

Mixing Lifting, Running and Ashtanga Yoga

August 12, 2018 | 3 upvotes | by [riggedved](#)

A brief background: M31. Lurker at TRP since 5 months. Dedicated runner (Been running average 25km per week since past 6 years) and Ashtanga Yoga practitioner (1 year Ashtanga and previous 2 years Hatha Yoga).

I have made the decision to start Lift.

My current body: Height: 5 feet 11 inches. Weight: 72kg I have muscles in subtle, hard to hit areas, but I wouldn't call my body a very muscular body. I am very flexible and have decent core strength. (I can do headstands and hold them for long periods. I can do Maricyasana C and hold it for a couple of minutes etc) I am already pretty lean, but not really muscular. I still got a little of those love handles too.

My target now is getting a muscular body with definition. I don't want a bulked up body. I want an agile, slim, muscular body. Something like Bruce Lee.

I have been very sceptical about lifting, but the Sidebar has convinced me that it is indeed needed.

My current routine is: atleast six 1.5-2 hour yoga sessions per week. A minimum of 3 running sessions per week.

How do I incorporate Lift into this?

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Comments

BrodinsOats • 7 points • 12 August, 2018 06:00 PM

The good thing is you have a pretty solid base level of work capacity. But you'll need to scale back the yoga and running a little bit to accommodate the strength training.

I would suggest a full body routine, 3x a week. You might enjoy bodyweight training, given your yoga practice. You can check out the bodyweightfitness subreddit and their recommended routine. Or look up Gymnastic Bodies and their Foundations routine. I still recommend barbell training for the lower body.

But if you just want the most expedient hypertrophic results in the least amount of time, I would recommend lifting weights. Look up beginner full body routines.

riggedved[S] • 2 points • 12 August, 2018 06:04 PM

Solid cohesive advise. Thank you.

GeneRD • 3 points • 12 August, 2018 05:14 PM

By incorporating lifting...

https://www.reddit.com/r/becomeaman/comments/2082lt/hit_the_gym_youve_heard_it_a_million_times_here

You can follow this guide. I assume you already know StrongLift or Greyskulls if you read the sidepanel.

If you're still skeptical of lifting, find a good calisthenics program.

btprb • 3 points • 12 August, 2018 07:36 PM

Bruce Lee lifted like a mutha fucker. Read "The Art Of Expression Of The Human Body"

Details his whole lifting program (along with his flexibility and cardio routines).

Mesclean • 2 points • 12 August, 2018 11:25 PM

Did he? Dudes claiming 95 lb squat. Thats weak as all fuck. I get crowder can be obnoxious but it doesn't stop the guy from being accurate with his information. Professional smartass for a reason.

<https://m.youtube.com/watch?v=yMFVOtvQ29k>

Mesclean • 3 points • 12 August, 2018 11:31 PM

<https://m.youtube.com/watch?v=yMFVOtvQ29k>

Op my advise would be to aim a little higher than bruce lee. He is the example skinny guys use so they can label themselves "cut" or "jacked" while being one of the most overhyped martial artists imho. None of his actual bouts were recorded and he made movies.... Movies for entertainment that were scripted. Not making any claims just my observations.

If you are already good at head stands get ready to love military press. A lot of guys trip up at it you already have that base for shoulder and core strength. What would you consider too bulky OP? Obviously the rock. What about that zach efron kid? Also cut down on the cardio but don't stop.

You may also like bodyweight exercises. My arms blew up when I got to two plates on dips

riggedved[S] • 1 point • 13 August, 2018 03:12 AM

Yes, The Rock is too bulky. I looked up Zach Efron, and his body size is good.

Mescalean • 2 points • 13 August, 2018 06:56 AM

Strength training sounds like it would be up your alley. There is a difference between bodybuilder, getting your muscles to look as big and jacked as possible through hypertrophy for show and strength training, getting your muscles to have the maximum possible output they can strength wise. Training in the rep ranges of 5-3 will do this. What always worked best for my body was doing 5x5's and then 1 big hypertrophy set at the end. My theory behind it was the extra blood flow would help nutrient transport. When I started doing this I got my dumbbell press up to 105's for 5 reps and 110 lbs for dumbbell rows. Which I loved because while "smaller" at 6'1" 205-215 I was a hell of a lot stronger than a lot of the guys bigger than me by comparison. Having two plates strapped around you for dips feels great and isn't something many guys exercise wise. I think I have seen 1 other person take the initiative to do weighted dips and bot just cop out for the isolation machine or cable pushdowns.

Some lifts to look up on youtube if you don't already know how to perform them.

Squats ,must, great for testosterone production and works more than just legs.

Deadlift, same, requires decent grip strength and good form

Dips, these are the squats of the upper body. And not the bench dips you see the chicks doing after spin. The your feet leave the ground and you have a belt on for weight a vest or one of the hArDcORe chains you see people using.

Power cleans. There is a reason most professional fighters work it into their routine. Your lady will also appreciate the eh, "torque increase". Youtube it as its hard to learn and nay require someone to teach you in person, you pretty much bounce the bar your upper thighs (wear snug underwear) and pull the bar up towards your chin dipping under and catching it like you are getting or are into a front squat position.

Im sure you know bench and all that. Diet google. T-nation has some great articles.

Oh also remember. The rock juices dude. Dont worry about getting that big. Lets aim for an efron beach body. More attainable for you than a lot considering you already have your background in running. Dont lose the running. Also dont do "machines". Free weights.

Oh alsoalso, Chicks dig calves work calf press in somewhere.

riggedved[S] • 1 point • 13 August, 2018 08:01 AM

Some lifts to look up on youtube if you don't already know how to perform them.

The last time I went to the gym was 6-7 years ago, when I just did what the trainer told me without even getting into the terms and definitions of the excercises, so I'm pretty much a gym dummy. Will be doing a lot of YouTube, as you said.

I have located a nice gym in my area. It has all the facilities, a callisthenics zone, a zone with big tyres and shit.

The thing is, I dont trust the trainers, and all of the trainers are too bulky on the upper body, which is not my target.

Zach Efron is my target.

Thanks.

Mescalean • 1 point • 13 August, 2018 10:18 AM

A gym with tires flips. Sounds like you're on the right track. Good lick OP.

T nation is a great site. Everything from powerlifting to explaining how yoga helps with your lifts. Lots on info there

[deleted] • 1 point • 12 August, 2018 05:50 PM

I do a 1 hour ashtanga flow followed directly by lifting. Maybe 2 hours is too much time commitment to yoga a day.

riggedved[S] • 3 points • 12 August, 2018 06:03 PM

My practice involves Ashtanga plus a 21 minute meditation sequence called Shanbhavi Mahamudra. I dont want to cut down on my yoga time.

[deleted] • 1 point • 12 August, 2018 06:16 PM

I get that. My bad.

boy_named_su • 1 point • 12 August, 2018 09:17 PM

Lifting for strength (as opposed to body building / hypertrophy) doesn't make you that big

Do StrongLifts 5x5. Buy your own gear if you can (about \$550 USD). Takes 30-45 min every other day

riggedved[S] • 1 point • 13 August, 2018 03:14 AM

I am considering buying my own gear, simply because all gyms in my area play insanely loud music. What gear do I need to buy?

boy_named_su • 1 point • 13 August, 2018 03:18 AM

<https://stronglifts.com/5x5/#Equipment>

I bought most of my stuff on Amazon

blister333 • 1 point • 12 August, 2018 09:27 PM

Last year I would lift them hit a one hour yoga session. Or do cardio and then hit yoga. Personally, working out in some form before yoga allowed me to really zone in on my poses when on the mat.

Throwaway-242424 • 1 point • 13 August, 2018 02:37 AM

I don't want a bulked up body

This isn't something that happens by accident, especially if you're doing a lot of aerobic work.

always_sad12 • 0 points • 12 August, 2018 05:53 PM

Want my honest opinion? This is TRP which is mainly how to become more sexually attractive. For this, drop the running and yoga and just focus all your efforts into body building and meal prep. Would you prefer a girl who does yoga and runs and kayaks or a girl with tits, ass, and a small waist? That's kind of how it is for us but with arm muscles, shoulder width, and abs.

blister333 • 1 point • 12 August, 2018 09:24 PM

Uh most chicks I know who do yoga regularly are pretty attractive

Mesclean • 1 point • 12 August, 2018 11:23 PM

I think his point got away from him. My advise to OP would be to aim a little higher than bruce lees physique. Dude was kind of skinny. Hes the example every skinny guy uses so they can claim they are jacked.

<https://m.youtube.com/watch?v=yMFVOtvQ29k>

[deleted] • -1 points • 12 August, 2018 04:49 PM

Watch battle anime.