

Does a alpha lift and tell?

1 upvotes | 23 October, 2014 | by demilitarizdsm

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BrunoOh • 5 points • 23 October, 2014 12:36 PM

Cover story? Aren't you going a bit too far here?

I wouldn't worry too much about this. If you'd like to, you can apply one of the 48 laws: Make everything you do seem effortless. Simply reply with 'Nah, I just have good genes I guess'.

Tarn_Delus • 3 points • 23 October, 2014 12:53 PM

While I love talking about my PUSH-PULL-LEG day regimen of ABCXABCX when I'm with fellow lifters I fully know women will not be impressed at all. Moreso, they will classify me as a try-hard and "not natural".

When asked how much I work out by a woman I always answer in my most serious tone: "5 pushups. EVERY day." as if I just expounded on the most grueling workout known to man. Change subject and carry on.

[deleted] • 2 points • 23 October, 2014 01:04 PM

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markasstrick123 • 3 points • 23 October, 2014 01:10 PM

I love how women think it's possible to be naturally ripped. It shows how intelligent they are lol

[deleted] • 1 points • 23 October, 2014 02:04 PM

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markasstrick123 • 1 point • 23 October, 2014 02:14 PM

You aren't born alpha. You can get a cute face or a tall frame, but to be truly alpha, better be a farmer, construction worker, or go to the gym.

cocaine_face • 3 points • 23 October, 2014 12:58 PM

Just be like, "Oh, I workout".

Lots of people workout. Doesn't mean they're built like a firetruck.

That being said I've mentioned this before without problems.

mademychoice • 2 points • 23 October, 2014 01:01 PM

In a LTR, it's best for dread game to let them know you're improving yourself at the gym. For any other women, "genes, just lucky I guess"

markasstrick123 • 2 points • 23 October, 2014 01:07 PM

Training is attractive to women. It shows you're a hard worker. Just mention that you're going to train, but never give out details. No one cares about that.