

The change in how people treat you once you get fit/bulky is real, and one of the best things that happened to me. Thanks TRP

July 1, 2017 | 75 upvotes | by [\[deleted\]](#)

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Comments

MusicSports • 13 points • 1 July, 2017 10:41 PM

I can't wait to start bulking again. I'm cutting down to abs first but once I hit that point I'm non stop bulking until my bench hits 200.

Ganix1 • points • 2 July, 2017 05:29 PM **[recovered]**

I'm cutting down to abs

Sadly, my abs are deep underground lol. However, I'm not *that* fat so I look really good under a t-shirt.

I'm non stop bulking until my bench hits 200.

Fuck, my bench is currently at 62lbs, give or take. I guess I'll have to keep pushing

MusicSports • 1 point • 2 July, 2017 06:29 PM

You've got this man!!! Keep it going!

LordThunderbolt • -6 points • 1 July, 2017 10:53 PM

Lol you can't bench 200 and you're cutting? Oh boy, you guys are too much for me.

The__Tren__Train • 3 points • 2 July, 2017 04:52 AM

thank fuck im not the only one thinking this

fredgravy • 19 points • 1 July, 2017 11:05 PM

How's it going lord thunderdouche?? Well I'm sure.. sitting on your high horse and all..

You got it so figured out that I'm questioning why you're even lurking, none the less making stupid comments..

The ego is strong in this one..

[deleted] • 3 points • 2 July, 2017 11:08 AM

I would happily be weak as fuck if I still looked ripped.

Unfortunately that isn't how the world works.

If you can't rep 185 on shoulder press and do 10 pullups with a 20 lbs weight keep lifting.

Bench press is for fat people.

I'm also weak at bench so I'm rationalizing.

fredgravy • 2 points • 2 July, 2017 11:17 AM

Thank you for the laugh

LordThunderbolt • 19 points • 1 July, 2017 11:14 PM

200lbs is under 2 plates. If you're not strong enough to bench that you shouldn't be cutting. Its not rocket science. Cutting involves eating less calories and losing a lot of strength and size. I know guys like that in my gym, they want to get shredded and bench a shit ton of weight. Every few weeks or months they're on a cut, but somehow get surprised why they can't progress. Months pass and they

look the same and lift the same. Then they see me or the other guys training and progressing and they wonder if we're on steroids or what supplements we're taking.

I know people who can't bench 2 plates and they're small. Imagining them on a cut is ridiculous. You guys got the whole game backwards. Your abs won't mean jackshit if you're small. Its like a fat chick saying she has big tits.

You don't want to hear it, that's your problem. It doesn't change the truth.

fredgravy • 23 points • 1 July, 2017 11:43 PM

There is so much I agree with you in that statement.. but if someone is working on a goal they're working on their goal..

Losing weight (cutting) and then bulking until he hits 200 bp is his goal.. you wanna help.. then help.. you want to talk to him like he's the scourge of the earth for not understanding your curt comment makes you a douche..

Trilldungsroman • 11 points • 1 July, 2017 11:28 PM

Have you ever considered that his physiology and gym goals might be different to yours?

LordThunderbolt • -4 points • 1 July, 2017 11:29 PM

You're right. Maybe he goes to the gym to not be strong and look good.

[deleted] • 17 points • 1 July, 2017 11:41 PM

Every comment I see you make is retarded. Whenever I see your a name in a thread, I think you'll say some stupid shit then I look, and what do you know, stupid shit. Just like I imagined. Do some self-reflection and then maybe give people actual advice instead of telling people you're better than them.

Also, regarding bulking. Have you ever considered that people don't want to bulk if they're already fat?

Marino4K • 1 point • 2 July, 2017 05:07 PM

Personally I'm looking to strike a balance between aesthetics and strength, I weigh 160, I can bench about 200lb, that's roughly 125% of my bodyweight, I'm cool with that.

Also I rather be ripped, slightly weaker, and milk up the shallow chicks, as long as I could still fight, I'll be fine

Trilldungsroman • 10 points • 1 July, 2017 11:35 PM

..what are you talking about?

[deleted] • -1 points • 2 July, 2017 11:11 PM

Spoken like a true SJW faggot. This isn't a hug box. Thunderbolt is right.

Trilldungsroman • 1 point • 3 July, 2017 01:42 AM

It's a valid question. You're being a dickhead in a thread that's well since finished, so keep it moving.

SisyphosOnTop • 3 points • 2 July, 2017 01:09 PM

200lbs is under 2 plates. If you're not strong enough to bench that you shouldn't be cutting.

Lol what a dumb generalisation. If he's fat he should cut first. Period. No sense in getting any fatter with underlying muscle tissue. You'd just look like a blob in clothes which many 'strong' guys do. But they are strong so they got that going on which is nice.. Problem only is, nobody cares.

[deleted] • 1 point • 2 July, 2017 08:52 AM

If you know how to cut then you really shouldn't loose much muscle and you shouldn't lose a tonne of strength unless you're cutting 50lbs. In any case you shouldn't have 50lbs of fat on you.

LordThunderbolt • 0 points • 2 July, 2017 04:05 PM

As if most RP guys here know how to do that properly

[deleted] • 7 points • 1 July, 2017 11:22 PM

He's right. TRP is about being told things you don't want to hear. Either take his advice or leave it but he's right.

fredgravy • 3 points • 1 July, 2017 11:44 PM

No he's not.. he's being a douche for the sake of being a douche.. a man will listen to reason.. a woman breaks people down to do what she wants him to do..

Trilldungsroman • 6 points • 1 July, 2017 11:27 PM

At the same time, everybody has a different physiology. You can't dish out unsolicited high-brow criticism and brand it as "the harsh truth you need to hear", that's just stupid.

fredgravy • 2 points • 2 July, 2017 05:04 PM

I do agree.. though I will say that tact is a useful tool.. just shitting on someone is just shitting on someone.. if you want them to do something you might want to use a little more tact..

DeathToTheZog • 4 points • 1 July, 2017 11:38 PM

He isn't right. Quit trying to berate others over their gains. The point is, he us exercising and has begun his journey. That in itself is more than most.

Luis_McLovin • 1 point • 2 July, 2017 12:48 PM*

Nah bruh, he is right, if you can't bench 200lbs and you're normal weight you have no business cutting. You've got nothing to show for it. Cutting is for the overweight and the strong. When you're skinny and weak what you do is bulk. Hate the truth, idc man

Edit: I'm 5'9" 80kg, benching ~75kg. Target 3000~3200 cals a day. Go big or go home, crying.

DeathToTheZog • 1 point • 2 July, 2017 05:21 PM

You arent understanding common sense. Cant really explain basic human decency to a moron.

MusicSports • 3 points • 1 July, 2017 11:22 PM

I'm 5'5 and I weigh 160 and but only bench 170 for 2 reps. I'm fat. I'll just be fat again if i bulk now with nothing to show. I'd rather get skinny before adding 30 lbs to my bench.

LordThunderbolt • 4 points • 1 July, 2017 11:24 PM

Doing bulk just maintain but train much harder.

MusicSports • 5 points • 1 July, 2017 11:35 PM

Is it seriously better to be fat and bench 225 than skinny but toned and working my way up to that? I have man tits. Basically no definition. I'm 5'5. Extra fat looks terrible on me extremely quickly. I was reading and it said once you're under 15% body fat you start to store food more as muscle and it's more difficult to gain fat. I was trying to get to that point...

asotranq • 1 point • 2 July, 2017 01:17 PM

I believe that phenomenon is called nutrition partitioning. What I will say is that unless you're an elite athlete all the things like that you can read about online are pretty much negligible, but if your goal is to be aesthetic then I would probably stay at reasonably low body fat year round, doing slow bulks and slow cuts but never going too far one way or the other (assuming you're natural)

[deleted] • 1 point • 2 July, 2017 10:45 PM

Dude if you're a beginner you will both lose weight and gain muscle. Once you get to a normal level though you have to choose. But don't put the cart before the horse.

MusicSports • 1 point • 2 July, 2017 11:44 PM

I'm not really a beginner. I've added 100 lbs to my bench since I started lifting. A little more with my squat and deadlift. I'm only 5'5. 160 lbs is fat on me. I'm trying to be happy with how I look because I'm tired of feeling fat. The newbie gains will still be there afterwards.

[deleted] • 1 point • 2 July, 2017 11:46 PM

At 5'5 you should probably be in the 140/150 range.

Don't listen to anyone on here. Get lean. Your face will look better and you'll be more attractive.

Fuck man I'm 6'0" and in college I was down to like 160. Now I'm 185 and better built but being lean is what matters.

MusicSports • 2 points • 2 July, 2017 11:52 PM

Exactly! I've seen how differently people treat lean guys vs fat guys. The last few months have been awful due to me handling shit improperly and I gained 20 lbs and eas at 170.4. This morning i found weighed and I'm 155.8. I'm incredibly proud of myself and I'm going to keep at it until I hit my goal once and for all.

[deleted] • 1 point • 2 July, 2017 11:53 PM

Keep going bro that's fucking awesome.

LordThunderbolt • 1 point • 2 July, 2017 12:11 AM

Get really strong first then cut. Shoot for the stars if you fall you land on the clouds

MusicSports • 3 points • 2 July, 2017 12:19 AM

I'm gonna send you a picture of me when i get home.

LordThunderbolt • 7 points • 2 July, 2017 01:12 AM

Nudes pls

Luis_McLovin • 1 point • 2 July, 2017 12:51 PM

SEND NUDES

Red-Curious • 1 point • 2 July, 2017 02:53 AM

I've been following this path, but probably shouldn't be. I'm 6'0" weighing 220lbs. My bench is currently at 250 max, 225 for reps. Is it time to cut or do I keep where I'm at until I'm benching 300 again? (haven't since college)

LordThunderbolt • 1 point • 2 July, 2017 03:03 AM

What's your rep scheme like on the bench? I was I'm your position early last year. I'm 226-230lbs now, same height, maxing out at 325lbs on the bench. What's your squat and Deadlift like? What program are you on?

I'd advise you to maintain your caloric intake but train harder.

Red-Curious • 2 points • 2 July, 2017 03:48 AM

HISTORY - It's probably worth knowing that back in January I was 275. From January until last week I did almost exclusively cardio (I have a history of being a XC runner and did 5Ks and things long after). From Feb-April I lost 25lbs, then another 20 in May from doing the Whole30 diet, then another 10 in June from more cardio and not stuffing my face. I used to lift a lot in high school/college, so I'm not totally ignorant, but it's been a really, really long time :p (I'm 32 now).

As part of my "cardio," beyond just street and treadmill running I was doing a lot of plyo, insanity, p90x, and mma training videos on youtube. A lot of those included body-resistance strength training. So, I was unintentionally prepping myself for lifting, but nowhere near to the same degree. That said weighing 275 and doing 25-35 push-ups probably isn't all that different from benching 205-225.

BENCH - Remembering that I've only been at this a week (unless you count the body-resistance), if I have a spotter, I do 15lbs less than max and try for 4 reps (i.e. 4 @235). Second and third sets I try for 90% max (i.e. 225) for 8 reps then 6 reps. If I'm really out of it, I'll drop to 205 for the last set and go for 12.

If I don't have a spotter, I just start with 25lbs under max (225) for 8, then drop another 20 or so from there (whatever is convenient with the plates; in this case 205) for 12, then another third set of 12. I usually start with the bench as one of my first arm/chest workouts, doing declined sit-ups between sets, then circle around back to it as the last thing I do before leaving the gym, so I get a total of 5-6 sets in (3 of everything else I do). Gotta get rid of those man-boobs (though they're mostly gone at this point, but certainly not tight ... just not flab).

SQUAT

Because I've only just reintroduced lifting, I haven't tested everything. I've only done legit squats once and stuck with 315 as a safe number, doing sets of 12.

By body weight alone, I can do an easy 100. I rarely attempt more than that because that's usually a nice switching point to something else in my plyo/cardio routine (which changes every 3 days). Writing this actually prompted me to get up and do another 100 just now, after having already spent an hour and a half lifting (finished an hour ago).

If it makes a difference, I more often do the leg press machine, where I max it out at 500lbs. Is there a big enough difference that I should be switching back to squats? I've never cared for those glider machines and don't trust myself doing a free-bar when working out alone (which has been all but once).

DEAD LIFT - Haven't even tried.

CARDIO - I usually run a 10k. I'm still too fat to have great times, but my 5k time is around 26 minutes and my 10k time is just barely under an hour.

PROGRAM - None. Recommendations? My general cycle is 6 days on, 1 day off. At least, that's what it's been with cardio. Lifting might be harder, given that I actually have to go to the gym (45 dumbbells are the most I have at home). I'll probably end up splicing 4 days of lifting, 2 days of cardio (when I can't get to the gym) and 1 day off.

Thanks!

LordThunderbolt • 1 point • 2 July, 2017 04:23 AM

Unfortunately, I'm not about to read all that. Just tell me what weights you use and how many reps for how many sets man. That's all you had to write.

trpthrowaway2003 • 2 points • 2 July, 2017 04:51 AM

I'll just be fat again if i bulk now with nothing to show.

Actually, if you clean bulk especially if you don't really have any noob gains. You will mostly recomp and not get fat.

6 months on a 5x5 if you haven't done it yet, will get your strength as well as your base to a really good spot.

Then, when you start cutting you will have some muscle to show off underneath, as well as make better hypertrophy gains because you are moving more weight.

Eat smart a couple hundred calories above your maintenance and you will probably be like 10 maybe more pounds higher and with the same or a little bit lower body fat than you are already at.

People underestimate the benefits of noob gains coupled with how much building muscle helps with burning fat.

asotranq • 1 point • 2 July, 2017 12:47 PM

Depends on his height I'd imagine, and current body fat %. If he's short then 200lb bench is pretty decent, and if he's really overweight then there's never a bad time to cut, he probably won't lose much strength

anyway if he's more than 20%bf

MusicSports • 1 point • 21 October, 2017 08:56 PM

Just wanted update you. Just hit 205 lb bench while maintaining the abs I cut down to. 5'5 150 lbs. Thank you for the tough love.

metric_units • 1 point • 21 October, 2017 08:56 PM

205 lb \approx 93 kg

150 lb \approx 70 kg

[metric_units](#) | [bot](#) | [feedback](#) | [source](#) | [hacktoberfest](#) | [block](#) | [refresh](#) [conversion](#) | v0.11.10

lakesidelife • 0 points • 2 July, 2017 12:06 AM

Yeah... he is. When I started my cut...I couldn't bench 200 either. I'll prolly end up with 315lbs bench by the time I am done cutting. I'll weigh in at 155lbs. If you need to eat like a fat ass to push weight... then your prolly a mentally weak beta bitch. Look at power lifters that weigh 165 and are pushing 405+ raw and natural.

The leaner you are... the better you will respond to nutrition and training. Plus your DHT will be screaming hot.

glenthedog • 1 point • 2 July, 2017 11:36 PM

your dht rises when you're lean?

lakesidelife • 1 point • 2 July, 2017 11:38 PM

Yes.

Luis_McLovin • 0 points • 5 July, 2017 06:49 PM

I smell a heaping pile of bullshit.

lakesidelife • 0 points • 5 July, 2017 06:51 PM

Look up power lifter records and weight classes. Fuck your limitations.

Luis_McLovin • 0 points • 5 July, 2017 10:43 PM

I did. And it's still a heaping pile of bullshit. According to your wild claims, at 155lbs bodyweight bench pressing 315lbs puts you far in the Elite category. Prove it.

lakesidelife • 1 point • 5 July, 2017 11:04 PM

I'm not at 155. I'm heading to that. I'm 175 as of today. I can push 280.

lakesidelife • 1 point • 5 July, 2017 11:48 PM

According to your chart... I'm in the Advance level. I only gotta move up to the elite. Believe and achieve.

[deleted] • 6 points • 2 July, 2017 06:08 AM

Great job and keep going.

I went from 150 to 180 lbs in 1.5 years of heavy lifting. The way I interact with the world has totally changed. It

is night and day.

It's kind of bitter sweet because you realize how animalistic people are. Even my good friends treat me differently and I realize that I was being treated kind of disrespectfully all along before and didn't even realize it.

AwakenedSovereign • 11 points • 1 July, 2017 10:53 PM

Good for you dude. Keep it up. Don't stop lifting until you grow 6" taller and can bench press a bulldozer.

I need more of this myself. I'm fit and healthy.. but not ripped. 5'10" 155

Cutting through September because I've never seen my abs.. and why not its summer. Should only need to drop another 10 lbs or so. Somehow I'm still making gains on strength.. though I'm not getting bigger obv. because of caloric deficit.

It's weird. At this weight I look for any excuse to take my shirt off - I look better in my skin than any clothes. Once I put on another 20-30 though I expect to fill out clothes nicely, too.. and look even better without them.

LETS EAT

IMPROVE-YOURSELF • 5 points • 2 July, 2017 12:54 AM

THERE IS WAY MORE THAN THAT TO YOU! AIM AT THE HIGHEST POSSIBLE GOOD YOU CONCEIVE OF! EVEN THOUGH YOU DON'T KNOW HOW, AIM AT THAT! MAKE THAT WHAT YOU WANT!

[deleted] • 1 point • 2 July, 2017 08:53 AM

No keep bulking, you don't have enough muscle to cut.

AwakenedSovereign • 1 point • 2 July, 2017 11:18 AM*

I appreciate that but I've been failbulking for 2+ years and wanted a change of pace. I think my body was ready for it too. Doing a straight bulk recomp works for some people, I had plateaued. I am currently gaining strength and improving my look during a time when I could use a little boost in that dept.

I also think that when I do bulk again, my body will be more receptive to it. I dunno. I haven't ton a super ton of research on it but I do know that my previous efforts bulking did not go far, and it wasn't for lack of lifting effort or diet. MAYBE too much partying.. but still.

Unless you are trying to suggest I might lose lean muscle by cutting at this weight? I always understood that to be a matter of how you eat/train. I don't seem to be losing strength. I'm eating decent and doing most of my deficit via cardio. A nice easy cut slope. It's hard to tell if I'm losing size, my muscles *look* bigger because I'm cutting but I should probably use tape and pay attention just to be sure.

[deleted] • 1 point • 2 July, 2017 12:04 PM

Bruh imma drop some knowledge on you. Don't do a recomp if you're a natural lifter (not on gear) because it'll be insanely slow. In terms of bulking, find your TDEE there are calculators online and eat 300-600 kcals above that number.

Now getting your calories in. TBH it doesn't seem like you need that many calories. If I were you I'd start my morning with a shake consisting of 500ml milk 50 grams of protein (protein powder), and half a cup of steel cut oats. Should give you around 700 or more calories. Then just fill in the rest.

Macros, eat 1gram - 1.5 grams of protein per pound of body weight. Eat 50-75g of Omega 3 fats per day (olive oil, avocados, salmon etc) and then fill in the rest with carbs. Think about it like this. Say your body is a construction site. The workers are the fats, the materials are the protein and the energy of the workers are the carbs. If you skimp on your carbs, development will go very slow, eat low fats

and you'll build slowly and begin to lose muscle and don't eat protein and you'll end up just gaining fat.

Dm me if you have any more questions brother. :)

AwakenedSovereign • 1 point • 2 July, 2017 04:18 PM

Don't do a recomp if you're a natural lifter (not on gear) because it'll be insanely slow.

So my alternative is.. cut/bulk cut/bulk rinse/repeat.

Which is what I'm doing. The rest of it I have down. I was eating 3000+/cals a day with plenty of protein and not really gaining size or strength. Was either too much alcohol/staying out late, or routine stagnation.

doggobotlovesyou • 0 points • 2 July, 2017 12:04 PM

:)

I am happy that you are happy. Spread the happiness around.

This doggo demands it.

[deleted] • 0 points • 2 July, 2017 12:17 PM

Greatest bot ever created ☐☐

Blowout777 • 0 points • 2 July, 2017 06:58 AM

Don't cut now, just keep bulking and cut for th next summer.

[deleted] • 5 points • 1 July, 2017 10:42 PM

have you experienced stranger women befriend you out of the blue?

MaxwellGaine • 4 points • 1 July, 2017 10:57 PM

180lbs after cut, 6'2", girl at rock climbing told me three times "you look really strong".

And that's damn puny, easily achievable (proportionally) for anyone here.

comounamanzana • points • 2 July, 2017 02:46 PM **[recovered]**

im 180lbs aswell, 6'3, and I don't look strong.. I just have a swimmer physique, lucky you

ForensicFungineer • 4 points • 2 July, 2017 01:10 AM

I'm 5'10" and went from ~210 of lazy shit amorphous blob to 175 with lean muscle. In two years I went from stressed out tech bro to ottermode ... well, stressed out tech bro. My interactions with people, professionally and personally, is *drastically* different. People seem to give me the benefit of the doubt more often, are more outgoing towards me, and generally just sorta nicer - for a lack of a better way to put it.

If you do nothing else regarding changing your lot in the world, start working out and paying attention to your diet.

kingofshapes • 3 points • 2 July, 2017 04:52 AM

5'10" former 210 lb-er checking in as well. Dropped to 165 as of today hitting the gym 4 times a week and fasting. Feels good to be lean again. We made it brah!

ForensicFungineer • 2 points • 3 July, 2017 03:23 AM

Congrats. Feels good, man.

IPink1Stink • 3 points • 1 July, 2017 11:32 PM

Sounds great. Thanks for sharing man

DeathToTheZog • 3 points • 1 July, 2017 11:47 PM

Bro, keep on pushing yourself and you have it made. Fuck a hater. As long as you are exercising, lifting, and better diet, you are leaps ahead of most people.

I wish you strong determination.

DadOnDabs • 2 points • 2 July, 2017 04:53 PM

The best thing is the mental edge you get. Nothing else does it. You just feel better than the people around you. Sadly I'm taking time off for an injury but I'll basically have newbie gains all over again when I start back up so that's a bonus.

Ganix1 • points • 2 July, 2017 05:26 PM **[recovered]**

You just feel better than the people around you.

Exactly. At work, my bosses are big and fat. One of my coworkers is my height, but fat and out of shape. Another one is taller and thin as a toothpick. Another one is taller and more robust, but you can see he doesn't work out and it's all "maintaining good lean body". A fourth one is big and fat, like my bosses lol. Nobody is muscular, nobody stands out in a good way. And being with women while surrounded by these guys clearly shows the difference.

bombgg • 1 point • 2 July, 2017 10:20 PM

I can relate to you on this point. I also have coworkers and bosses like this. Funny thing when I started looking more buff most of my male coworkers started saying I was using roids and shit. Pure jealousy and low self-esteem dudes who just eat and drink crap. Not to mention the attention of females... Keep lifting and improving yourself, I wish the best for you.

ChrisBenRoy • 1 point • 2 July, 2017 08:10 PM

Just think about just about any job ever. Think about if you had a boss who came to work looking fat, sloppy, messy hair, looking like he came out of his parents basement. Wouldn't take him very serious would you? Now think of a guy in the same positon, in decent shape, wears a polo or button down shirt to work, fixes his hair, maintains good facial hair, etc....gonna respect that guy a lot more in the workplace right?

Same applies in life. it's an ugly truth but everyone has to learn it. You can be the most brilliant dude in the world but if you're a fat slob, no one will take you seriously.

Late30sMasculist • 0 points • 2 July, 2017 06:34 AM

I'm not huge, but went from 114lbs to 139lbs (I'm 1.67m tall)

At 139 lbs, you should forget about pursuing a career as a jockey.

Also - why mix English and metric units in your stats?

Avskygod0 • 1 point • 2 July, 2017 11:31 AM

even worse, he metricized the height but not the weight

meaningintragedy • 1 point • 2 July, 2017 02:50 PM

That's what he just said.