

The importance of lifting

March 29, 2016 | 8 upvotes | by [ornerycrank](#)

Is liking manly muscles an AWALT thing? My wife says she doesn't but after starting to lift again last week (I'm really only one week into the red pill process) it brought back memories of my past attempts to use weight lifting to get into shape. As I gained some tone, definition and size I remember my wife would touch my arms during sex (and other times!) and really seemed to enjoy biceps and triceps. She didn't admit to liking them verbally but her physical reaction to them was fucking obvious. And, in lovely beta fashion I completely ignored that.

That said, I realize that lifting is important for this process not because it makes a man more attractive (SMV) but because it's tangible work that benefits only the person lifting. I lift for myself, no one else. Increased SMV is a valuable side benefit but not the most important reason for lifting.

Am I right in thinking this? I'm trying really hard to re-frame myself and why I'm doing these things. It's hard to get out of the mindset of "Do this - get that (from her)" and get instead into the mindset of "Do this for me and me alone."

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Comments

cj_aubrey • 9 points • 29 March, 2016 03:01 PM

My wife says she doesn't

If women told us clearly what they liked, none of us would be here at MRP.

As I gained some tone, definition and size I remember my wife would touch my arms during sex

Watch what she does, not what she says. Attraction is a lizard brain reaction like hunger or fear. Her conscious mind knows very little about what gets her wet and controls it even less.

ornerycrank[S] • 2 points • 29 March, 2016 03:53 PM

That's so, so true. When we've discussed our lack of sex in the past she's always offered up helpful suggestions like "clean more" and "don't talk about sex so much" and "don't ask for sex just let it happen." Following those always lead to a distinct reduction in sexual frequency and quality. Her conscious mind is clearly full of shit - and she doesn't even realize it. She offered those suggestions with complete sincerity. Beta me didn't even call her on it.

PurpleVeteran • 3 points • 29 March, 2016 06:15 PM*

"clean more" and "don't talk about sex so much"

Absolutely. After picking up the kids' dirty dishes and washing your underwear, who wants to lay under your sweaty body while you pound away for 20 minutes? God you probably won't even think about her needs, so why are you even asking?

That's the reason for building the tingles... don't let her hamster or her bad day get in the way of reconnecting. Don't let it be about *something else she has to do today*, but carving out the time focus on each other. Bring on the kino, the teasing, the attention she wants. Foreplay shouldn't wait until you got her in bed, but should already be the frame both of you are in when you get there.

"don't ask for sex just let it happen.

That's what she *wants*, but she doesn't realize that things don't "just happen". It's up to you to lay the foundation, starting with yourself (lifting, hygiene) and developing the rest of your MAP. Be her captain, take control of your household, and show her that she's not just a maid/slave/hole. Read Sex God Method and practice DEVI. Be attractive. Don't be unattractive. And then you can take her around the way and the sex will *just happen*.

And for god's sake man, throw your dirty underwear in the hamper.

PS: As for her suggestions, she's looking for reasons to explain why she doesn't feel like having sex. That's like explaining any other emotions... the feelings are real, but those are just the things at the top of her mind right now. Don't give her a chance to convert bad feelings into concrete reasons to not have sex (or be with you), or you'll be washing your own drawers.

[deleted] • 3 points • 29 March, 2016 02:18 PM

Women like strength, lifting goes beyond your musculature system, it extends to confidence in capability, appreciation of hard work, destruction of short term gratification, health, etc.

It's ok to say you lift to look good naked, I do. I want to be strong as fuck and I want to be the dad who chicks are looking at when I go to the beach.

Stop thinking, just lift to be a healthy man.

ornerycrank[S] • 2 points • 29 March, 2016 03:57 PM

Yeah I can see that. Hard to lack for confidence if you know you can lift 150lb over your head or pick 500lb up off the floor. I definitely want to be and look strong. That will be a welcome fucking change from being a fat schlub. It feels good to really, finally be taking charge of my own life - that's some real purpose.

[deleted] • 1 point • 29 March, 2016 04:01 PM

It does, but you really need to get out of your head. You're like the guy who has all these issues yet when someone mentions them you see, "*Oh yeah, these are dumb worries*".

Do that on your own, recognize where you need to invest time and energy. Lift weights for you, getting sexy is for you even though other people get the privilege of enjoying your body (eye candy). You lift to build that confidence yet at the same time you know you are setting the bar from which your wife will measure other men.

The better shape you are in, the smaller the % of men out there can compete against you. At the same time you need to keep your wife on her toes and make yourself interesting as it isn't just looking better, you need to keep her *feeling* too.

I'm a little off topic but for the sake of discussion you need to remember that other guys don't have to be better looking or more ripped, they just have to be *different*.

As long as you aren't predictable - **you** will be different and keep her craving your body, cock, mind, and attention.

ornerycrank[S] • 1 point • 29 March, 2016 04:06 PM

Thank you. Yes, it's hard for me to get out of my own head. As an INTJ I spend most of my time there and it's hard not to have such a cerebral approach to things - especially since I can see, intellectually, the value of the red pill approach. It'll take some time to get my emotions there as well.

[deleted] • 3 points • 29 March, 2016 04:11 PM

I would say fuck the personality label and be whomever you need to be at the moment. Always adapting and catering the *self* to the situation leads to optimal existence. Sometimes you need to be the super stoic quiet masculine presence in the room who says more by saying nothing.

Other times, you need to be the life of the party who graces every *body* with your presence.

Fuck labels, be the masculine man who does what he has to do when he has to do it.

[deleted] • 1 point • 29 March, 2016 04:57 PM

fuck the personality label

That would be a good MRP or blog post.

[deleted] • 1 point • 29 March, 2016 05:02 PM

Something like this?

[deleted] • 1 point • 29 March, 2016 05:09 PM

Some guys wouldn't be able extrapolate that to personality tests and other excuses. I

was thinking it could be a TRP main sub post like this:

"Personality tests like MBTI are a waste of time and only serve to rationalize your pathetic behavior. You're not INTJ. You're not a Sigma. You're just a loser. Stop being a loser."

Source: was more of a loser before, less so now.

[deleted] • 2 points • 29 March, 2016 05:13 PM

was more of a loser before, less so now.

Something I truly enjoy about speaking with men is how bluntly honest we are.

I was talking to a guy today and said, *My back is gassed from deads yesterday* to which he replied **stop being a faggot, let's go for a run later** *Ok*.

Easy day - right to the point, call it how it is, communicating OVERTLY with men.

Also, write the post you want to read.

[deleted] • 1 point • 29 March, 2016 05:26 PM

Also, write the post you want to read.

It was worth a try. ;-)

I might post something in a few weeks on MBTI, MMPI, dark triad, and other personality stuff that RP talks about way too much, unless someone beats me to it.

Redneck001 • 1 point • 30 March, 2016 01:58 AM

Personality tests help define your *preferred* attributes. Doesn't mean you can't be otherwise. I'm a ISTP, but I speak in public for a living and can turn on the extrovert when needed. I just need some "recharge" time to myself afterwards.

Tests like MBTI can help figure out your strengths and weaknesses. Doesn't mean you can't function (well) in your weakness areas.

Just because a weakness is uncomfortable doesn't mean you should run from it. Just takes a little more effort.

[deleted] • 1 point • 30 March, 2016 02:07 AM

MBTI has categorization that doesn't hold up to scrutiny and doesn't have safeguards against gaming the test like MMPI. Ever wonder why almost all of TRP seems to be INTP/J? People answer that test as they'd like to be and the results have little meaning other than giving you an understanding of how you see yourself or who you'd like to be.

PurpleVeteran • 3 points • 29 March, 2016 02:23 PM*

Mine said the same thing when I brought home the weight set.

Now I'm about 6 weeks into lifting and (a) she puts her head on my chest after sex instead of just spooning, (b) she traces my arms and shoulders with her hands, and (c) she started coming down to lift with me.

So, yeah, I'm still doing the lifting and cardio for myself, and I'm making good (newbie) progress... but damn if the wifely attention isn't appreciated either.

Archwinger • 3 points • 29 March, 2016 03:15 PM

First, the bottom 80% of men are invisible to women. So when a woman says she doesn't like muscular men, eliminate the bottom 80%. Now look at the fittest, strongest, top 20%. "Not muscular" for her would be someone in the lower 10% of those. So you should be stronger than 80% of men.

Second, *of course* a woman is going to *say* she doesn't like muscles. Admitting to liking men for their appearance is admitting to being shallow. Stop listening to shit women say and observe their actions.

Third, you don't work out to look good for your wife. You work out for you. The best thing you can convey to her about your workouts is that it's not about her. When she tells you she doesn't like muscular men, shrug and say okay. Then continue to work out. It's not about her. If she really pushes the issue, just flat out tell her, "It's not about you." That has the added effect of some dread - if it's not about her, is it about another woman?

ornerycrank[S] • 1 point • 29 March, 2016 03:49 PM

Yes I agree - your third point is what feels different to me this time. Every time I've lifted before it's been 90% motivated by my desire to appeal to her more - outside validation. Not nearly enough of a motivating factor for long term success. This time feels different for me - it feels really fucking good to have something I'm doing that's purely for my benefit, and to think of it that way.

[deleted] • 2 points • 29 March, 2016 02:31 PM

I realize that lifting is important for this process not because it makes a man more attractive (SMV) but because it's tangible work that benefits only the person lifting

It's also important because you can't bullshit the weights. You get out of it what you put in. The weights go up or they don't - if they don't then it's your fault.

[deleted] • 3 points • 29 March, 2016 02:50 PM

The Iron doesn't lie.

[deleted] • 2 points • 29 March, 2016 04:00 PM

The corollary is that "The Iron will teach you a lesson." I tried overdoing it last week and pulled a muscle in my back. I've been off the weights since, hoping to get back (deloaded) tomorrow.

Listen to your body, gents.

[deleted] • 3 points • 29 March, 2016 04:04 PM

Every now and then you need a reminder

ornerycrank[S] • 2 points • 29 March, 2016 03:54 PM

I agree completely. Weights are completely honest. As Henry Rollins says in "The Iron" - 200lbs is 200 lbs. The only way to cheat lifting weights is to use bad form - which will catch up to you eventually.

[deleted] • 2 points • 29 March, 2016 04:09 PM

Oh, where to start. Apparently you've missed the last 100 posts on the 'why' so I'll make 101:

1. encourages a mindset of future benefit from delayed gratification
2. healthy man = happy man
3. it's nature's Adivan
4. Muscles look cool
5. strength is the attribute that which all others flow from
6. because nice cloths look like shit on a fat man
7. Girls love fucking muscles, especially competition.
8. a reason to leave the house if she's being a cunt
9. just go lift already
10. something something medical bone density, testosterone, endorphins
11. excuses suck,

[deleted] • 3 points • 29 March, 2016 02:24 PM

Do the things that bring results. Do not do the things that have not brought results.

[deleted] • 2 points • 29 March, 2016 02:50 PM

1. Be Attractive
2. Don't be unattractive

[deleted] • 1 point • 29 March, 2016 04:10 PM

be less fagget, oats n squatz

ornerycrank[S] • 2 points • 29 March, 2016 03:55 PM

My problem is almost nothing I knew to do in the past brought results. MRP appears to show a path towards success and I'm excited about that. It's also different from my past approaches, which is not at all shocking.

[deleted] • 2 points • 29 March, 2016 04:39 PM

so a good start would be to not do things that did not show results, or as IrateMD and TFA says, "don't be unattractive"

[deleted] • 1 point • 30 March, 2016 12:21 PM

Still naval gazing?

Don't waste peoples time then

BluepillProfessor • 1 point • 29 March, 2016 03:22 PM

Is liking manly muscles an AWALT thing?

Yes. Sure some women have a fetish for fat slobs. Some guys like to eat other men's cum out of their wife's pussy. Others like to rub shit on their chin during sex.

However, we can't account for every rare case or every twisted sexual deviancy because it is easy enough to generalize. Almost all men prefer shapely, thin, lithe, and willing over blobby, fat, and slobbery. Almost all women prefer strong, muscular (not freakish but well toned) and horny men.

[deleted] • 1 point • 29 March, 2016 04:06 PM

Some guys like to eat other men's cum out of their wife's pussy.

I am desensitized to a *lot* of shit - this made my stomach flip - disgusting...

[deleted] • 1 point • 29 March, 2016 04:11 PM

fat chicks love fat men, cucks are the worst of white guilt.

Lift for no other reason than not being one of them

ParadoxThatDrivesUs • 1 point • 29 March, 2016 03:26 PM

The first couple months of lifting, it was all about my wife for me. I didn't want it to be, and tried to convince myself it wasn't, but the truth is I was thinking of her the whole time. Eventually that went away (mostly) and I can honestly say now that I do it for myself.

omerycrank[S] • 1 point • 29 March, 2016 03:47 PM

Yes - whenever I started a lifting program in the past my motivation was 90% to make myself more appealing to her. When I didn't see dramatic enough results I inevitably lost motivation after 2-4 months and quit. Outside validation is clearly not enough of a motivating force for me! Doing it for myself though is going to be different. It certainly feels different so far.

RedDreadWolverine • 1 point • 29 March, 2016 03:54 PM

Are you really listening to your wife's words? Watch their actions not words.

Like the great Dante Nero says, "you don't ask the deer how to hunt deer... You ask the Hunter."

When your wife says she doesn't like muscle she's really saying, "I'm lazy, please don't make me work harder to keep up with you." Disregard the sounds coming out of her mouth and pay attention to what gets your dick into it instead.

omerycrank[S] • 1 point • 29 March, 2016 04:02 PM

I read an article the other day saying basically that muscular men have more sex with more women than men without muscles. It was a "NO DUH" moment for me. Like - of course they do! It's clearly biologically hard wired. Fuck me.

It's amazing how women will lie to men though I guess beta men lie to women (especially my wife) about the same thing. I told her I was just as attracted to her when she was 250lb as when she weighed 180. I liked her better at 180 and even better at the 160 she was at when we first hooked up. NMMNG has opened my eyes to my Nice Guy dishonesty and I'm taking corrective measures now. I'm just starting to notice when I'm telling Nice Guy lies.

RedDreadWolverine • 1 point • 29 March, 2016 04:07 PM

I swear that "fuck your feelings" runs on a loop in my head. Anything else is lying to protect their fragile ego.

omerycrank[S] • 1 point • 29 March, 2016 04:12 PM

Part of my problem is I really repress my emotions - NMMNG is helping me address that, as well. (And can I just shout out to how awesome that book is? So many fucking AHA! moments reading that where it described me to a T.) So I'm not even really in tune to when I'm having an unconscious beta emotional response to a situation. Just barely beginning to recognize those. Biggest breakthrough was on Thursday. Wife was super cranky and just shit testing constantly - little grubby things - and it was starting to grind my good mood down. I thought something very similar - "fuck that shit, her bad mood doesn't ruin my good mood" and I just STFU and ignored - and like a

goddamn miracle she got better, our evening was actually mostly pleasant and I was stoic AF. A minor victory but still a victory.

RedDreadWolverine • 2 points • 29 March, 2016 04:44 PM

If you're talking about "moods" like they matter you need to put more into your mindset. Work through gorilla mindset next. Your "mood against hers" is victim talk. Don't have any kind of "mood", be focused, be driven, you're not supposed to be a kite blowing in the wind. You should be a mountian, the wind needs to go "around" you.

You're thinking small right now. Improve your focus and get big.

(edit: take any kind of victim talk out of your speech and thought process. You're the sum of what you choose to think.)

nastynickdr[] • 1 point • 29 March, 2016 04:44 PM

When she says "I dont like muscular guys" you shouldnt be thinking "skinny nerd", you should think "brad pitt in fight club".

Redneck001 • 1 point • 30 March, 2016 02:06 AM*

Women that say shit like that are out of shape, lazy creatures. The progression is:

I don't like muscles.

Why are you wasting time at the gym?

We can't afford your gym membership.

I wish I had time to spend hours in the gym

Do you have a gym girlfriend?

I'm thinking about joining the gym, I want to get tone, but not bulky. I'm going to do Couch2 5K.

I'm thinking about lifting weights, can you recommend a program?

I'm going to get in a bikini this summer.

Some boys at the gym were hitting on me

How's my squat ass looking?

I just like pleasing you

Griever114 • 1 point • 30 March, 2016 11:56 AM

Acta non verba....

this is literally copy and pasted here 10x a day. STOP LISTENING TO YOUR WIFE. Her actions are her words.