

'Hit the gym' you've heard it a million times, here are 18 Rules on how to build a killer body, drug free. [Long]

March 12, 2014 | 303 upvotes | by [\[deleted\]](#)

Hey Guys, The Red pill has changed my life so I'm trying to give back. The following is a condensed version of this [website](#) written by Casey Butt Ph.D. *I wanted to cut down what he said to a paragraph for each rule but each rule is just packed with so much information it became impossible. below is my version, mostly his words but I have rearranged some stuff. This shortened version of the document, is 30,000 chars long when I started out, I envisioned <10,000. I have failed in my goal, to deliver a short version, but there is just too much important stuff, that I couldn't justify leaving it out. If you have time to read this, go print out the original it's only 4 times longer, and keep it handy, if you want to get big you have a long way to go.*

Background / Why this information is trustworthy.

Casey Butt has been in the body building game for decades. On his website you can find links to his e-book, if you are inclined to buy it. They are tons of resources on the site for measuring and calculating body and diet measurements. He presents all his Rules himself on the link above with greater depth. I printed them off and ended up with over 30 pages of text. Casey on himself; "If you sense that as arrogance and don't like my attitude then I don't care either - leave my site and read some bullshit elsewhere that you find more pleasant. I couldn't care less who likes me, doesn't like me, approves or disapproves of anything I say here. But remember this: I've been there, got the T-shirt, learned the hard way and I'm here to help."

Steroids

The elephant in the room. I'm no doctor but I believe if used correctly they can be safe, and you will reach your goals faster. To use or not to use is not the point of this post henceforth **Steroid talk will be considered off-topic.**

Rule #1 Don't Be Mislead by 99% of What You Read on the Internet or in Magazines and Books

The vast majority of what's in popular "print" is, for the most part, useless to you. Supplements and special 'tailored' programs are bullshit. The fitness industry revolves around getting the most money out of suckers. Most of the people who write the articles "you couldn't scrape a teaspoon full of muscle off of 'em." If you believe anything else, then you are a naive fool who needs to grow up and get with the real world. Beginners and experienced trainees alike simply cannot tell what's appropriate for them. You have about as much in common with the average pro bodybuilder as you do with a lowland Gorilla. Look at people like [Jay Culter](#) anything he sells to look like him is 99% bullshit. He is on a lot of drugs. Conversely if you won the genetic lottery, you may oneday look like [Reg Park](#) a pre steroids era bodybuilder.

If someone on an internet discussion board who calls himself "buff-, flex-, doctor-, professor-, extreme-, huge-, etc" and uses a fake photo in his profile gives you advice or makes claims, remember one thing - he's probably weaker and fatter than you. Most personal trainers' credentials come from a weekend seminar which they attended. If they *don't look* like they know what they are talking about *they don't* 99% of the time. Be very careful whose advice you take seriously. Your training success (or failure) may depend on it.

Rule #2: Avoid Exercise Machines

Since life started on Earth, all living creatures have been lifting their own weight against gravity. That is what our bodies are designed for and have evolved to do. No Machine can replace you pressing, pushing or pulling your own body. Adding weights enable you to 'increase' gravity. Machines try to sell you on tailor resistance curves and removing the awkwardness of lifting. It's bullshit. Your body isn't designed for tailor curves, and your muscle fibres at the ends of the ROM(range of motion) are only capable of a fraction of the force of the mid-range. Tailored resistance, is likely to decrease overall growth, by unnecessarily fatiguing fibres in states of elongation, rather than working at the mid-range. Squats, Deadlifts, various Presses and Rows are the lifts that spike testosterone and growth hormone release the most. Past studies show; every act of lifting an unguided (i.e. "free") weight recruits more muscle fibers than performing the same movement on a guided machine.

Rule #3: Genetics DO Matter - But WHO CARES!

Some people will progress much faster than others. But there's nothing you can do about your genetic inheritance - so GET OVER IT. Remember the story of the tortoise and the hare. Everyone can build an impressive physique. If you stick with it you WILL progress, you can improve yourself incredibly. One thing is for sure, you won't know until you try and you won't get anywhere complaining about your "bad" genetics.

Rule #4: Don't Train More Often Than Three Days Per Week If You're Trying to Build Maximum Muscle Mass and Strength

For brevity, I won't go in to when you would want to train more than 3 times a week. This is about getting as big as fast as possible, 5-6 days/week programs are usually weight-loss programs and not optimal for building muscle mass. To build maximum muscle mass [training 3 times a week] all that's needed and is, by far, the best approach for most genetically typical drug-free trainees trying to get bigger and stronger. Unless you are very genetically gifted, you do not have the hormone levels or joint structures to train more often and make maximum progress in size and strength. Everyone knows you build muscle when you are resting so let your body rest. Reg Park, pictured above trained 3 times a week. At his peak, he weighed 230lb(104kg) of solid muscle. He was the first person *ever* to bench 500lbs (226kg.) How many men do you know that can bench 5 plates? Zero? Still want to train 6 days a week? It's your life.

Rule #5: Do Mostly Compound, Multi-Joint Exercises

The core of your routine should use of large masses of muscle and the movement of several joints. Those exercises stimulate a lot of muscle and cause your body to release anabolic hormones. That means stuff like Squats, Deadlifts, Bent-Over Rows, Bench Presses, Overhead Presses, Dips, Stiff-Legged Deadlifts and Pull-Ups. If you fill your routine with isolation exercises, you are wasting your time in the gym. (more on that in Rule #6) Putting hard work into the compound exercises, on the other hand, and you will be rewarded with the fastest muscle growth possible. Places to use isolation exercises; abs, lower back, rotator cuff muscles. Still aim to use free weights to train these muscles.

Rule #6: Keep Your Workouts To An Hour Or Less, Most Of The Time

Testosterone levels (the body's main anabolic hormone) start to decline after about 45 to 60 minutes of intense weight training and catabolic (muscle destroying) hormones such as cortisol start to increase. Prolonged training requires the adrenal glands to produce elevated levels of epinephrine, cortisol and aldosterone. Over time, excessive training results in decreased adrenergic receptor sensitivity (making fat loss difficult and fat gain easier) and adrenal fatigue (as evidenced by fluctuating average daily body temperatures, decreasing blood pressure, low energy, joint pain and muscle loss) If those symptoms sound familiar, maybe time to cut down the length of your workouts. Practically all modern natural bodybuilding champions obey this guideline. 90% of your muscle mass will be built in hard workouts that

last =<1 hour. If you must go for longer (not recommended). Don't think you can get away with eating like a mouse. One of the necessities of hard training is a big appetite. Big weights = big feeds.

But some drug-free bodybuilders train for 3 hours. 1) Genetics, if you won the lottery, you would know and wouldn't be reading this. 2) Short-term pre-competition bodybuilder routines aren't going to build maximum muscle. 3) Bodybuilders are often portrayed as super humans, people lying about how long the pros train for to reinforce this. 95% of people reading this have no reason to work out longer than an hour.

Rule #7: Strive For Perfect Exercise Form

Cheating your reps builds nothing but ego - not muscle. If you have to cheat that means the weight's too heavy for you to lift properly. Cheating does not make a muscle contract harder because you can use heavier weights. When you start deviating from proper form you open the door for a potentially serious injury. Advanced trainer (lifting for 2+ years min.) can get away with 'controlled cheating' you should avoid it like the plague. To keep bashing on about Reg Park, he cheated on form consistently by his 30's his body was riddled with nagging injuries. He recovered by going back to strict form and went on to win Mr. Universe again.

Rule #8: Ignore The Guy Next To You

Don't be insecure. Don't focus on another guy at the gym. He's not you, you're not him. Don't start cheating so you can use more weight. If he's using bad form and cheating a lot then that's his mistake. Remember the tortoise and the hare. If you work hard enough, long enough, and never, never, ever quit, you'll get there too - well-built, safely and with proper form. **HAVE PATIENCE!**

(part 1 of 4)

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Rule #9: Spend Your Money On Plenty Of Good Food - NOT The Latest Supplement

Supplements did not make Jay Culter huge. Go back and read Rules #1 and #3. The industry is big money. The athletes are paid to advertise those supplements. Stacks are bullshit to get you to buy into a whole bunch of supplements at once. Remember $0 + 0 = 0$. Any effect you see maybe a placebo effect. If you want supplements with results just get some roids. That's what they call supplements that work. Steroids or Prohormones

Non-bullshit supplements; Multi-vitamins containing trace minerals you may not be getting in your diet. Vitamins like C and D which have peer reviewed studies backing them up. Shout-outs to Fish Oil and Creatine virtually the only non-vitamin/mineral that I would recommend. Think of these as a back-up to a good diet nothing more.

Examine.com is a great site build by a bodybuilder, Ph.D. nutritionist and redditor /u/silverhydra to uncover the bullshit surrounding supplements.

If you have some extra money spend it on some steak (or other good, high protein foods like milk, eggs, liver, yogurt, etc). Some supplements, such as vitamins, minerals, Which leads me to the next rule...If you have some extra money spend it on some steak (or other good, high protein foods like milk, eggs, liver, yogurt, etc), not on the latest fad - no matter how enticing the advertising is. Some supplements, such as vitamins, minerals, protein powder, desiccated liver and perhaps creatine are worthwhile and convenient, but they don't perform miracles.

Rule #10: Eat More Good, Nutritious Foods And High-Quality Protein

Weight trainers need more protein than the normal individual. Each weight training session causes your muscles to be broken down and rebuilt a little stronger than they were before. If you want to progress at the fastest possible rate then you'll need a healthy dose of daily dietary protein to fuel the process. Roughly 1 gram of protein/pound of bodyweight/day. Studies show less then 1g/lb is optimal, but this keeps the maths simple. People telling you, you need more are probably selling it to you.

Eat lots of stuff like eggs, milk, beef, tuna, chicken, cheese, liver, etc. Essentially, if it comes from an animal it's good. Pick out some high protein, animal-based foods. Then use these to meet your protein quota. If you're healthy don't worry about the saturated fat and cholesterol in these foods. **Every bit of testosterone in your body is made from cholesterol** (google "steroidogenesis" for proof).

You also need plenty of healthful fats, (eg. fish, olive oil, coconut oil, seeds, nuts, dairy products, and meats) to support and promote growth. You should eat plenty of natural, unrefined carbs such as vegetables and rice, but avoid products laden with sugar and while flour. Eat a good breakfast eg. have some milk, eat some eggs, eat a steak if you want, but get some protein. Add a little oatmeal or whole-grain bread for some low GI Index carbs. And eat some protein before you go to bed. It could be some meat, some cheese, a few hard-boiled eggs or something else solid. Solid proteins, generally, take longer to digest than liquids, giving a steady supply of amino acids to your body.

How many meals a day? There is no evidence for or against, eating anywhere from 3 to 6 meals a day. Smiplest way to do it is 3 main meals and some nutritious snacks in between. There is more to be said on this topic, if you are bulking or cutting. *If you skimp on your nutrition you may potentially cancel ALL of the growth that you stimulated in the gym.*

Rule #11: Get Plenty Of Good, Sound Sleep

Most beginner's don't realize this but let me assure you, sleep is just as important as training and nutrition when it comes to muscle growth. Critical repairs and maintenance are done by the body (muscles, organs and nervous system) when you sleep. Sleep deprivation results in reduced glucose sensitivity of the muscle cells, higher resting cortisol and decreased testosterone levels (and that's bad). There are reasons why training, nutrition and sleep are the "big three" keys to weight training success.

Rule #12: Immediately After Your Workouts Consume Some Carbs and Protein

After your workout your body needs carbohydrates, protein and electrolytes - and it needs them fast. A protein shake is an optimal way of delivering this. There is no magic bullet, Casey Butt has one in his article that is quite interestingly put together to find it Ctrl+F "Nu-Salt" and read that paragraph and down. It's basically protein powder, a magnesium tablet, some simple carbs (dextrose) and some salt. That's just his idea, alternatives he includes are; Yogurt and Skim milk. Both high in liquid protein, and simple carbs.

Rule #13: Before Your Workouts Consume Some Protein

Recent research has shown that eating protein before your workouts is even more anabolic (as compared to training while fasted) than taking it afterwards. It isn't clear what type of protein is best ...just get some.

You might want to avoid carbs before training, particularly if you're trying to lose fat. Generally, if it's most important to you that you lose weight then don't eat carbs before training and if it's most important to you to gain muscle then eat some carbs with your pre-workout protein. Studies don't really lean either way on this and you should worry more about your lifting and less about silly details. Hit your marcos.

(part 2 of 4)

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Rule #14: Progression Is KING

This may be the most important rule of all so I'm going to be as clear as I can. **Building bigger muscles and increased strength is not determined by training to failure, taking any supplement, using secret exercises or anything else equally, or even more, appealing. Getting bigger and stronger is a product of progressive resistance. You simply MUST improve your training performance - either by using more weight or doing more reps, particularly in the 5-20 rep range on most exercises - in order to get bigger and stronger. Training reality is as simple as that, and nothing in history or in the future has ever, or will ever, change it.**

Even more simply put, if this time next year you are still using the same weights for the same reps, then you will not be any bigger (unless you get fatter). I've just written the most important sentence in the history of bodybuilding.

Don't, however, use this rule to allow yourself to start cheating to lift more weight. If you have to change your technique and start cheating then you aren't get stronger at all. Stay "honest" or the only one you'll be fooling is yourself.

Advanced trainees often fail to continue making gains because past the beginners' "strength spurt" it's practically impossible to add 5 pounds to the bar each week (the minimum weight increase possible with most weight sets or in commercial gyms). Doing an extra rep is roughly approximate to a 3% increase in strength (assuming you couldn't do another rep), which is an impossible rate of progression to maintain in the long term. Because of this, most advanced trainees ignore the principle of progressive resistance and focus on things such as training to failure, workout variety, different exercises, etc. That's all fine, but the fundamental law of all resistance training, which you must not be distracted from, is that of progressive resistance. If you are past the beginner stage, either get some fractional plates, so you can always add at least something to the bar, extra collars work too. Add a pound or two (or even less) to the bar and do just a little

more than you did last time - **otherwise your training is not productive and is, at best, maintenance.**

Alternatively, if you're performing several sets per exercise with the same weight then you should be able to consistently add one rep to just one of those sets... provided you aren't already at your limit and hitting failure on any one of those sets. For instance, let's say you performed 3 sets of 10 reps with 100 lbs this week, and your last set was difficult because you were fatigued by then, but it wasn't an absolute failure effort. Then you shouldn't have a problem adding just one rep to the first set next week - after all, the first set isn't that hard. In that case, you'll do your first set with 100 lbs for 11 reps and then the next two sets at 100 lbs for 10 reps. The week after that you'd do two sets of 100x11 and one set 100x10. The next week you do all 3 sets with 100 lbs for 11 reps. Then you'd go for 12,11,11, then 12, 12, 11, etc. If you performed that lift more than once per week then you wouldn't try to add a rep every session, just once per week. So if you did an exercise on Monday and again on Thursday, you wouldn't try to add a rep on Thursday, you'd just repeat Monday's workout again with the same sets, reps and weight and wait until next Monday to add the extra rep again. This is a sustainable rate of progression. Even though it might seem "gentle" and perhaps even easy at first, you won't get away with trying to add a rep more than once a week for any amount of time. *This is about the long game.* At the more advanced stages you may not even be able to repeat the same workout twice. In that case, you'd have to train lighter on the second day so as to avoid overtraining. If you're following a full-body routine you might have to impose a heavy/light/medium scheme over your weekly training - Monday could be your "heavy" day, Wednesday would be "light" day (with about 75% of the weight you used on Monday for the same number of sets and reps) and Friday would be your "medium" day (with about 85% of Monday's weight for the same number of sets and reps). Regardless of how you do it, you'd only go for a rep increase on one set, once a week. When you get to 3 sets of 12 reps with the same weight you'd add 5-10 pounds and start the procedure over at 3 sets of 8 reps. So your next phase would be... 105lbsx8, 105x8 105x8, then next week 105x9 105x8 105x8, then 9,9,8 then 9,9,9 etc.

At this rate - starting out at 3 sets of 8 reps and adding just one rep per week until you get to 3 sets of 12 reps, then adding 5 lbs and starting over at 3 sets of 8 reps again - in one year you'll have added 20 lbs(~10kg) to your working weight. That's for "lighter" exercises where you're handling 100 lbs or so... a 20% increase in workload in one year. On heavier exercises such as Squats, Deadlifts and perhaps Bench Presses you could try going up by 10 lbs when you reach 3 sets of 12 reps. That would be a 40 lb(~20kg) increase in a year. For a drug-free trainee, especially **past the beginner's stage, that's some good going.** You should use websites like Streghtcalc to tell you when you are leaving the beginner stage of weight lifting.

The end of the novice stage for myself(Nerf) is 165lbs(75kg), just slightly under my weight 79kgs. Let's say you can Bench Press 155 lbs for 3 sets of 8 reps now - the last set being "tough" but not your extreme limit. If you added just 20lbs(~10kg) a year for 3 years you'd be handling 215(~100kg) for 3 sets of 8 on the Bench Press. In five years you'd be Bench Pressing 255(~120kg) for 3 sets of 8. And, *don't forget, that's for three sets.* Your true max for one set of 8 would probably be at least 265 lbs - that translates to over 320lb(~150kg) for one rep on the Bench Press. If you could add 10 lbs each time you reached 3 sets of 12 reps then you'd be up to using over 355lbs(~160kg) for sets of 8 on the Bench Press - your one-rep max would be well over 400lbs(~180kg) in less than five years. *Don't think that's impressive? Think you can do it faster? Rather stick to your hit-and-miss training routine?* See you in a few years and you can reflect on the time you wasted and how much further ahead you would have been if you had followed a long term, sustainable program such as this. The human body just cannot be forced to adapt faster than its genetically determined rate. In fact, for most of you, adding 10 lbs every time you reach 3 sets of 12 reps won't be possible most of the time - you'll have to stick to 5 lb increases for the majority of your cycles (sometimes you'll feel stronger and be able to go up by 10 lbs, sometimes you won't). Don't get greedy and try to force progression too fast - it comes as the body allows, not necessarily how you'd like.

The scheme outlined above is the *classic* double progression training scheme that was used by practically

every successful bodybuilder of the pre-drug era. When used with lower reps (anywhere from 1 to 5 reps per set and for 3 to 5 total "working" sets), It's sustainable (provided you don't start off too heavy) and it works. But these are just two examples of how to implement performance progression; no matter how you choose to go about it, progression of workload is the be-all and end-all of productive training. Never allow yourself to forget that or your training will be hit-or-miss, at best. All the other "rules" are irrelevant without progression of training load.

Rule #15: Stick To A Routine As Long As It's Still Working, But No Longer

Moving to an "advanced" routine before one is ready is one of the most common mistakes in bodybuilding. Make sure you truly plateau on any effective routine before you move on to the next one. For beginners and intermediates a productive cycle may run for many months. k to a routine as long as it's still working (i.e. your training weights, reps and/or muscle mass are increasing), but no longer. When you do hit a legitimate plateau, then change your rep count, set number, or even exercises themselves and start over, slowly and deliberately building up your training loads and performances again. Don't get hung up on "this rep range is for hypertrophy and that rep range is for strength". The fact is, if you're not improving in a given rep range then, for now at least, it's good for nothing. Whatever you do, don't switch from a sound, basic routine to some exotic bullshit you found in the mainstream bodybuilding media Stick to mostly free-weight compound exericeses. Perhaps switch Bench Presses to Incline Presses, Squats to Front Squats etc.

(part 3 of 4)

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Rule #16: Keep A Training Log

Always record your poundages, sets and reps. "The palest ink is better than the sharpest memory." - Chinese proverb

Rule #14 warns, the ultimate determinant will be whether or not you can continuously, though gradually, increase your training poundages. If you don't keep track of your performances, how can you know if you're improving or not? You can't. If you can on days you feel in the zone, add an extra rep, but becareful, not to push to hard. Better start next cycle with 10lbs then add in reps left and right. Push yourself, but don't kill yourself. When you go home, take out your training log and review how you did that day. Resolve that, come hell or high water, you will do better next time.

Rule #17: Get Real This is where we talk about what you can expect and so it's a lot longer then most of the other sections.

I know you want to have the body of your dreams and you want it now. I know you want to have all the pretty girls smiling at you and all the guys in awe of your strength and you want to take the fastest possible route to get there. And since there's so much conflicting advice and information in the bodybuilding world, you don't know who to trust or who to listen to. What about so-and-so who says if I buy his instantly downloadable "get huge muscles fast" program for just \$34.95 I can gain 30 to 50 pounds of muscle in a few months?

Let me tell you, once again, that's all bullshit. I've trained in gyms all over the world and have corresponded with some of the most knowledgable and successful people in the world with regards to drug-free training. In those years of heavy involvement with the Iron Game I've never seen or heard of anyone who built that much muscle without being emaciated, or very young (and therefore not fully grown), to start.

People who talk up their body fat percentages given by skin-fold and BIA testing have a 4% error, ie. 16% could be anywhere from 12-20%. Different people hold weight differently. The more heavily

muscle a person is the more affect hydration levels have on readings on bodyfat tests. Once muscle mass is built it can be more quickly regained after taking a break say due to an illness or injury, You are better off giving yourself resting then working through the pain.

So what can you expect? Let's look at some extreme examples; **(1)Bill Pearl**, gained 25 lbs in 3 months, on his first steroid cycle, he was one of the most genetically gifted bodybuilders in history and was on 3x the maximum dose of the drug. **(2)Steve Reeves** is said to have built 30 lbs in 4 months. Drug free as a growing boy. Who as per the last paragraph was rebuilding what he already had after contracting malaria in the army. Once again, as with most world famous(at the time) athletes, he was genetic freak. This rebuilding is commonly called 'muscle memory'. **(3)Reg Park** is said to have put on 25lbs in 10 months. Starting that period when he was 20, hormones not fully settled, having previously trained at 17. one of the most massively muscled and strongest drug-free bodybuilders of all time - he also trained on one of the soundest bodybuilding programs possible ...yet it took him 10 months to develop what most naive beginners think they can gain in a few months or even weeks.

At there peaks standing over 6ft(180cm) Steve Reeves and Reg Park, only carried about 35 to 38 pounds of muscle more then the average untrained man of the same height. Both took several years to reach their maximum development. A modern era bodybulider Dave Goodin, claims it took him 20 years to achieve his perfectly multi award winning physique (about 30lbs of muscle at 5'7"(167cm)). Majority of the muscle gain happened in the first few year. If you are aiming to be on stage like these men think 8-10 years, I know that sucks, but if you follow the "rules" presented here you just might cut that time in half (or even better). If you don't follow the "rules", then I hope you've got lots of patience (which you'll need in any case).

Still believe the con man who wants to sell you his secret to gaining 50 pounds of muscle by summer?

Get Real.

Realistically The fastest rate of muscle gain without anabolic drugs I've seen in previously well-nourished adults in a clinical research setting is 6.76 g/kg of lean body mass per week. Most trainees don't achieve half that amount. But if you want an ambitious goal to shoot for - something that's actually based on reality and not some childish delusion - multiply your lean body mass by 0.006754 and that'll tell you how many pounds of muscle you can possibly expect to gain per week in the first twelve weeks or so of serious training. If you don't know your lean body mass here's a general guideline: A genetically gifted male of 180 pounds at 15% body fat (an average body fat level for an active, healthy young man) can gain a maximum of about 1 pound of muscle per week for the first 12 weeks of serious bodybuilding training. Almost no man is naturally big enough to gain 1.5 pounds of muscle per week. Most men will be lucky to gain 0.5 pounds. After twelve weeks or so your rate of gain will start to slow down to half the initial amount. In another twelve weeks it'll be half that again. In his first year of bodybuilding training, under ideal conditions, our genetically gifted individual of average height and bone structure would gain about 20 pounds of muscle. If you're not genetically gifted (and you're probably not), go back and read Rule #3 again and remember that it takes most drug-free trainees 10 years to increase their lean body mass by 17% to 25% (and those numbers come from a compiled study of hundreds to thousands of trainees).

What to expect as far as bodyfat goes; A large number of people on the internet will tell you that they are at about 8-10% at all times. This is bullshit. Bodybuilders who have been in the game for years can achieve 5% on competetion days, essintial fat levels for males range from 2-5%. 5% can't be maintianed for more then a few days, without becoming sick. Arnold Schwarzenegger claimed to compete at 9% bodyfat in the 70's. Anyone, claiming to walk around day to day with less then what Arnold (steroid user) was competing on is full of shit, or misinformed.

Casey's 2 decades of serious involvement with bodybuilding, "I've seen a few legitimate 400+ pounds Bench Pressers. All but three of them were on steroids and they were well over 200 pounds and at least 15+% body fat." Bench Press World recorder holder is John Dolan- a specialist weighing over 310 pounds and well above 20% body fat. He benched 573.2lbs. Most genetically average trainees will never bench 300lbs(135kg). Those that do, they stand out from the start with having big bones (wrists over 7.25in(18cm) in circumference), and they definitely don't do it at <12% bodyfat. Now don't mentally damn yourself from the get-go because of what I just said - after all, perhaps you will be one of those who goes on to surpass the 300-pound raw, drug-free bench press mark - but do keep in mind that for the average trainee such an accomplishment isn't the "walk in the park" most deceptive or delusion sources would have you believe.

The truth is 20 pounds of real, permanent muscle would transform your body. Most magazines and websites make it seem like 20 pounds of muscle is nothing ...like your grandmother could gain that much. The reality is, if you gain 20 pounds of muscle this year everyone will notice and they'll probably whisper behind your back that you're on steroids - my friends did and I didn't gain nearly that much in any one year. Gain 30 pounds of muscle (above your normal, healthy adult weight) and you'll be carrying as much muscle as a world-class drug-free bodybuilder. Even 10 pounds would put another inch on your arms. The body of your dreams is attainable and it's waiting for you to come get it, but it probably weighs less than you think right now.

Rule #18; Keep Things In Perspective

For all its positive traits, bodybuilding can destroy lives just as surely as it can enrich them. Each year countless young men start down an obsessive, destructive path because they let bodybuilding consume their lives and they lose all perspective of what's truly important. They allow obsession to destroy their relationships, their education, their jobs and their health. Just because you've been bitten by the Iron Bug, don't neglect your studies, your work, your health, your family or your friends. In the long run, these are the important things in your life, not how you look or how strong you are.

I[Nerf] have harped on about Reg Park for about 20,000chars now. Here are his last words of bodybuilding before he died.

"Stay away from drugs, stay away growth hormones, stay away from steroids ...Life goes by too quickly, and before you turn around it's all over. If you don't squeeze the last ounce of life out of you, of your life here on Earth with a good wife and a good family, then what are you doing here? People in hospital are crying out for what you've got. Don't abuse it." - Reg Park

What you must do now is absorb the "rules" right down to the subconscious level. Hammer them into your brain. Never forget them and make them a part of your psyche. Forget the sensational commercially-driven bullshit you've been fed by the supplement, magazine and internet bodybuilding industries. I know much of what I've said here is very blunt and certainly not "pretty", but it's as true as anything you'll ever hear. Remember, I've devoted most of my adult life to the Iron Game, and I intend to devote much of the rest of it as well. But one thing I won't tolerate is bullshit, and I won't play the game merely for the sake of being popular or making money.

(part 4 of 4)

[deleted] • 8 points • 12 March, 2014 01:57 PM

Thanks for this. Your rules reiterate what i've learned from "Brawn", "Beyond Brawn" and "Body by Science". Something i would recommend to you: Go to McMaster-Carr and order 6 washers that weigh .625lb each. They are much cheaper than official 'micro weights' and you can still progress when adding 5lbs to the bar is too much.

pushuptonofap • 2 points • 5 May, 2014 05:59 AM

Best training post I have read. So much Truth.

[deleted] • 2 points • 1 September, 2014 03:43 AM

I knew most of this stuff, but seeing it all compressed now opens my eyes, why some things worked for me and some didnt.

Thank you!

The_Motivated_Man • 2 points • 1 September, 2014 10:14 PM

Out of curiosity, why are you so convinced Reg wasn't experimenting with gear back then? I've read multiple articles about how he used and messed with different compounds. Granted, it was before people really knew anything about them and they weren't as powerful as they were after his time, just want to hear your side of the argument.

Great article though, perfect for the guys starting down the path!

[deleted] • 3 points • 1 September, 2014 11:30 PM

I didn't write it, I shortened it and put it on reddit. AFAIK it was. Reg Park got big pre steroids hitting the industry. I wouldn't say he didn't get on them when they did come out.

howemaybe • 7 points • 12 March, 2014 01:35 PM

Amazing post. This is great information and thanks for your time and effort in compiling this.

No_YoureATowel • 8 points • 12 March, 2014 07:18 PM

What are the odds you're part of the 1% I can trust on the internet...

[deleted] • 7 points • 13 March, 2014 09:05 AM

Well, I'll not selling anything... So I have nothing to gain. Believe whatever you want.

No_YoureATowel • 2 points • 13 March, 2014 04:48 PM

Just a joke. After reading I saved your post, which I rarely do on self posts. Great insight. Will share with my lifting buddies to see what they think.

[deleted] • -6 points • 13 March, 2014 12:03 AM

/thread

[deleted] • 10 points • 12 March, 2014 07:25 PM

Don't Train More Often Than Three Days Per Week

that's total bullshit if you divide muscle groups right

[deleted] • 6 points • 13 March, 2014 08:56 AM

I'm passing along his advice, Casey has worked in the industry for over twenty years and he recommends what has worked for people to get big asap. I'm sure he would agree that body split routines have there place in advanced training and in muscle sculpturing. However historically pre steroid body builders used 3 day training.

[deleted] 4 points 12 March, 2014 10:56 PM

[permanently deleted]

AdmiralVonJackass • -2 points • 13 March, 2014 03:54 AM

Go squat over 3 plates, then deadlift 4 plates, and finish with benching over 2 plates. Then tell me how easy it is to train all your lifts in one day.

[deleted] 0 points 13 March, 2014 04:46 AM

[permanently deleted]

AdmiralVonJackass • 4 points • 13 March, 2014 02:35 PM

Oh let me be the first to congratulate you on your collegiate records. I'm sure they were naturally obtained, and those numbers are completely not exaggerated.

[deleted] 1 points 13 March, 2014 02:54 PM

[permanently deleted]

AdmiralVonJackass • 0 points • 13 March, 2014 06:28 PM

On the genetic bell curve, you are in the 99th percentile. We all work hard, but somebody who is older with average genetics is going to bury themselves training that hard.

FB is great for the first while, once you start hitting intermediate numbers, energy levels turn to shit.

Not saying don't try it, but don't be afraid to split shit up if it's too much daily volume.

[deleted] 2 points 13 March, 2014 06:41 PM*

[permanently deleted]

Madkids23 • 6 points • 18 March, 2014 10:59 PM

We're all here to better ourselves fellas... No need to insult/argue with eachother. We aren't here to measure cocks.

phreshfrince • 3 points • 27 March, 2014 05:21 AM

Shake your dicks, fellas, this pissing contest is over.

[deleted] 1 points 18 March, 2014 11:12 PM

[permanently deleted]

phreshfrince • 2 points • 27 March, 2014 05:21 AM

I can't do what you've done at the gym so I am going to put the blame on something other than my own laziness to dedicate myself to the craft of physical training.

BrotherSammyWilson • 2 points • 13 March, 2014 04:40 AM

One thing I would say for newcomers to a gym is to use certain machines to correct form issues. I was having shoulder problems, just attributed it to wear and tear.

Then one day due to being away from my typical gym I was unable to do my usual shoulder press and had to use a machine. Immediately saw where my issues were with my free weight lift and corrected them. My shoulder issues have been non existent since

[deleted] • 2 points • 26 March, 2014 04:27 PM

Nothing but respect for Dr. Butt.

I actually am on week 5 of his beginner routine.

Excellent routine

vandaalen • 3 points • 12 March, 2014 06:46 PM

Great post! Thank you very much!

Coincidentally I am just about to start lifting.

I was thinking about getting a bench for my flat instead of hitting a gym. Something like this:

<http://ecx.images-amazon.com/images/I/41%2BkqtsYYpL.jpg>

It costs as much as one year of a membership in a gym and I would be able to integrate it into my morning routine before going to work.

I would need to take the streetcar to the next gym and I know that I might find feeble excuses to not take the ride. Plus I couldn't work out in the morning because of the time and would have to do it in the afternoon. I've got a demanding job.

Would you recommend joining a gym for a beginner, or is it OK and achievable to start on my own and getting advice from the internet, like maybe from the exercise videolibrary from

<http://www.bodybuilding.com/fun/workout/exercise.html> ?

forgotmydamnpass • 7 points • 12 March, 2014 07:01 PM

You can't do squats using that, and squats are one of the most important part of the exercise, get a power rack instead

vandaalen • 2 points • 12 March, 2014 07:43 PM

Oh cool. Good to know. Thanks!

Would something like this or that be any good, or would I want to go for a cage, like this?

forgotmydamnpass • 6 points • 12 March, 2014 10:22 PM

I'd recommend getting the cage, mainly because of how versatile it is, you can do more than just squats in it and you have safety bars on the sides as well, I also recommend a program like Starting Strength or Stronglifts, I've been doing SL myself and I've been improving faster than everyone I know

vandaalen • 2 points • 12 March, 2014 11:00 PM

Thanks! Googled for SL and it sounds very reasonable to me and looks like what imagined a workout would be like. I think I'm gonna go for that.

phreshfrince • 1 point • 27 March, 2014 05:22 AM

He could do squats with the bar... as much weight as he can hoist over his head, that is. A rack is obviously a much better option.

Still_relevant • 1 point • 13 March, 2014 12:28 AM

Dont know how I stumbled upon this, but you should seriously join a gym and at least get your form right, learn the basics and see if you even like to lift at all before you invest in stuff for your flat. As you just mentioned yourself that is one year (!) of a membership in a gym, so start off with one month, get a personal trainer to set you off with a program for beginners (you can obviously study the basics on the internet yourself, squat, bench, deadlift etc. so you have a say in the program and not completely clueless), and then see if it's for you. If you dont like it you can exercise another way and you wouldnt have wasted that much money :)

vandaalen • 3 points • 13 March, 2014 06:02 AM

I came to the same conclusion after further reading about Stronglifts, watching some videos and sleeping over it.

This looks like I could do some seriuous harm to my body if I do it wrong. Also I'm 37 and I don't think that's a big plus when speaking of body-constitution... ;)

It will also cost double the amount I planned and consume a lot more space if I get a power cage, so I definetly want to know if I'd stick to it.

Thank you very much for taking your time.

[deleted] • 1 point • 13 March, 2014 11:56 AM

Just to be clear I'm not Casey Butt, I've been stung by unrealistic expectations and bad programming. I'm been lifting for a year. All the girls who I have picked up thanks to my own being of a man say I look like I work out. I don't see it.

In the long run (5+)a gym membership is far more expensive, then the highest quality home gym. However a home gym, can be extremely space heavy.

I personally don't like that home gym thing you linked. The front of it seems to be a dedicated preacher curl station, which is a completely unnecessary. I would recommend a power rack with a bench, you can do all the major lifts, including bench without a spotter if you set the safety bars right. Some dumbbells and an small barbell for curls like in your picture would make my ideal home gym.

Idontlikekarmawhores • 3 points • 13 March, 2014 11:15 AM

Rule #4: Don't Train More Often Than Three Days Per Week If You're Trying to Build Maximum Muscle Mass and Strength

I cant believe that one, I DONT WANT TO BELIEVE THAT ONE. I Work out 5-6 times a week (heavy lifting) and i see other buffed dudes doing the same. If i miss the gym for 2 days i feel weak.

PD: I DONT TAKE ANY KIND OF SUPLEMNT OR ANYTHING

[deleted] • 2 points • 13 March, 2014 12:17 PM

I had a feeling this would be the most common objection to these rules.

Again, I'm not a pro I have just read through his stuff a few times and this is my interpretation.

Look at #14 where he goes on about classic double progression. He believes **progression is the absolute key to lifting heavy** in the long run. You can't do heavy *compound* lifts like he recommends more then 3 times a week. You can't recover overnight from a deadlift session, it's impossible. Therefore you can't deadlift heavy more then 3 times a week and he can't recommend lifting more then 3 times a week without making a week 8 days long. I myself typically train 7 times a fortnight. For body part splits, I can understand

how you get to the gym 5-6 times a week.

From his observations, which could be wrong or skewed by watching roid users who claim to be clean. He thinks full body, 3 days a week is optimal for beginners and intermediates to put on the most mass and strength. If you are progressing week after week and seeing the results you like. I would encourage you to stick to what you are doing.

phreshfrince • 2 points • 27 March, 2014 05:34 AM

Rule #2: Avoid Exercise Machines

Free weights first, machines if you have anything left.

Rule #3: Genetics DO Matter - But WHO CARES!

Don't use genetics as an excuse to justify not looking the way you want.

Rule #4: Don't Train More Often Than Three Days Per Week If You're Trying to Build Maximum Muscle Mass and Strength

This is part of the 99% of crap. Build a workout that suits you. You can easily incorporate low intensity cardio days with weight lifting to go 5 or more times a week.

Rule #5: Do Mostly Compound, Multi-Joint Exercises

Squats, deadlifts, pull-ups, push-ups

Rule #6: Keep Your Workouts To An Hour Or Less, Most Of The Time

Don't use this an excuse to leave the gym when you aren't finished working your muscle group.

Rule #7: Strive For Perfect Exercise Form

Extremely important with compound exercises. It takes a long time to get it down right. It helps to have someone who has already mastered the technique to guide you.

Rule #8: Ignore The Guy Next To You

You're not competing with other guys at the gym. You're both there to work on yourselves. Don't waste your time trying to out-do others; you are only distracting yourself.

Rule #9: Spend Your Money On Plenty Of Good Food - NOT The Latest Supplement

Food is always preferential to shakes or bars. I would add a B-complex vitamin to your stack of non-bullshit vitamins.

Rule #10: Eat More Good, Nutritious Foods And High-Quality Protein

Best rule.

demoneyes905 • 1 point • 12 March, 2014 03:43 PM

Saved this to profile. Extremely useful information. Thank you!

Might even pick up the book you got this from and read it cover to cover.

[deleted] • 1 point • 13 March, 2014 12:18 PM

Hey, just a heads up this isn't from a book. It's free on his website(linked in OP). You can buy his book, but I

have no idea what it's about.

demoneyes905 • 1 point • 13 March, 2014 10:51 PM

Yup. Made the comment before checking out the link. It was definitely a good read.

STFUandLOVE • 1 point • 12 March, 2014 04:11 PM

This is great stuff man. I'm copying to a word document for future reference.

[deleted] • 1 point • 12 March, 2014 05:02 PM

Absolutely fucking excellent. It's taken me years to figure all this shit out, years of trial and error, and I've come to the same conclusions you have. Thanks a lot for pointing all this out, good fucking job man!

gettinggoldernotwiser • 1 point • 12 March, 2014 05:58 PM

Saved. Thanks.

Pieloi • 1 point • 12 March, 2014 06:55 PM

That doesn't mean there's nothing wrong with doing isolate exercises aswell, I mean, I do my quads and legs because I want a better sprint on my bike; but that's only because I have a specialized purpose for doing so. (heh get it, specialized)

Cashews4U • 1 point • 5 May, 2014 07:20 AM

so you can shwinn all of the races?

[deleted] • 1 point • 24 March, 2014 12:39 PM

Really like this post, thanks for putting it up. I've known a lot about lifting from reading and practicing, but great to find other info out there that's really comprehensive.

RighteousMongrel • 1 point • 1 April, 2014 01:17 AM

Saving for later. This is a good post.

Gustavomb • 1 point • 20 April, 2014 12:02 AM

Thx for this op

Flutterbree • 1 point • 2 May, 2014 01:51 AM*

Rule number 6 is garbage, and this is why:

Testosterone binds to testosterone receptors after exercise, and it has to bind to receptors in order to actually work. This binding process will reduce the level of testosterone in the blood, while obviously providing much more benefit than simply having the test floating free. (although high levels of test in the blood will increase gains more than working out, you gotta inject that shit to get it that high)

And then the second half about how hormones you don't want will be increased is probably half true, in that you can do enough work in the gym to set you back. But this is only related to the amount of work you do, not the time you spend there. And secondly, you can definitely train up to a certain training volume over time, which will keep you in the gym longer.

On my current 5/3/1 program which is going pretty well, I'm in, warmed up and out of the gym in 45 minutes or less.

Previously when running the program for squatting "Smolov", there was no way I was going to get 10 sets of 3 at 90% of my max done in less than an hour and a half.

Smolov probably improved my leg diameter more in a single cycle than any possible number of "leg days" on a typical bro-split.

In the end though, with 3 hours of heavy lifting a week, you'll probably grow 95% of the muscle your body will ever grow, without pinning extra testosterone.

[deleted] • 1 point • 2 May, 2014 02:05 AM

I love that because I posted this read and not on /r/fitness it's still visible weeks later.

If that's worked for you good for you. Get swole.

I which from a 1.5 hour workout (ice cream fitness) to his guys beginner routine program #6 and my lifts are progressing just as fast. I really feel the hour rule is a good rule to follow, keeps you focused and you still get gains. I want to try the Shekio routines once I can do, an 8 rep of set of all my big lifts in an intermediate range. My 1rms may leave intermediate before it happens though. Haha

Flutterbree • 1 point • 2 May, 2014 03:46 AM

Yeah, plenty of programs will fit a similar amount of work in over different amounts of time, which is why a arbitrary time limit is crazy. coming in and getting an easy back and bicep pump should take no more than 25 minutes, honestly.

My main issue was with the link of gym time to testosterone decline, and then the testosterone decline to decreased gains, which is the opposite of truth.

Those sheiko routines will definitely keep you busy for more than an hour.

ericishere 1 points 29 May, 2014 02:55 PM **[recovered]**

Hey I have a question, I am 17 years old, 152 lbs. and about 5'6". I have heard that working out before your body is fully developed can be bad for your long term health. Should I still follow your advice?

[deleted] • 1 point • 30 May, 2014 01:58 AM

As in OP, I'm not Casey Butt.

The average 17 yr old would have his growing mostly out of the way if you started puberty late it is possible you might get an extra inch or two. At your age, most of the vertical growing is done, this doesn't mean you have finished growing. For this reason, DO NOT, take anabolic steroids, until you are at least 21. If you are on medication(eg. asthma drug)with steroids in them, go to your doctor and ask for a substitute.

I can't find an academic source on whether lifting stops you growing but doctor seem to think, heavy compound exercises(squats, deadlifts) are may affect growth.

I found this in a google search, if you are still holding out for those last little bit of growth, points 3, 4, 7, 8 will all help you become a man. <http://www.wikihow.com/Grow-Taller>

grafxbill • 1 point • 12 March, 2014 05:39 PM

A lot of this is bogus, especially the stuff on training and supplementation. Do not listen to the weight training or supplementation advice here. This guy is the Leeroy Jenkins of weight training.

Don't take protein supplements, instead use steak and multivitamins. WTF?

Look up "high-DH hydrolyzed whey protein," "di and tripeptides," and "peptide signaling" if you want to learn why supplementation is advantageous if you use the correct supplements.

sensual_pineapple • 8 points • 12 March, 2014 06:15 PM

Gonna have to disagree with you. The vast majority of supplements are completely fucking useless, despite what the guy at GNC is telling you.

grafxbill • 0 points • 12 March, 2014 06:39 PM

When I say supplementation, I'm primarily talking about protein supplementation and pre-workout stuff. Haha, I don't go to GNC that place is a crock of shit. I'm primarily talking about what I've read in terms of protein science.

[deleted] • 1 point • 13 March, 2014 12:24 PM

Which supplement has worked for you?

What's wrong with his weight training advice?

grafxbill • 1 point • 13 March, 2014 04:52 PM

I use a protein brand called Proto Whey. It's a highly hydrolyzed whey protein. In regards to his training advice, it's just nonsense. The idea that the best way to train is to avoid machines, and use your body weight in various ways is silly.

Science has improved over the past hundred years or so, and they developed these machines as a way to isolate certain muscle groups so you can effectively focus your training. It's just a silly "manly" argument he is trying to make with no basis in physiology whatsoever.

It's like saying the best way to deliver mail is by walking across the country and deliver it yourself. That's the MANLY way to do it. It's just silly and makes no sense, of course we have better ways of doing that nowadays. Just like we have better ways of training than your body weight.

Not to say that your body weight is useless if you want to get stronger. But to say it's the most effective or the best is wrong.

LeGemOfLeRedditArmy • 5 points • 27 March, 2014 09:16 PM

Honestly man, don't even bother. You will never defeat the hive mind on here. The guy posting this barely has any lifting experience. It's always the pencil necks that advocate compound lifts.

I really don't know why experts preach lifting heavy at all times... Maybe it really did work for them... or maybe they want the fitness community to stay out of shape so they can sell more product. All I was left with after that advice was a bad back and chronic tiredness from lifting heavy all of the time.

My friends and I worked out for YEARS to no avail until we decided to try something that fitness magazines scoffed at. More reps, lighter weight, and focusing on feeling it in the muscles. My friends and I use mostly machines and our gains have gone through the roof. Not one squat was done and we've gotten bigger and stronger than ever. I also have way more energy because I'm not completely draining my body with squats/deadlifts. We're easily the biggest guys in the gym after only 2 years of high rep training. I'm not saying this will work for everyone because there is no one size fits all. It's just crazy to me that these fools follow the fitness guru of the week's advice like a fucking bible.

Oh well, I guess they will realize that they're doing it wrong eventually. We'll see how good their bodies look and feel after 3 workouts a week for a year.

Cashews4U • 1 point • 5 May, 2014 07:16 AM

But you cannot deny compound liftings' benefits. They require the inclusion of multiple muscles

to stabilize weight which, with proper form, lead to a stronger posture, and therefore you can strengthen more than one or two certain muscle groups. They also tend to play out natural daily movements, whereas for a machine you sit on a bench or chair while performing usually uncommon movements. I have yet to personally witness anyone who became noticeably stronger and bigger using machines without including the any or all of the presses, cleans, and lifts. Hell, Herschel Walker went from fat to Heisman winner racing a train, pushups, pullups, and situps (he obviously hit the gym in school and in the pros as well, but he started with those basics).

"My friends and I worked out for YEARS to no avail until we decided to try something that fitness magazines scoffed at" -Did you do the same exact lifts without varying their forms? You may have plateaued there if so.

"More reps, lighter weight, and focusing on feeling it in the muscles." -You can apply this same exact strategy to compound lifting too, ya know.

For your "tired and bad back feeling", I have yet to feel either of these after compound lifting. You should be fucking fatigued after doing your sets, thats called working out. If you were actually tired and sleepy, were you getting proper sleep? Did you nap after workouts? For your back, there could be a shit ton of factors (my spinal cord on my neck is so fucked from trauma that it nearly curves opposite, so i have to be sure my neck is perfectly straight before i begin a rep) usually people who hate squatting are the ones who do them with crow feet, head down, with a hunchback. I was one of them, too, but once I mastered my form? My back and neck never had it so great.

Maybe you and your friends are genetically wired to reject compounds and ravish the machines. Then do that! But Primitive Petes didn't have a leg press machine, yet they developed strong bodies. They obtained them from those natural movements which they performed daily. All the warriors and soldiers who conquered empires before the 21st centruy didn't have machines either.

[deleted] • 1 point • 8 May, 2014 02:21 AM*

High rep training works- For steroid users. Naturals need to train heavy, To get stronger and bigger. Plus this is the guy who wrote that article, So i would much rather follow his advice. Here's the pic of the guy <http://i.imgur.com/TEpEXil.png>

[deleted] • 1 point • 14 March, 2014 01:42 AM

Next time you go to the gym look how many people are using 'free weights' over exercise machines. It's probably all the people who look like they go to the gym. He isn't promoting body weight exercises anywhere.

He is in favour of protein powder on the site he has a huge recipe for his idea of an optimum post work shake. With whey whether or not the hydrolysis is worth is it impossible to tell. Of course the company selling says it's more important but how do you know you're getting your money's worth?

crovax33 • 1 point • 12 March, 2014 04:14 PM

This is a brilliantly well-done post. After two years of training, the biggest thing I've learned is that expectations of what is possible (both yours and the general public) need to be seriously adjusted unless you're running gear.

I remember thinking I'd have the body of a god in 3 months. Almost two years later and I'm still working towards getting to what I thought I'd have in three months.

The supplement industry is completely sensationalized and fucked up, and it makes everyone think they can

easily gain double digit pounds of muscle while dropping enough fat to have six pack abs year-round.

anon10101010 • 1 point • 7 April, 2014 03:28 PM

Lift

Every

Day.

No excuses.

[deleted] • -1 points • 12 March, 2014 07:48 PM

A little testosterone 100-200mg/week, plus all the advice here, will kickstart your progress by double or triple. There won't be any side effects either from such a low dose. You won't blow up huge and rapidly, so there won't be rumors about what you are doing. You still have to put in the work, but you'll just get there faster.

Most natural guys are doomed to failure. If you're not a natural high-testosterone male, or a teenager going through puberty, then weight training isn't going to give you the results you want.

[deleted] 2 points 13 March, 2014 06:56 AM

[permanently deleted]

[deleted] • 1 point • 13 March, 2014 12:00 PM

Tell your doctor that you identify as a transgender women collect your /r/Pussypass. Proceed to tell them you need hormone replacement therapy(testosterone) to become a man.

[deleted] • 1 point • 13 March, 2014 01:26 PM

You have to have labs that show you have low testosterone (less than 300-350ng/dl). Without that, very few docs will give you anything. However, it is widely available on the black market.

I started around 300ng/dl take shots that put my testosterone up around the highest level a normal man can have (1100ng/dl). In 6 months my bench press has gone from 100 to 225, squat from 80 to 250. I workout hard 3 times a week, have a healthy high protein diet, and take care of myself. Gained about 20 pounds so far.

Testosterone wasn't a controlled substance in the US until 1990. A lot of what you hear about "roid rage" and other negative effects are just drug war propaganda from that time.

[deleted] • 1 point • 13 March, 2014 09:02 AM

I have nothing against steroids, but in the country I live in, possession of roids carries the same maximum sentence as attempted murder.

I don't agree with your last paragraph. We are talking a few years of work with the correct diet all along. I believe everyone can change their body, as stated a crazy amount of times you will never match the world famous body builders incredible genetics, but you can look like an entirely different person.

Theophagist • -5 points • 12 March, 2014 02:34 PM

But I don't want to be drug free.. Isn't there a program that allows me to smoke my weight in hashish on a daily basis?

Cashews4U • 2 points • 5 May, 2014 07:25 AM

Yeah, the Snoop Lion Program

