

## 5 Month Update

May 16, 2018 | 8 upvotes | by [throwawaynumber856](#)

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I've had some victories and defeats, and I'm going to share them with you.

The first thing I did was to get my pathetic, weak ass to work. I do my own thing, so I don't know much, but I watch YouTube videos so I can have proper form. I can now BP 145 and DL 160. My gym doesn't have a working rowing machine. DB BP is 90, curls 50. However, I am struggling with my squats. Severe knee pain when I do anything over 60, so I stopped doing them.

I never got that internal job posting that I applied for at my company, but I did get a completely new job that pays even more than that job I interviewed for. I bumped up my salary \$12,000 a year by taking on this new job. And I paid my car off back in February.

I have not touched hard liquor since January, but I have slowly eased into drinking a beer here or there. At first, my wife was livid, said I promised that I would never drink again. I said I never promised anything, and to back off and let me deal with this on my own and I don't need anyone to referee the decisions I make for myself. And she backed off and is completely fine with my drinking a beer every now and again.

I completely lost my frame when my wife criticized my driving. I got angry, I lashed out, pulled over the car and made her drive while making snide comments at her for the whole rest of the trip. It really pissed her off, but I was 100% enjoying pushing her buttons. Then, I realized later that night that I was acting like a man child all day long, in front of the children, so I apologized to her and the children the next day.

Sex has gotten better. So much better. My wife now says things like "make me your bitch." She likes her hair pulled while being fucked from behind, and the spontaneous blowjobs have sharply increased.

Not much has happened other than that. But I am still here, still going strong, petal to the metal. I'm going to post this update and GTFO because I need to be at the gym in 30 minutes.

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## Comments

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[deleted] • 7 points • 16 May, 2018 12:00 PM

First of all, kudos.

You were on my radar as a guy whose outcome was binary... you were either going to spectacularly explode in public like the Challenger shuttle, or fizzle away to zero without any fanfare as your wife aggressively snatched your balls back and tucked them back in their rightful place beside a crumpled cocktail napkin and the half melted Chapstick in her purse.

Here's what I told you 5 months ago...

"Careful not to let this place substitute for your own sense of self-worth.... who gives a shit about what a few thousand internet cowboys preach?"

"I see drive in you, though."

From this update, your lifts still suck. You still engage your wife too much and allow her opinions too much weight (you're the Captain, right? i.e. stop DEERing about your alcohol consumption) But you are getting aware of that. Never apologize. Never. Realize internally that you fucked up, and set a plan to fix that. Apologies do nothing positive for either party.

But you did STFU here, put your head down and did some fucking work.

Congrats on the sex. Who woulda thought women like to get fucked by attractive guys?

Persaeus • 3 points • 16 May, 2018 12:41 PM

crumpled cocktail napkin

with Chad's phone number scribbled on it . . . goes without saying i know

Cam\_Winston21 • 3 points • 16 May, 2018 11:40 AM

Stop swing-curling.

Cam\_Winston21 • 3 points • 16 May, 2018 01:22 PM

DB BP is 90, curls 50.

Based on your other numbers, I'm going to assume that you're adding the DB's together in order to get those amounts, because a BP of 145 does not equate to DB benching 90s. FYI, that's the way to communicate DB numbers, by the number that is on the DB, not adding them together. So, I'm going to amend and assume you're DB pressing 45s and curling 25s (no one cares what someone can curl, btw).

Also, grab some dumbbells or a barbell, bend over (watch a video on technique) and row. You can change hand positions/grips. Those also hit biceps, btw.

Finally, the back is the largest muscle group in the upper body and you're ignoring it. The legs are the largest muscle group in the entire body and you're ignoring them.

The\_Litz • 2 points • 16 May, 2018 11:33 AM

Squats are the cornerstone of lifting. Most people think squats = legs, but in reality it legs+butt+core. 60 pounds is basically just the empty bar. Go and have it checked out.

You are swapping whiskey for beer, careful there. My buddy used to drink a bottle of whiskey a night. Went

cold turkey for 3 months and then started off having one beer a night. Currently he is hitting a sixpack of tallboys a night. Gained so much weight he gave me all is lounge shirts last week.

Your driving incident was indeed cringeworthy, and the best part is you realised it. Apologies are good, when done from frame. I hope you didn't DEER that.

Kudus on the sex, after all, RP is a sexual strategy.

470\_2\_700\_nm • 2 points • 16 May, 2018 11:42 AM

I would be careful too with the beer if you had a problem before.

Glad to read the strategy is successful.

gameoflibidos • 1 point • 16 May, 2018 01:37 PM

I disagree on the squats. If anything its deadlifting... but as case in point... look at pro cyclists quads. They got that way just from riding bikes, no squats.

If squats is painful for whatever reason, I'd highly suggest he start doing some biking in high gear.

NoCoast82 • 2 points • 17 May, 2018 04:25 AM

Your thinking of Olympic sprint cyclist, lance armstrong is a scrawny fuck AND was doping!

If you cant squat, find someone who can teach you, if that doesnt work learn front squats and get a trap bar. If your still having problems you probably have real issues, try and get to a physio therapist who works with athletes in your are

Persaeus • 2 points • 16 May, 2018 12:43 PM

for 5 months, your lifts are "meh"

i am going to assume you put in the time in the gym, suggest you:

take a hard look at your nutrition (enough calories, protein) and sleep

get your T checked

see a doctor about your knees

gameoflibidos • 1 point • 16 May, 2018 01:41 PM

depends on where he started, genetics plays a big role as well. There are people that will never bench 200, without roids, no matter how long they train.

but yea.. those look like high metabolism ectomorph numbers.

Look up ectomorph OP.. there's a lot of you out there and a lot of info on how to bulk up when you are an ectomorph. Most of it involves eating a lot... all the time, super high amounts of protein.

SteelToeShitKicker • 3 points • 16 May, 2018 02:15 PM

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This is old thinking. Getting on TRT solves these problems.

I second the original recommendation of getting OPs T checked.

[deleted] • 1 point • 16 May, 2018 09:38 PM

What's the story on the T levels? Do you start checking at a particular age? Or are we to watch out

for certain symptoms that might indicate an issue?

SteelToeShitKicker • 1 point • 16 May, 2018 10:12 PM

A doctor would say "wait until you see the symptoms". I say it costs 40\$ for peace of mind. Frankly, I didn't get most of the symptoms, I wish I did, I could have taken care of this years ago. Since starting TRT, I'd go even further and say if you merely have below average T levels, you might consider TRT. There's really no comparison between having average T (which I achieved on clomid) and being on TRT. It's so much easier to get in good shape, all my struggles before were wasted.

[deleted] • 1 point • 16 May, 2018 10:15 PM

Okay. That's big. Is there much self monitoring to it?

SteelToeShitKicker • 1 point • 17 May, 2018 12:58 PM

Well, yes, though you have to get a doctor involved to get the prescriptions, he will want to monitor you. But you can take the first step and see if your levels are low. [discountedlabs.com](http://discountedlabs.com) will get you bloodwork.

If you are low, you do need to educate yourself. Doctors can be weird about low-T.

[deleted] • 1 point • 17 May, 2018 02:12 PM

Brilliant. I'll have to get started. Thanks for the information.

alphasixfour • 1 point • 16 May, 2018 11:15 PM

cross post from my thread because now I'm really thinking I need to get back at TRT. Leaned out, seen newb gains and am stalling... can't gain lean weight.

...Yeah I need to get back on the Test wagon. Had low T a decade ago at 30 when I was a depressed skinnyfat beta fuck.

Had doctor after doctor who didn't get it, was terrified to prescribe it to me and treated me like a criminal. Chased it with lots of time, emotion and dollars trying to get help.

The more research I did the more I was treated like a drug seeker. Despite the fact that I was and am a skinny bastard by nature, I was accused of being a roid head.

Estradiol skyrocketed, grew fat and tits, almost lost my marriage and life with crazy mood swings... but 1 mention of arimidex and got kicked out of a doctors office. Treatment refused - cut off.

It was hell. So I dumped it and got my Test back up by eating better and exercising, treating my depression and sleeping more.

I never got it tested again, and am almost certainly sub-optimal, though the eating right, keto and heavy lifting has made it loads better. With the AMA lowering the acceptable ranges recently (fuckers) I probably would test low normal and have a doc kick me out again. I just need to find a doc and process that will treat it correctly without costing me \$\$\$\$.

Many times been tempted to say fuck it, treat me like a criminal and I'll just go on gear. but I wouldn't even know where to start to try to find clean steroids that wouldn't get me dead or arrested. From everything I've read on that one you really need a good mentor who knows what the fuck they are doing.

I know my experience is 10 years old, but any advice on how to not chase the dragons tail on this one?

Sorry to jump in your thread. If its a problem send me a PM and I'll delete.

SteelToeShitKicker • 1 point • 17 May, 2018 01:06 PM

can't gain lean weight.

BTDT. Not fun. Right now, I'm almost at the point where I touch steel and grow. Programming doesn't matter nearly as much. Throw some weights around, get gains.

Had doctor after doctor who didn't get it, was terrified to prescribe it to me and treated me like a criminal. Chased it with lots of time, emotion and dollars trying to get help.

Go to a men's clinic if you need to. I pay my doc cash, he treats me, easy. All the prescriptions (unless your doc tries to put you on pellets or gel) are off patent and cheap.

The more research I did the more I was treated like a drug seeker. Despite the fact that I was and am a skinny bastard by nature, I was accused of being a roid head.

Doctors generally don't like informed patients. Especially in regard to controlled substances. They get very twitchy.

clean steroids that wouldn't get me dead or arrested.

Depends on the state you are in. Some states have very strict rules about steroids, a few vials is a felony. I'd try to be legit.

I never got it tested again, and am almost certainly sub-optimal, though the eating right, keto and heavy lifting has made it loads better. With the AMA lowering the acceptable ranges recently (fuckers) I probably would test low normal and have a doc kick me out again. I just need to find a doc and process that will treat it correctly without costing me \$\$\$\$.

I pay around a thousand a year. Doc visit 175\$ per visit, 4x a year. Bloodwork covered by insurance. Vial of t-cyp is 50\$, 4x a year. Needles are like 20\$ for a year. Arimidex is also about 20\$ a year. **It's well worth it.**

I sound like a walking advertisement for discountedlabs.com, but it's under 40\$ to get your t checked.

alphasixfour • 1 point • 17 May, 2018 02:33 PM

Good advice. Will get in it today. No more procrastination.

NoCoast82 • 1 point • 17 May, 2018 05:08 AM

There are a VERY few MEN who will bench less than 200lb with the proper training.

Look up ectomorph, but rely entirely on sound research... good luck brl.... this is bro science bullshit made up by skinny and fat dudes jealous of "mesomorphes"... yes some dudes have better genetics.

But the simple science is, your best off starting lean and tracking your calories to slowly gain weight.

Thinking your ecto(naturally thin) usually leads to inadequate calories to build muscle, or such large excess they end up skinny-fat (though most folk who claim to be ecto are already skinny-fat)

Thinking your endo just leads to making excuses for being fat, this is also a tough one because most "endo's" are deathly afraid of losing muscle mass

Thinking your meso..... have never heard a person to claim they are meso, though it is the most desirable trait. Strange, most of the really fit people I have known many would say they were mesomorph, but they all credit it to how hard they worked. And these guys all worked really hard. I knew 4 guys who made it to the NFL, they were all tall and skinny until they hit the weights hard. I can repeat this for soccer players, and gymnast, and even power lifters... But none claim to be meso's

Just fucking do the work! Lift heavy, if your fat; eat quit a bit less, if your skinny eat more, if you are skinny-fat (this the worst, skinny arms/0 and a gut) start eating healthy anf lifting

wildnight98 • 1 point • 17 May, 2018 12:41 PM

Severe knee pain when I do anything over 60, so I stopped doing them.

Don't quit on squats, figure out what is causing the pain. I had this problem when I started. I was able to diagnose it as knee tendonitis, which led me to figure out that it was form related. I watched a shit ton of videos and most important read the squat chapter in Starting Strength. Before, I had *serious* knee pain squatting 135, and even if I somehow avoided pain, if I did any cardio one knee or the other would flare up and I could barely walk. Now that I have fixed my form, my knees are stronger than ever and I am squatting 225 *and* doing cardio on the same day at times. There was also a website, wish I could find it, that was super helpful in that it taught me not to rest when the tendonitis was flaring up but to lower the weights to the highest I could do without pain and it resolved the tendonitis way faster than resting. Anyway keep at the research until you figure it out.