

How important is building size from the gym?

7 upvotes | 26 June, 2019 | by empatheticapathetic

I've only ever worked on strength (only nearing intermediate level really) but how many people here focus on size and how important is it to SMV?

6ft, 90kg fr

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Comments

morescoobysnacks1 points 26 June, 2019 09:35 AM [\[recovered\]](#)

from the man himself <https://www.sosuave.net/forum/threads/what-every-skinny-guy-should-know.60002/>

empatheticapathetic[S] • 2 points • 26 June, 2019 11:22 AM

Thanks for the post. I guess I match his weight but not height. I'm an endomorph so skinny has never been a problem, being chubby/fat is.

Hence why I am questioning the preference to put on size I guess.

Ohboohoolittlegirl • 1 point • 26 June, 2019 11:08 AM

My experiences are about the same. Though I am closing in to the 200 lbs now with the same height.

Honestly though, years ago more women were hitting on me cause I was more exotic back then as I am now with a big influx of foreigners

geo_gan • 1 point • 26 June, 2019 11:32 PM

Wow he wrote that in 2004?! I'm 6' and 170lbs but still consider and feel skinny myself. Would like to bulk up but I have fast metabolism so don't really get fat ever no matter what I eat.

HurricaneHugues • 1 point • 27 June, 2019 04:26 AM

170lbs at 6ft is skinny. I started training at 160lbs at the same height. Now I'm about 235lbs 4 years later.

[deleted] • 0 points • 26 June, 2019 04:09 PM

Lol I am that height and weight and still feel small

DubbleFUPAwitCheez • 6 points • 26 June, 2019 06:27 PM

Size gets you more passive attention, I'd say. Being strong you have to display it somehow normally. I find people tend to gloat for you if you're stupid strong though.

[deleted] • 7 points • 26 June, 2019 03:01 PM

So long as you are cut, you're good.

Shows discipline and you don't look like the average joe if you're going to the gym at least 4x a week.

[deleted] • -2 points • 26 June, 2019 03:55 PM

Yep. Size only matters if cut. Offensive linemen have mass and strength, they don't get girls.

Innovi • 6 points • 26 June, 2019 08:00 PM

Mass always matters. The thing is that there is a bigger market for cut guys, but it doesn't mean that there aren't any girls digging the bear mode.

Cazken • 6 points • 26 June, 2019 05:28 PM

Offensive linemen on my team get girls.

Throwaway-242424 • 2 points • 26 June, 2019 11:58 PM

How much time does the average dude spend at the beach/pool? I get more attention at the club at 104kg with bigger arms and shoulders than I did at 94kg with better abs.

[deleted] • 5 points • 27 June, 2019 01:56 AM

As long as your face isn't fat you're good

[deleted] • 2 points • 26 June, 2019 03:54 PM

That weight for height seems good, I'm a little taller and heavier, similar strength level.

Basically if you're wearing a shirt out can people tell you work out. Do you have decent vascularity? That triceps bulge? Biceps that show on your shirt? It's difficult the taller you get but worth it.

Size isn't everything. But if I were you I'd keep slowly adding weight. You DO NOT want to reach the stage of being a power lifter where you are stumpy and wide. You always want definition on your jaw and some on your abs (difficult if bulking). As a tall guy think Micheal Phelps body as the goal

empatheticapathetic[S] • 1 point • 26 June, 2019 07:41 PM

I don't look like I do anything at all. I only do strength. The minimal hypertrophy gains I've made have been accidental from yoga.

Wondering when to stop working on strength and start adding in hypertrophy. But also wondering what the real SMV value is in.

FinancialThanks1 • 1 point • 26 June, 2019 05:37 PM

i prefer to focus on performance in the gym but its physique that will effect smv