more muscles as well as smarter, learned brain too.

We are actually lucky as men as the physical beauty is less important than for women and that we can continue to improve much older than women on that aspect.

thatblondeguy_ • -12 points • 5 August, 2019 09:16 PM

I forgot how delusional redpill guys are lmao. All your theories are based on personal observations and anecdotes instead of actual evidence. This is all snake oil shit, set up to profit from ignorant men. Just buy my supplement brooooo and get jacked haha

platoonpluto • 3 points • 5 August, 2019 09:40 PM

You don't need supplements outside of protein shakes and maybe creatine for the average lifter, unless you are going to take steroids.

You're lifting for yourself, for health and strength, for discipline and sticking to good habits consistently.

RavelsBolero • 1 point • 6 August, 2019 02:36 PM

All your theories are based on personal observations and anecdotes instead of actual evidence.

And anecdotes are worth a lot. My ability to pick up women went up hugely after I lost a ton of fat and started working out my chest and shoulders.

And you're in a thread about a scientific study. How dumb are you? The evidence is out there, both from everyone who went from fat to fit, and in multiple studies, if you bothered to google them for even 1 second.

guess whether women prefer fat men or fit men generally? There you go ya stupid fuck, there's your answer.

from your own post history:

Mexican women like blonde hair and blue eyes though.

Lol where's your scientific study bro?

thatblondeguy_ • 1 point • 6 August, 2019 06:14 PM

I already said women only give a shit about body if you're a fat piece of lard. Your reading comprehension is where one would expect, considering you're dumb enough to believe this redpill nonsense

Nicolas0631 • 1 point • 6 August, 2019 05:53 PM

Not saying you are but you sound like a broke loser with no drive. Your rent is empty of real argument.

[deleted] • 1 point • 5 August, 2019 09:11 PM

You legit haven't seen any pics of jacked guys with ugly faces and body shape?

thatblondeguy_ • -3 points • 5 August, 2019 09:11 PM

As long as you're not fat, women don't give a shit. They will pick the good looking scrawny pencil neck guy instead of you ugly frog looking gymcels 10/10 times.

nicyhasreddit 1 points 5 August, 2019 09:34 PM [recovered]

Women say they like dad bods although they prefer muscular men. Skinny people are never mentioned.

You know why?

Because they like big people. Big people look like they can protect the female.

They just won't tell you what they really want. In erotica it's all lean muscular men. That's what you find in erotica. Women read erotica for the same reason men watch porn.

So yup. You know.

[deleted] • 1 point • 6 August, 2019 07:38 AM

<https://i.imgur.com/EqG6EiN.png>

stonewallair • 1 point • 6 August, 2019 10:05 AM

Looked at your post/comment history. You seem to be going through a phase. Good luck.

[deleted] • -6 points • 5 August, 2019 09:10 PM

It's mostly height.

Face second.

Race third.

[deleted] • 2 points • 5 August, 2019 10:00 PM

Even if I accepted this as true (and it does seem true enough even tho pretty doom and gloomy), wouldn't u say muscles are at least fourth and still worth the effort because they are the first thing on the list u can actually change?