

Update: Ashtanga Yogi and Marathon runner here. I finally took the gym membership.

August 14, 2018 | 1 upvotes | by [riggedved](#)

This is a follow up to the post I did 2 days ago:

https://www.reddit.com/r/asktrp/comments/96qdgn/mixing_lifting_running_and_ashtanga_yoga/

I have taken a 3 month membership at a pretty well equipped, "luxury" gym, yesterday evening.

They first did a body analyses on me. Here are my numbers:

Weight: 71.1kg (158 pounds)

Height: 176cm (5 feet 11 inches)

Total Body Water: 41.9L

Protein: 11.3kg (25 pounds)

Mineral: 3.99kg

Body Fat Mass: 13.9kg (30.6 pounds)

Skeletal Muscle Mass: 32kg

Basal Metabolic Rate: 1606 kcal

BMI: 23

Percent Body Fat: 19.5%

The Segmental Body Fat analysis showed that my waist had the most excessive fat.

After the analysis, I was taken to hit the weights.

The trainer made me do isolation pulls on different machines, 2 sets of 20 reps each. It was pretty challenging. I also did a 5kg dumbbell lifts with both arms, alternatively. 2 Reps, 30 each.

I've read on TRP that we should be doing mostly compound lifts. I conveyed this to the trainer. He said, that he will make me do a mixture of compound and isolations.

The trainer himself is pretty bulked, more than I would prefer on myself. My target is something like a Zach Efron body. I showed Zach Efron images to my trainer, and he says "its not natural. He's done it using a lot steroids"

Am I heading in the right direction?

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Comments

WeakExample • 3 points • 14 August, 2018 01:24 PM*

Search for 'TDEE calculator' on Google and look into how much you should eat on a daily basis. Secondly, I recommend to download MyFitnessPal and track your calories for a few weeks. It will give you an idea of what you're actually putting into your body and where it goes wrong.

Also, my personal opinion is that most personal trainers are complete shit, but you can give it a shot. If it doesn't work out (no pun intended), just start following a program as suggested here (SL, SS). You should be doing a ton of Squats, deadlift, Bench, OHP, Rows, pull ups, especially as a beginner it will help to skyrocket the noobiegains.

riggedved[S] • 1 point • 14 August, 2018 06:20 PM

Installed MyFitnessPal. Have entered today's intake.

WeakExample • 1 point • 16 August, 2018 09:02 AM

Good work man

CainPrice • 3 points • 14 August, 2018 12:50 PM

Clean up your diet, too. If you've been jogging every single day, it's crazy that you're nearly 20% body fat.

Like seriously, what do you eat?

riggedved[S] • 1 point • 14 August, 2018 12:57 PM

I have this routine of a small bag of chips with a glass of coke during the evenings. I know I know, it's bad. I will be phasing this out.

CainPrice • 5 points • 14 August, 2018 01:50 PM

20% body fat is not caused by 2 oz of Lays and 8 oz of CocaCola. Not if you're jogging every day and running marathons and doing yoga in your spare time.

You either need to get yourself checked out by a real doctor, or you're exaggerating your fitness and equate walking on a treadmill like a fat chick as being a marathon athlete.

riggedved[S] • 1 point • 14 August, 2018 03:07 PM

Not exaggerating anything.

I have been running my city's half marathon since last 6 years in a row. This year, they acknowledged it by giving me a special bib. I always train hard 2-3 months before the marathon.

It's true, my diet is bad. I binge a lot. Every week I have at least 5 red bulls, a bunch of street food, 2-3 times some McDonalds shit. Hell, I indulge myself with ice creams too. I have a good workout routine but my diet is bad. I've made it a point to get my diet on track.

mr_lucky19 • 4 points • 14 August, 2018 03:34 PM

You aren't a marathon runner if you are running half marathons. That just makes you a long distance runner. When people say they run marathons they are talking about the full 42km not 21km...

DropDeadTyrant • 2 points • 14 August, 2018 02:07 PM

you had the balls to show a trainer a picture of Zac Efron and say, "This is what I'm trying to be"? pfft, I wouldn't have the self-esteem to do that. You're already doing half of trp right there.

riggedved[S] • 1 point • 14 August, 2018 03:05 PM

Haha. Well...from my perspective, I just put forward my target, to make it easier for them to figure out my training plans. Nothing to with confidence here, just aiding the process by being crystal clear in my goals.

[deleted] • 3 points • 14 August, 2018 12:49 PM

First off, how old are you? You seem to have the stats of a 30+ year old. How do you manage to keep 20% bodyfat while marathon running. Take a critical look at your diet. You don't eat for the sake of eating, you eat to fuel your body and activities. Sugar, outside maybe like a 90% dark chocolate or something, doesnt need to be in your diet at all. Cut down on carbs, slowly but surely. Watch some videos, maybe listen to a podcast. (I'd recommend; Athlean-X, Jeff Nippard (highly recommend his podcast), Scott Herman for how to do exercises properly. (YT)

Why do you attend a luxury gym? If it's more convenient, sure, but know that there's no difference at all between a luxury gym and a lower-end gym, provided they have solid free weight areas. Personal trainers are alright, if you can afford them, but you should definately also mix it up with solo sessions. 5x5 is alright, it has some stigma in the bodybuilding community for making you look like a box, but since youre doing high rep, isolation work with the trainer doing 5x5 on solo sessions can balance it out.

I always lol at the 'I don't want to be too shredded sentiment' because it's so unrealistic. It will take years, and most likely steroids, to achieve 'freaky' level looks, and, trust me, by then body dysmorphia will have kicked in and you'd have put all self-enshrined limits aside.

Just be patient. The testosterone will set in soon, you'll learn along the way and self-calibrate.

riggedved[S] • 1 point • 14 August, 2018 12:56 PM

I'm 31.

About my stats, hmm, kind of disappointed at them since I keep pretty fit and have good genetics. (My grandad is 92, works 12 hours a day and has no medical issues as such. My dad is 59, still as energetic as a youthful guy and never "tired")

My body fat is probably because of my diet. (A glass of coke everyday. Need to shut this down) I still run around 20-25 kilometers a week.

As for the luxury gym, it is the most highest rated gym in my area, and I can afford it without any issues. When I got a tour, I liked all the facilities they offered. Valet parking is good to have too, plus an awesome hair salon right next door (it belongs to the gym owners). I saw that the place had a good crowd, and nice cars parked outside, plus good looking girls too (!!).

You seem to have the stats of a 30+ year old.

I am 31, but still, are my stats that bad? This is making me worried.

[deleted] • 2 points • 14 August, 2018 01:21 PM

Theyre not bad, no, 71 kg doesnt seem to be that much your height, whats wierd is the body fat percentage and you can really see the running come into play here. You either have to ramp up your protein. Again, protein is thermogenic and, until you near 50 grams of protein per meal, youll burn at least as many calories digesting it as you will get from the glucose created, this will also lead, along with

reducing your carbs, to a gradual body recomp, which is what you (read: skinny-fat) need.

About the coke and chips and whatever, you probably heard about discipline and shit but really, system is what trumps discipline 9/10. Throw out the chips and all the junk, maybe replace the coke with cola zero or something, make sure you aint hungry. Do that by increasing protein and having healthy snacks available instead. Are you IIFYM? If not, maybe look into keto or intermittent fasting if you like don't like maths and counting.

FixYourselfFirst • 1 point • 14 August, 2018 01:24 PM

He said, that he will make me do a mixture of compound and isolations.

If he insists on the isolations, do the compound lifts first. Otherwise, your muscles will be too tired to make much progress.

searcher612 • 1 point • 14 August, 2018 03:23 PM

Out of curiosity what pace do you run at for those 25 km per week, how many minutes per km?

riggedved[S] • 1 point • 14 August, 2018 03:27 PM

I average out at 5:15' per kilometer for my 10k + runs. For my 5k runs, it's usually between 4:50 - 5:10. My best half marathon is 1:43 hours.

searcher612 • 1 point • 14 August, 2018 05:00 PM

That's pretty good speed based on limited volume. I think you should either train running a lot more seriously (and you will lean out). I think based on your time you could increase your volume quite a bit, you obviously have decent form to be able to run those times. You will lose body fat if you double your volume running. Just build up to it slowly, add 3 km per week over a period of weeks.

25,28,31,34,28,31,34,37,34,37,40 ... some progressive build up until 50 km.

Or - give a serious go at lifting. You may be able to lean out first though and while you are doing it lift and get the form correct for the basic lifts to build your strength.

Eventually, it's very likely you will need to lift to get the muscular look you are after (guessing based on your stats). There are some that always carry muscle even with a ton of running. My guess is that isn't you.

Personally, I'd drop the Yoga. But I get it if it's your thing.

riggedved[S] • 2 points • 14 August, 2018 05:22 PM

I'm all for long runs. I actually enjoy them because I run after a hard day's work, when it's dark, and they help me unwind and clear my thoughts out. But it is also said that 10km + runs on a regular basis actually drop testosterone levels, so it's best to stick to short, fast runs, barring the occasional long run and the half marathon.

I can drop the running completely, but not my yoga practice. That is something I have committed to for life. End of story. Not that it matters to me, but Ashtanga Yoga is actually a very good cardio workout too. It's non stop 90 minutes, and after the first half you're majorly chasing your breath. I don't really dwell into the benefits of it, because yoga is much, much more than a physical workout and I'm not just saying it.

I just got back from the gym. Did push ups, shoulder press, squats (with the rod on my back: 5kg weights on each side. 3 sets of 15 reps each), bench press (2 sets, 15 each).

It feels good!!

searcher612 • 2 points • 14 August, 2018 06:17 PM

Give a serious go at lifting, sounds like you are enjoying it. Will take some time but will be rewarding. Good luck. You can look pretty darn close to Zac Efron naturally - if it turns out you are blessed genetically. And there's only one way to find out about that - put in the work and report back.

riggedved[S] • 1 point • 14 August, 2018 06:18 PM

Thanks for the motivation. Will most definitely check back in with my bros.

Cheers, brother.

FeralRed • 0 points • 14 August, 2018 02:12 PM*

BMI of 23 with 20% fat means you have zero muscle mass.

You need a strong beginner program that focuses on gaining strength and mass, and that means bulk. You need to build up your base muscle mass, then eventually add in isolations. Compound lifts are your friends, because as you increase the weight, your stabilizing muscles will grow in sync, giving you attractive proportions and ensuring good form.

The coke and chips are not hurting you, in fact double down. You need calories to gain muscle. Find your TDEE, add 500-1000 cal to that, hit your protein/fat/carb macros, and push it in the gym.

Right now you're just another skinnyfat guy lying to himself about how in shape you are. 25k/week is only 2 miles a day.

I'm 5'10, 205. 19.5 biceps.

How big is your bicep measurement?