

# Welcome to become a man. Today's mission: 1/14/13 - Get a gym

15 upvotes | 14 January, 2013 | by redpillschool

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This should be an easy task today. It's very straight forward. Most of you should already have this one done. Today's mission is to find a gym, and sign up.

## **But redpill, I'm broke!**

No ifs ands or buts. It's time to get the fuck into shape you whiney god damned child. If you can't afford a gym, it's time to learn how to save. Grocery shop, and put \$10 aside every week. Now you can afford a gym. There is no excuse.

**Bonus points:** If you have a home gym, or create one.

And now for this week's rule:

Stay sober all week. Beer? Quit it. Not one beer all week. We're going to focus on fitness this week, and step one is being in the right mind, and in health. Hangovers are the number one killer of workouts.

Stay tuned for tomorrow's mission.

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## Comments

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Mononofu • 7 points • 14 January, 2013 04:09 PM

If you can't afford a gym or can't find one with proper weights (the machines are useless), I'd recommend body-weight training: You are your own gym with Apps for Android and iOS

redpillschool[S] • 4 points • 14 January, 2013 04:14 PM

While this is true, please please only as a last resort. Body weight training will never match a proper gym.

[deleted] • 3 points • 14 January, 2013 06:58 PM

[permanently deleted]

RedBigMan • 1 point • 1 June, 2013 02:01 AM

Well it would make sense because when you are starting out you're a big fat slob and are carrying extra weight on your body to begin with. As you exercise and lose weight/fat you lose some of that body weight and effectively means you're going from like 10lb weights to 5lb weights.

SuperNinKenDo • 1 point • 1 August, 2013 11:35 AM

Muscles adds weight though. More than fat.

Dr\_Avocado • 1 point • 23 December, 2013 03:44 PM

No, muscle is denser but the total weight will go down.

RedHonest • 1 point • 15 January, 2013 01:06 AM

The legs definitely need weights though.

I forget what those one-legged squats are called though. I do them.

logicalmisologist • 2 points • 19 January, 2013 01:28 AM

I think that they're called pistol squats.

aspiring\_lobster • 3 points • 27 January, 2013 03:11 AM

Yes, they are. Other bodyweight leg exercises can be found in this post and this post.

Imaman\_hear\_me\_roar • 5 points • 20 February, 2013 02:01 AM

Finally created an account, after several years of lurking, in the hopes that I'll try harder to follow this through to the end if I'm slightly more involved.

Used to be a fit alpha back in my military days, but years of university, beer, and a stable relationship has turned me into a beta slob. Now is the time to set things straight again, fellow men, tomorrow we'll meet at the gym!

cuckoo99 • 6 points • 15 January, 2013 06:02 PM

Two warnings: if you work out at home (either in a home gym, or bodyweight) you will have a tough time keeping discipline in the beginning. One of the big reasons to join a regular gym is that it's much harder for

many to keep a good discipline working out at home. You might slack off more.

Another warning, hangovers are not the big workout killers for me: fapping is. Consider not fapping! At least don't do it early in the day or before lifting weights. If you ejaculate before lifting weights it will totally kill your energy, drive, and muscular strength.

ospurt • 4 points • 16 January, 2013 07:03 PM

I will add one other benefit to joining a proper gym. Men. It may sound weird, but when I joined and started going a year ago the male locker room did as much for me as the classes (taught by women btw). To plug back in with men I knew before I was blue-pill blown out was refreshing.

VZPurp • 2 points • 14 January, 2013 06:29 PM

Who is ready for some squats!?

wtjones • 3 points • 4 March, 2013 05:21 PM

Squats and oatz, BRO!!

GaiusScaevolus • 2 points • 14 January, 2013 07:57 PM

If you're broke, save as redpillschool said, but in the interim, here is a simple routine to do daily;

-75 push-ups -100 sit-ups -50 Squat Jumps

If that's too easy, DO MORE! Add 5-10 reps every few days. This may not sound like much, but after a few weeks you'll notice huge gains, and by then you should have saved enough money to invest in a gym membership.

[deleted] • 5 points • 15 January, 2013 12:11 AM

If that's too easy, DO MORE!

If this is too easy, get a backpack and throw weights in it. When it comes to body building less is often more.

GaiusScaevolus • 1 point • 15 January, 2013 01:56 AM

Both ways work.

[deleted] • 3 points • 15 January, 2013 02:45 AM

But one works better.

Without sufficient resistance eventually your body reaches the point where you won't grow no matter how many reps you do. For starting out you might be fine, but eventually you reach a point where stacking more weight is the most effective way to get results.

GaiusScaevolus • 3 points • 17 January, 2013 03:03 AM

If you are reading this post for fitness advice, you're most likely a long way from that point in your muscular growth.

[deleted] • 4 points • 17 January, 2013 03:11 AM

And if you take this advice you'll stay a long way away from that point.

aspiring\_lobster • 3 points • 27 January, 2013 03:15 AM

That's good too, but in my opinion, the beginner's routine at /r/bodyweightfitness is much better. Personally,

I would recommend learning a lot of the stuff over there like l-sits and handstands, but to each his own.

Neverd0wn • 1 point • 14 January, 2013 09:13 PM

Can those 75 push-ups be done in iterations of for example 3 times 25, or 5 times 15?

GaiusScaevolus • 3 points • 15 January, 2013 01:55 AM

Yes. Just go until you can't.

RedBigMan • 1 point • 9 June, 2013 05:07 PM

Any example of what a squat jump is? I know push-ups and sit-ups

GaiusScaevolus • 2 points • 9 June, 2013 07:11 PM

Do a squat. Then jump up.

Alternatively, just jump as high as you can.

Squidward\_On\_Drugs • 1 point • 23 January, 2013 11:55 AM

On my phone, comment to save.

tahey • 2 points • 25 February, 2013 08:55 PM

Started today. I already lift regularly so this shouldn't be a problem haha. BTW if I come to a day where I already know I've completed/will complete the mission without changing anything about myself or my lifestyle (such as today), should I just coast or go for the subsequent day's challenge as well?

blievenmiracles • 2 points • 21 May, 2013 01:12 PM

also try ZWOW or bodyrock.tv

edit: sorry, for clarity - they're both fitness programs that mainly use your body weight for high intensity interval training (HIIT) that kicks the shit out of you

redpillgreenlight • 2 points • 10 July, 2013 07:16 PM

Today is my Day 1.

If there are any other lurkers who want to jump in. Now is a good time. I've got a gym membership two weeks ago, so I'm set for today, just no beers.

[deleted] • 1 point • 15 January, 2013 12:09 AM

If you truly cant access a gym but have space in your apartment you can grab a weight bench and throw it in your living room or whatever.

With just a weight bend you can do benchpress, deadlifts, rows, and military press, 4 of the most important exercises there are. And instead of doing squats you can run sprints, 8x 200-400 meter sprints will give you a damn good lower body workout. It gets your core surprisingly well also.

VZPurp • 2 points • 15 January, 2013 01:36 AM

It's good to do sprints even if you can do squats. They're a good exercise to keep in rotation.

[deleted] • 2 points • 15 January, 2013 02:43 AM

Yup, just a bench at home doesn't support squats though, which is I why I suggested the alternative ~

VZPurp • 1 point • 15 January, 2013 02:51 AM

Yeah, definitely good advice

[deleted] • 1 point • 15 January, 2013 03:46 AM

Sprints are killer for a large number of muscles. I even get a pump in my shoulders from them.

[deleted] • 1 point • 5 July, 2013 05:02 AM

Already going to the gym. (I post on every thread to make a point to myself and tell everyone else so that I'm not just telling myself something in the head)

Mojammer • 1 point • 7 July, 2013 08:07 PM

Squats and pushups are more than enough for someone who's out of shape. After a month or so add a backpack filled with books.

Shatokan • -3 points • 14 January, 2013 05:21 PM

Trololol Step one Get car, so gym is accessible.