

Whats your gym fuel?

May 5, 2019 | 115 upvotes | by [Wolveryn](#)

Lately I've found this huge burst of motivation thinking about my ex and the dudes she cheated on me with, Or the lies she told or the emotional manipulation she pulled... as stupid as that sounds, anger motivates more than anything... sometimes I think people that have wronged me are really a positive thing, they exist to fuel my fire.

I find motivation thinking of rising above the people that lurk in the shadows taking cheap shots, I find motivation knowing I'll be dead one day... I find motivation by the beautiful women i want in my life.

I find motivation in competing with colleagues for promotions... I need to be mentally and physically fit to achieve this.

Every time I go to the gym I meditate on these sorts of things and channel every ounce of energy into new personal bests... one more rep, one more set.

And when I shop I buy food that helps build that body, that helps keep me on top of life...

To quote the late bodybuilder Zyzz, "Obsessed is a word the lazy use to describe the dedicated."

What fuels your fire?

Archived from theredarchive.com

Comments

INNASKILLZ2K18 • 68 points • 5 May, 2019 04:57 AM

If it works, keep it...as long as you can let that shit go when you walk out.

For me, it's desire to be an example. I work in rehab, and want to show motherfuckers you can turn life around, and build a good body too.

[deleted] • 12 points • 5 May, 2019 05:03 AM

After the divorce I soon learnt that I needed to Mindfully let it go, and if I caught myself thinking negatively I'd just consciously cut it off and think of all the things I'm grateful for. It seems obvious when articulated, but when you're going through a shit storm it's something only meditation really surfaces.

Best app I ever paid for was Calm for my morning commute meditation

INNASKILLZ2K18 • 2 points • 5 May, 2019 09:06 AM

Yeah, cool. That's awesome, 'cuz you're using your power, instead of letting it get taken over by resentment and bitterness.

It's amazing how much you can train the mind. It's powerful, in my experience. It trains the mind like a muscle. It becomes easier to switch to thinking that is more helpful for us.

I'll check out the app. Thanks.

kingbigbucket • 96 points • 5 May, 2019 04:49 AM

A lot of the same shit actually. I know there is a horde of people out there who want nothing for me besides pain and failure. I find a lot of joy in disappointing them. Every time I get ahead in life I can see how it eats at them and I love it. Not a healthy way of going through life, but it gets the job done lol.

FREECRACK6 • 19 points • 5 May, 2019 06:36 AM

This is beautiful

Snowaey • 1 point • 7 May, 2019 04:33 AM

why does A HORDE of people want nothing for u besides pain and failure? what the fuck

kingbigbucket • 3 points • 7 May, 2019 05:13 AM

lol great question. I'm not a very agreeable person and I stepped on some toes that I maybe shouldn't have. Horde may have been a slight exaggeration as well. The idea still stands; everyone knows some dumb cunt who has it out for them.

Edit: Also, people would much rather be better than you and have control over you. Therefore, they would rather watch you fail as they triumph.

Kurush559 1 points 5 May, 2019 05:23 AM* **[recovered]**

Make your workouts as good as the girls you wanna fuck

FKPMO • 5 points • 5 May, 2019 08:24 AM

This.

[deleted] • 2 points • 5 May, 2019 07:44 PM

Words to live by!

kayfab • 26 points • 5 May, 2019 06:54 AM

I have a passion for training bro, also i am 46 but i injured my lower back at 29,,,,,, i was unable to train properly for 12 years.

At 37 2 of the so called best chronic pain specialist told me i was done and i would never lift weight again.

At 41 i met my current sport doctor the cured me PRP and prolotherapy. And around January he told me to go all out if something happens he will fix me once more.....

I started stronglifts 5 x 5 am now squatting 300 pounds and deadlifting the same, my bench is back up to 230, my military press standing is 135 but still needs a lot of work and my bb rows is 155 pounds.

I miss training so much that each training session i am excited, squatting heavy deadlifting... its amazing.....

This is my honest motivation to train my passion never died but now its only stronger.

PandaLitter 1 points 5 May, 2019 07:03 AM* **[recovered]**

How did you injure your back

kayfab • 9 points • 5 May, 2019 07:05 AM

Ironie very bad forms on squats and deadlifts, but yes i learn i bough a powerlifting belt, knee wraps and i never ever lift without them. My back is solid now and my forms are prefect.

PandaLitter 1 points 5 May, 2019 07:21 AM* **[recovered]**

Were you aware of your bad form or had people criticize your form prior to retrospective reflection?

kayfab • 6 points • 5 May, 2019 07:23 AM

What happens before you injure yourself.... you think you are invincible.... this is what i was thinking, yes i was aware of the bad forms and no, no one criticized me..... but even then i am sure i would not have listened.

I was doing HIT then training twice per week 2 sets
squat deadlifts bench press military bent rows.
to failure.

PandaLitter 1 points 5 May, 2019 07:38 AM* **[recovered]**

What other advice would you give to your former self twenty years ago?

kayfab • 13 points • 5 May, 2019 07:42 AM

I would have stop dating seriously at 23 honest, but from 25 to 30 i had no girlfriend, my

sex life was insane, i hung out with 2 strippers, had a high end escort as a fuck friend for 6 months, was pro wrestling indies in Montreal and also had the best wingman ever a fire fighter... those where the times, then stupid social programming kicked in and i had 2 LTR, so much time wasted.

Freedom and passions, women become boring really fast, they are most of them very lazy, there only passion is watching tv netflix and there stupid smart phone, they give you the sex to hook you in and after its all said and done its over.....

PandaLitter 1 points 5 May, 2019 08:33 AM* **[recovered]**

In terms of lifting, I mean, but this advice is excellent also

What would you do with friends that are deeply programmed or people you live with that are deeply blue?

kayfab • 8 points • 5 May, 2019 08:49 AM

I got ride of them bro, i have true friends, i can trust. I don't hang around blue pill cucks anymore and worst people who try to bring me down.

Lifting advise sorry: man the squat is the king honest and the deadlift too, compound all the way. Any exercise you can get progression on, meaning heavy weights.

Check out stronglifts 5 x 5 its free, and the texas method too which is a lighter version.

<https://stronglifts.com/5x5/#gref>

<https://www.menshealth.com/fitness/a26899598/texas-method/>

With squats and deads, bench, standing military, bent rows, you will put on mass everywhere on your body and with a good diet,,, its insane the results... train 3 times per week off on weekends, about 1h each session depending on the rest between sets, i rest 3-5 minutes.

[deleted] • 1 point • 5 May, 2019 12:44 PM

You rest 3-5 mins between a single set of 5 reps? 3 mins seems like the upper limit surely? You must be really going all out in each set for a 5 minute chill

StopGaming1234 • 1 point • 5 May, 2019 02:50 PM

The program is good, but it really lacks upper body volume.

I am still following the routine and am slowly hitting the point where I need so swap programs in order to progress.

One thing I noticed is that your legs get fucking huge, but my upper body doesn't progress as fast.

PandaLitter 1 points 6 May, 2019 02:45 AM* **[recovered]**

Yeah I don't see anyone in my vicinity that would fit that description. I'm surrounded by deeply programmed dudes who would put girls first even if the girl wouldn't do the same for him.

I mean in terms of preventing debilitating injuries. Any advice for that? I've been lifting for a while without major injury thankfully but I'm interested in

how others get injured so I can look out for myself in the future.

flapjacksrbetter • 1 point • 5 May, 2019 02:16 PM

What is bad form for squats and deadlifts? Your back was caving in and your legs were going inwards?

StopGaming1234 • 1 point • 5 May, 2019 02:53 PM

Rounded back is the most obvious. Sometimes I catch myself rouding, but it's because it "feels" easier to lift the weight while it is actually unhealthy and potentionally dangerous for your back.

Keeping your back absolutely neutral is key.

kayfab • 1 point • 5 May, 2019 03:28 PM

rounded back mostly

xddm2653 • 1 point • 5 May, 2019 07:12 PM

What is PRP? Can it work for L4 injuries and possibily torn achilles?

kayfab • 1 point • 5 May, 2019 09:49 PM

<https://orthoinfo.aaos.org/en/treatment/platelet-rich-plasma-prp/>

I had laxed ligaments in the lower back and upper back, got some in the hips cause a stupid chiro screwed up my hips and got some in shoulder and one knee.... for me it worked amazing

leftajar • 20 points • 5 May, 2019 07:38 AM

I like to look good. It's the lubricant that greases every step of every social situation.

[deleted] • 3 points • 5 May, 2019 07:39 AM

So true.

TheRedPillRipper • 13 points • 5 May, 2019 07:35 AM

My gym fuel is habit. Motivation got me started, discipline kept me going; now habit makes me better.

Godspeed and good luck!

Aethetico • 30 points • 5 May, 2019 05:05 AM

The zyzz legacy fuels my fire. Fuark \ O >

[deleted] • 12 points • 5 May, 2019 05:29 AM

Yeh his attitude to success really inspires me, he was a true loss to the mortals on this earth

HurricaneHugues • 9 points • 5 May, 2019 07:19 AM

We're all gonna make it bruv

Ninokun • 3 points • 5 May, 2019 09:44 AM

hey wow classics coming out lol

seeing men bigger than myself, and using that as motivation to go harder in the gym, because that could be what i look like some day if i go balls to the wall every time i step foot in the weight room.

[deleted] • 5 points • 5 May, 2019 05:22 AM

Oh yea, being dwarfed by stronger more successful men is a brutal thing to accept. I've been watching Vikings and Game of Thrones on TV and I have this thought experiment which motivates me, I have to really admit to myself that during most of history this bigger guy would have dominance over you all things equal... if his tribe raided your tribe he'd kill you and take your tribes women... and if he was on your side, he'd get the pick of the land, women, resources... nature is amoral after all. (It also makes me thankful we live in this time period)

lifeisweirdasfuck • 3 points • 5 May, 2019 12:17 PM*

That's the most beta thing you can do, though. Comparing yourself to others.

Most of the guys with impressive physiques are on roids. How the fuck do you even think about comparing yourself to them?

Just look at 95% of the fitness influencers. They are all on roids.

That's why I deleted instagram and every social media.

That's the road to body dysmorphia.

If you do not accept that out there there's always someone bigger, more good looking than you, than you will never be ready to actually go out and get women.

The belief that you need to be jacked like a fitness model or 6'8 260lbs to get women is fucking bullshit.

There are plenty of skinny and fat guys getting laid, just because **they are out there**, while you are in the gym trying to become perfect.

That's the one part I do not really agree with TRP.

You must lift, but you must not obsess over becoming perfect.

And don't worry. I was like that too, and I guess I'm still am on some degree. That's why I'm telling you.

[deleted] • 1 point • 5 May, 2019 12:48 PM

Actually I don't compare to roid heads, I know they've shortened their life and penis with drugs. I only size myself up to normal people and you can generally tell a roid head, and even if you can't tell, then it's just more motivation to say, I'll beat that guy without the cheats.

I don't think it has to lead to dysmorphia, sometimes some people know where to draw the line

RipoffLeperDig 1 points 5 May, 2019 04:20 PM [recovered]

Actually I don't compare to roid heads, I know they've shortened their life and penis with drugs

"Roid head" here: my penis is absolutely (marginally) longer (testicles are much smaller) as a result of my drug habit. Maybe do some research?

(You *cannot* perform as well in the bedroom, by the way, as someone on gear, PDE5 inhibitors, and dopamine agonists.)

I'll beat that guy without the cheats.

You will *never* have the steroid-exaggerated features that look so great: capped deltoids and massive trapezius muscles.

Cheats? I'll absolutely "cheat" if that's what you want to call it: your opinion doesn't affect me even a little. Meanwhile, I look better and make faster gains and can have a slightly looser lifestyle without harming my physique.

[deleted] • 1 point • 5 May, 2019 05:09 PM

dopamine agonists

How do they help you? Eliminate refractory period or something better?

RipoffLeperDig 1 points 5 May, 2019 05:20 PM **[recovered]**

DAs:

Yes - refractory period is substantially lower and erection is maintained post-orgasm. Libido is also increased.

I do not go soft post-orgasm, therefore I can push on and fuck until she's satisfied/tired of it/whatever.

PDE5Is:

My erections are substantially more full and effortless to maintain. You cannot have a hard-on this hard without PDE5 inhibitors.

Gear:

Post-TRT: My stamina in the bedroom increased dramatically, and the amount of time it takes me to cum is almost increased to a *negative* level.

On-cycle: My proclivities and fetishes are greatly increased, libido through the roof (jacking/fucking 5x a day)

[deleted] • 1 point • 6 May, 2019 01:31 PM

Don't know why you're getting downvoted. Even such politically incorrect subreddits as this one have this weird obsession about some weird kind of fairness.

Any time you mention taking shortcuts like taking steroids or fucking hookers, 90% of manosphere turns into borderline conservatives looking at you like you're literally satan.

RipoffLeperDig 1 points 6 May, 2019 01:40 PM **[recovered]**

I've fucked plenty of hookers, too: it doesn't give me the same satisfaction (non-physical) as "real" women. Being lusted after is an entirely different sensation. This one I can somewhat "get."

Steroids? Sadly enough: the "ideal" male physique is not attainable without gear. You will *never* have as big of a V-taper or capped delts without. Sorry: fake-natty Instagram fitness models have moved the goalposts for women the world over.

I don't really care whether or not someone moralizes and considers drugs "cheating:" I am already behind where I'd like to be in life, steroids have made my

physique transformation substantially faster and more potent. I have more time to enjoy and hone other more-important, non-gym skills and facets of life.

On a more serious note: lifting off-cycle (on-TRT only) is honestly ruined for me. Gear is just too good: you look too good and make results way too fast. It is what it is and I will never stop.

FWIW: steroids do not make things "easier." Alas, enhanced bodybuilding is probably *harder* than natural lifting (though the results are disproportionately better). In order to not leave gains on the table, you need to spend more time in the gym and eat substantially more calories (the real fight.) Otherwise it's just a waste of drugs.

All this being said: steroids are not for everyone and should not be taken lightly. Going from skinnyfat to obviously-gear'd greatly increased IOIs for me, but without tight game you're not going to see any additional success in with women. I had better sexual success as a younger, naive, skinnyfat natural than an older/more-established, aware, ripped adult.

[deleted] • 1 point • 6 May, 2019 06:17 PM*

I've fucked plenty of hookers, too: it doesn't give me the same satisfaction (non-physical) as "real" women. Being lusted after is an entirely different sensation. This one I can somewhat "get."

This isn't about lustful vs paid sex. It's just that the vast majority of guys, and unfortunately even the majority of manosphere is so neurotic about not being seen as weak (hiring a hooker). They'd rather fuck a 3/10 that hasn't showered in two days than buy a 10/10 clean bombshell for an hour or more, because at least they got her themselves instead of *cheating*.

If I hear a guy saying "why pay for it if you can get it for free", he's either very physically attractive (1%) or his *free* lay is so hideous you wouldn't touch her with a 10 ft pole (99%). That's like saying 'why bother paying for Sheraton if you can sleep on a park bench for free'.

It seems a lot of men just have abysmally low expectations of life.

I don't really care whether or not someone moralizes and considers drugs "cheating:"

I thought this subreddit of all communities would be much more welcome to those 'taboo' topics without moralizing. Well, not really. The majority still believes in this just world theory that if they just work hard and stick to the rules they are gonna prevail.

I am already behind where I'd like to be in life

There you go, unless you have been incredibly fortunate, you need take a shortcut here and there. No question about it.

Also, which DA do you take? Cabergoline or something more exotic?

MisterRoid • 1 point • 6 May, 2019 02:29 AM*

That's a stupid way of looking at it. At your age you would probably benefit from using testosterone. It's a tool that can be used to improve your life, and it's not only about muscles. Having high testosterone improves your well-being and quality of life too.

Testosterone will not shorten your life span if you are using low doses. Hell, I would say that running 250mg year around is pretty safe and that puts your testosterone about twice as high as the highest natural limit.

[deleted] • 1 point • 6 May, 2019 02:30 AM

I look at it this way, my testosterone is high af anyway, I don't need to artificially increase it... everyone is different of course

MisterRoid • 1 point • 6 May, 2019 03:01 AM

Have you actually had your levels checked or are you just assuming they are high?

[deleted] • 1 point • 6 May, 2019 03:02 AM

I have no reason to believe they're low, put it that way...

MisterRoid • 1 point • 6 May, 2019 10:27 AM

High sex drive does not necessarily mean high testosterone, just so you know. I was on the low end and my sex drive has always been high.

[deleted] • 1 point • 6 May, 2019 10:28 AM

Tell you what, next doc visit I'll get it checked, just to see where the chips lie

TehJimmy • 7 points • 5 May, 2019 07:25 AM

Short answer: Look good naked and accomplishing that and feel better getting out of the house.

Long answer:I started lifting for women especially revenging my oneitis.I though that being physically fit would help.2 years in i started cutting and taking diet seriously and going the lean life.Its a good accomplishment and it makes you respect yourself more in all aspects of life and makes me feel better.

We are gonna make it bruh

bbraham • 5 points • 5 May, 2019 07:35 AM

Bro I can feel your anger. I'm in the same situation (well not LTR but oneitis hooked up with someone else despite telling me shes only seeing me).

Can relate to the lies/emotional manipulation part so much. Funny how you always see that stuff so clearly looking backwards, but in the moment you get tricked easily. But I'm sure in a few years I won't fall for that stupid shit anymore.

I'm still depressed as fuck (not only related to the oneitis thing) but I'm using that anger as fuel just like you.

I was in a temporary low and thats when my oneitis fucking destroyed me with lies/emotional manipulation.

Couldn't even get out of bed for 3 months. I'm now back to the gym again and more motivated than ever.

[deleted] • 3 points • 5 May, 2019 12:56 PM

Best advice I can give, the struggle is what makes you a man. The struggle is real, and overcoming it leads to glory. Be thankful your oneitus hurt you, be thankful for that pain, face it, and digest it. Don't hold grudges, don't hold regrets...

But when you wake up for a new day, be free with your mind and thoughts like the start of a new book. Embrace the struggle and learn to smile in the face of adversity.

That pain is necessary for success.

drsherbert • 4 points • 5 May, 2019 02:01 PM

The strongest, most ripped I ever got in the gym was when I pictured the face of a certain scumbag that did me dirty and what I was gonna do to his face when I saw him. Channel that anger to make you a better person. It works.

zxcvb7809 • 3 points • 5 May, 2019 06:58 AM

Chest day.

FuckboyAWALT • 3 points • 5 May, 2019 08:35 AM

Get ripped or die mirin.

Furthermore with every rep you do, you outvalue 85% of your competition regarding physical attractiveness.

LLL3peat • 3 points • 5 May, 2019 11:12 AM

I just love it. Always loved the gyms once I was introduced to heavy weights back in 8th grade. Lost 20 that summer before high school and got of the friend zone with many of my friends.

Later in life I stopped lifting but just parties and drank. Weight went up obviously. Going from a 350 lbs guy to being an automatic best friend and cutting down to 170 getting all the attention I dreamed of once again, becoming normal by my peers, and taken seriously were byproducts.

My personality is always to push the boundaries and see what happens, right now it's a mental game to keep/maintain/increase volume and weight while cutting at a ~500 calorie deficit.

Prob have another 10 weeks to go to be 10-12% but we will see how much mass I'll be able to keep. No aas or peds yet.

DebonairD • 3 points • 5 May, 2019 11:58 AM

Being slightly obsessed with seeing just how far I can take myself: physically, mentally, etc.

Classy_Amir • 3 points • 5 May, 2019 12:11 PM

My fuel: when I'm climbing my college's stairs and go 4 floors without breaking a sweat and see others around me breathing heavily. I look at myself and say, "don't you ever stop going to gym. This is what will be waiting for you."

kabylewolf 1 points 5 May, 2019 12:28 PM **[recovered]**

My favorite pre-work out is bcaa preworkout from optimum and I like having 3 oreos dipped in peanut butter. I then proceed to knock out a 1200 calorie workout. Lol

[deleted] • 1 point • 5 May, 2019 12:59 PM

How do you calculate calories when you do something like deadlifts and squats?

D4rkr4in • 1 point • 5 May, 2019 05:57 PM

don't worry about the calories, worry about the weight on the bar

Skuggasveinn • 3 points • 5 May, 2019 12:40 PM

Sex

SemperPrimus • 3 points • 5 May, 2019 04:36 PM

Yeah, similar here. I hate to say this but thinking about being the best version of myself as a big fuck you to my ex.

I know I have alot of mental growth that still needs to happen. But hey it is helping in the gym

amwfhunter • 2 points • 5 May, 2019 06:00 AM

Ghost legend

throwawayycheyeah • 2 points • 5 May, 2019 07:24 AM

Mostly just routine lately. Havent really been trying to prove anything but I like the way I feel when I've been working out. I'd like to make gym time more fun though

Elephant_777 • 2 points • 5 May, 2019 08:27 AM

To create a congruence between how I feel and how I look. Mentally I feel incredibly powerful (overcome alot of shit that most won't go through) but physically I looked scrawny. I didn't like that. So I gym to make the the two equal. But it's sort of impossible because I am always wanting to improve my mental. But I'm happy for my body to lag behind as long as it's still improving.

Angelrun • 2 points • 5 May, 2019 08:29 AM

Same exact shit bro

spndxwra • 2 points • 5 May, 2019 08:39 AM

caffeine

looking good naked!

...some bitter ex's and most importantly;

to the better version of myself i am becoming each day

AceMav21 1 points 5 May, 2019 08:56 AM* **[recovered]**

Uh Steel AMPED AF, DMAA, STEEL ADABOLIC, LGD4033, Enclomiphene, DHEA, Creatine, and Being Aesthetic.

[deleted] • 1 point • 5 May, 2019 12:57 PM

Sounds illegal, where do you buy such things in Australia?

AceMav21 • 1 point • 5 May, 2019 02:04 PM

I'm in the states and I'd use Google

pwnerofnoob • 2 points • 5 May, 2019 09:50 AM

Karbolyn

Geleemann • 2 points • 5 May, 2019 11:45 AM

To improve PB's. All my motivation is intrinsic

The-Wizard-of-Oz- • 2 points • 5 May, 2019 11:52 AM*

Dude, I appreciate your drive but the poisonous thoughts will go away. (ie on their own with time.)

Try putting in some music. The blasting kind. (this is for motivation during exercise. Maintaining a state of flow.)

[deleted] • 1 point • 5 May, 2019 12:58 PM

Music like?

Spend some time - Eminem

Heartbreak - Yelawolf

Fight song - Marilyn Manson

Music like that?

The-Wizard-of-Oz- • 1 point • 5 May, 2019 01:34 PM

Uhh.. No... Although I haven't listened to any, but I assume this is the sob story kind.

Allow me to suggest some others :

Professional Griefers - Demau5 O Fortuna - Carl Orff The Red Circle, Club - John Wick movie background music. Prelude to Carmen - Georges Bizet

You can find the audio versions on soundcloud.

[deleted] • 1 point • 5 May, 2019 01:41 PM

Haha not sob stories, they're very clever lyrics, but yelawolf and Eminem really capture the feelings one might feel after being disappointed and duped by a lady

The-Wizard-of-Oz- • 2 points • 6 May, 2019 12:59 AM

I did not know. Well, that's great but although thinking about that is motivating, I personally find it much more healthy not to think of my ex.

c4toyourdoornobeef • 1 point • 5 May, 2019 02:28 PM

ay yelawolf slaps

Orfeu_da_Conceicao • 2 points • 5 May, 2019 02:18 PM

Honestly I use the DJ Khalid method. *THEY don't want me to improve*. Etc. Etc. Works for me.

BurnoutRS • 2 points • 5 May, 2019 02:43 PM

This world offers an ever increasing list of ways for us to escape the physicality of our existence. Lifting is one way of getting back in touch with the body, forming a stronger connection with it.

We are moving forward into a future where the possibility of human augmentation will only be limited by human imagination. I think it would constitute a betrayal of myself in the highest if I were to make any attempt at improving myself inorganically, before first pursuing the limits of my organic body.

Take a look at how an educated, disciplined individual might use their smart phone compared to your average idiot. A person who has their life in order, can use the device to further their ability to keep their life in order. A person who's life is in disarray, who incorporates the smartphone into their life with the aims of getting their life in order, just adds a bunch of extra distractions and complications.

Mastery of the self should be the goal preceding mastery of the extensions of the self

linkofinsanity19 • 2 points • 5 May, 2019 02:47 PM

The fact that thanks to a childhood of ADHD meds made me scrawny as hell throughout school and I have an immensely hard time gaining both weight and strength. I don't care how long it takes though, because it's a part of my lifestyle and I'll keep lifting even if my progress slows to 5lbs/year per lift. I just enjoy the hell out of being able to move heavy objects.

Whisper • 2 points • 6 May, 2019 12:20 AM

Every time I go to the gym I meditate on these sorts of things and channel every ounce of energy into new personal bests... one more rep, one more set.

This is not what you need.

The discipline that makes you strong is not the surging berserk energy that makes you attempt one more rep, one more set, ten more pounds.

It is the consistent, slow persistence that makes you show up for every day of your training cycle and do what you need to do... day after day, month after month, year after year. Forever.

Don't try to eat things bigger than your head. Don't burn hot and then burn out. Instead, stack your progress every damn day. Patience, not fire, is the key to achievement.

Vikingcel • 2 points • 5 May, 2019 11:09 AM

Being ugly

c4toyourdoornobeef • 1 point • 5 May, 2019 02:23 PM

mentalcel

Vikingcel • 0 points • 5 May, 2019 02:33 PM

Lilbitchcel

c4toyourdoornobeef • 1 point • 5 May, 2019 02:34 PM

excusecel

Vikingcel • 0 points • 5 May, 2019 02:55 PM

Wastedpotentialcel

JSuma • 1 point • 5 May, 2019 01:09 PM

Combination of where I used to be, where I want to be, and how I want to prove to those around me that my ceiling isn't even in sight yet

rekless • 1 point • 5 May, 2019 01:35 PM

Same thing. Go into my head. Dump a bunch of shit on the floor from my ex and start pumping. I also have a special playlist too that really adds gas to that fire.

I work until failure. I recently hit 335 without assistance as a result of this method.

[deleted] • 1 point • 5 May, 2019 01:38 PM

Care to share the playlist? Sounds like it might have some gems

TheDero • 1 point • 5 May, 2019 02:17 PM

I workout as hard as I would if I was fuckin a 9 for the last time

OfficerWade • 1 point • 5 May, 2019 02:18 PM

A meal before I go in like 39 minutes to an hour and BCAA and protein shake right after. Nothing fancy. I usually try and get another meal in after I work out

cluelessguitarist • 1 point • 5 May, 2019 03:56 PM

Hatred usually works for a few months after that you are going to need other type of fuel.

Dimitri1919 • 1 point • 5 May, 2019 04:03 PM

My fuel is often anger or eager. I really enjoy the pump and always look forward to it and getting the feel that "this is my lane". Some days I get angry at work and just use it as fuel when I m lifting. Also I watch a lot of dragon ball, and seeing the fighters getting more and more powerful really motivates me to get stronger.

AldoTheeApache • 1 point • 5 May, 2019 04:05 PM

50lbs lighter than a year ago and 4 1/2 pack; the way I look now at pool parties, and the compliments I get now from the ladies at them.

bestsparkyalive • 1 point • 5 May, 2019 04:56 PM

Dude this ex anger is such amazing fuel for the gym. It's incredible. Last summer when I was going through the breakup fresh it was so intense. The anger and rage translated to nutty workouts and I got so lean as fuck. Eventually it fades and you heal with time if you're trying to at least. So as long as you're on the path of healing, enjoy this while it lasts dude. Fucking kill it my bro.

fartingaround • 1 point • 5 May, 2019 05:08 PM

Workin out with my friend whos of similar build and strength is a good motivator because we talk shit and push eachother. Its way more fun than going alone and i make more gains

GandMeChattri • 1 point • 5 May, 2019 05:44 PM

My motivation is twofold.

I was a professional athlete once upon a time. Let myself get fat and unhealthy. I wanna go back to being fit and this time I wanna add muscle on top of being fit.

Secondly, blue pill me was in love with a woman deeply. I would have got her as well but I never let her know my family was rich. She fucked off to another man who was richer than me when I was 24 (he was five years older).

Granted, my wealth may come from my family, but that's mine at the end of the day.

The smartest decision I ever made was let her go without chasing after her, and begging her back.

She's still semi in touch with me, and I gain pleasure out of seeing her suffer slowly and steadily.

She already has grey/white hair at 26 and I haven't even begun to peak yet. :)

I know for a fact one day in the future she's gonna express that letting me go was a mistake, and my motivation is that particular day.

I want to see and relish that expression on her face.

Theguygotgame777 • 1 point • 5 May, 2019 07:11 PM

Honestly, I think I'm a bit of a masochist. Thinking about the pain of reps excites me because I know I get the satisfaction of completing them plus the rush of testosterone from heavy weights.

Plus there's the fact that my muscles become more and more defined in the mirror over the course of a workout, and I'm narcissistic as fuck.

__TheDon__ • 1 point • 5 May, 2019 10:27 PM

Motivation is good, but it comes and goes. In order to develop and maintain a great physique, you need to be DISCIPLINED.

[deleted] • 1 point • 5 May, 2019 10:40 PM

My gym routine is as habit as the sun coming up, but it's that extra 10%, that extra effort I struggle to maintain that brings gains, that extra fire that pushes past real pain

Radinax • 1 point • 5 May, 2019 11:49 PM

It makes me happy, people there are nice, music is great, its comfortable and fun to Workout there.

ReaperX44 • 1 point • 6 May, 2019 03:54 PM

Anger and a healthy dose of C. Mallate and Beta alanine..

DirtJellyBeanz • 1 point • 5 May, 2019 02:37 PM

You don't need fuel, EVERYTHING is 99.9% mental... You think you can't do another pushup? Do another 2 and hold your body for a minute you'll see what i mean.

[deleted] • 1 point • 5 May, 2019 02:41 PM

Yeah that doesn't work for me. That's awesome that you don't need fuel!

StopGaming1234 • 1 point • 5 May, 2019 02:58 PM

There is a point where you can physically not lift the weight anymore. I've done bowling ball challenges on parties and am usually the one who can hold it the longest as most people give up when they feel pain.

I can ignore all the pain, but at some point your arm gives up.

DirtJellyBeanz • 2 points • 5 May, 2019 02:59 PM

Of course there is a point, but before that point... Where you give up in your head is what I'm referring to

StopGaming1234 • 1 point • 5 May, 2019 03:00 PM

Yes, always try to push to the limit.

[deleted] • 0 points • 5 May, 2019 05:33 PM

Take over , the world a2?k)#?#!00/)!\$+!jsns

Kabuki431 • 0 points • 5 May, 2019 07:48 PM

20mg dbol

MisterRoid • 1 point • 6 May, 2019 02:37 AM

Dbol is an awesome PWO, that's for sure!