

What does it feel like to have achieved a top physique?

November 13, 2019 | 112 upvotes | by [Goldentwocents](#)

Describe that feeling of when you first realised you have finally achieved an extraordinary physique. I guess Im fishing for some motivation here but Id love the insight into what its like.

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Comments

chaseball • 243 points • 13 November, 2019 09:53 PM*

I've been told I'm in top physique. There is definitely better out there, but for a natty, I'm pretty proud of myself.

Here's a photo I put on reddit a while back when I stopped working out for a while and got back at it:

<https://m.imgur.com/gallery/cj1DDDY>

So, how does it feel?

1. It feels good, I'm always fit, I can wear just a shirt and always look good.
2. I have immense amount of energy, always.
3. I get checked out wherever I go. It's strange if it doesn't happen. I got used to this, it not so special anymore.
4. I'm confident. Not because I look good (it's a perk), but because I feel strong. That's what it boils down to for me. In the beginning it was superficial, now it's pure strength.
5. People don't fuck with me. Simple as that. If anyone has anything to say, it will never be done in my face.
6. There is a fundamental level of respect in how people treat you. People will listen to what you have to say, just because you look better on some level.
7. Sheer determination. I know that not much can stop me if I put my mind to it. This ofcourse is largely mindset, but also most definitely the aggregate of my experiences in the fitness. Constantly pushing myself, further and further, until I hit the max... then two more.

Now for my two cents. This is all great to have, but there is no way you can keep it up if you do it for external reasons, that is:

GET FIT FOR YOU, not some woman, nor the people around. When you start off you might do it partially for validation, but if in your core element you don't do it for you, to grow, to become stronger, to hit your own targets, you won't keep up.

I hope I shone some light on being fit. It's a good life, would recommend.

FatmanO • 45 points • 13 November, 2019 10:33 PM

How long have you been lifting for?

[deleted] 14 November, 2019 06:41 AM

[deleted]

Niocs • 49 points • 14 November, 2019 06:45 AM

I think y better should go to the philosophy sub mate...

Andorli • 13 points • 14 November, 2019 07:16 AM

At least give credit to the guy you stole this from.

BrickSandMordor • 4 points • 14 November, 2019 04:26 PM

Dom Mazzetti

lifeisweirdasfuck • 4 points • 14 November, 2019 08:43 AM

Wrong mindset.

You never think in terms of "how long", because lifting should be as normal as pissing in the morning.

Anyways, I'd say he's been lifting for at least 2 years.

FatmanO • 23 points • 14 November, 2019 09:28 AM

Id say 3-4 really

lifeisweirdasfuck • 7 points • 14 November, 2019 09:36 AM

It depends on his height. I can't tell how tall he is.

Luis_McLovin • 12 points • 14 November, 2019 11:35 AM

Lol much more than two years

rawbhl • 7 points • 14 November, 2019 12:20 PM

if he's natty, that's easy several years worth of hard work

lifeisweirdasfuck • 1 point • 14 November, 2019 12:59 PM

I said at least 2 years, indeed.

PhaedrusHunt • 1 point • 14 November, 2019 10:12 PM

I think if you have a good baseline of strength though you can add muscle really easily.

I mostly do BJJ which doesn't let you really bulk up unless you eat a fuck ton. So I have more of a wiry build. But if I cut down on the jujitsu and just focus on lifting I can add a few pounds of muscle a month easy.

I'm 6'4" Currently 195#, but i could be up to 215 in a couple months without adding much to my BFP

Andorli • 1 point • 14 November, 2019 01:02 PM

He isn't.

Truedemocracy5 • 3 points • 14 November, 2019 02:23 PM

That's achievable natty. Not in 2 years though unless you have previously experience

Savior1666 • 1 point • 14 November, 2019 10:59 PM

Dude, you've been lurking around these kinds of posts for YEARS with that same incel bullshit.. If you've been lifting like you should have been this whole time, you'd be with pretty close to OPs physique. gtfo the internet and under the iron.

FatmanO • 1 point • 14 November, 2019 11:05 PM

Bro ive been lifting for 1 year 4months now, lol, what made you think I dont lift?

Savior1666 • 1 point • 15 November, 2019 01:58 AM

Come back in two years.

Sylvester_Sterone • 2 points • 24 November, 2019 02:24 AM

Come back in 12 years

mustache_ride_ • 20 points • 14 November, 2019 07:52 AM*

They do trapezoids implants now?

P.s: seriously though, I disagree with the "no one fucks with me". I used to be cut and it was basically the Avengers' "our strength invites challenge" constantly. People are evil monkey monkeys so depending on the environment the confirmation would be either physical or cerebral.

GiraffeOnWheels • 1 point • 14 November, 2019 09:03 PM

Yeah I'm really tall and pretty fit and having random dudes at bars try to pick fights is annoying. Doesn't happen often, but it does happen.

farfrommyhome • 13 points • 14 November, 2019 04:25 AM

What is your workout?

seneca8586 • 12 points • 14 November, 2019 05:46 AM

How long is your workout?

[deleted] • 9 points • 14 November, 2019 05:56 AM

Where do you go when you feel like you want to go to workout and exercise (and weightlift, or even weight lift)?

-Ben Rodeo

[deleted] 14 November, 2019 09:31 AM*

[deleted]

Trooper_1868 • 3 points • 14 November, 2019 12:50 PM

Who is your workout?

[deleted] • 1 point • 14 November, 2019 05:42 PM

Who says I am workout

SmegmaDO • 19 points • 14 November, 2019 01:18 AM

How tall are you

Flamergoh • 20 points • 14 November, 2019 04:06 AM

What tall are you

vreshbaby • 15 points • 14 November, 2019 04:47 AM

Who tall are you

TheIGKing • 12 points • 14 November, 2019 04:57 AM

Why tall are you

1pointtwentyone • 11 points • 14 November, 2019 05:11 AM

Where tall are you?

strengthenics • 12 points • 14 November, 2019 05:18 AM

When tall are you?

noserotoninforu • 18 points • 14 November, 2019 05:30 AM

Whom'st'd'v' tall are you?

Alt_Mayday • 2 points • 14 November, 2019 11:53 AM

Yes

polmaldjdis • 2 points • 14 November, 2019 12:04 PM

How dig is your bick??

HeartbreakHotline • 3 points • 14 November, 2019 05:47 AM

Ho tal u?;!?

11-Eleven-11 • 2 points • 14 November, 2019 07:18 AM

Ya but how much do you lift

Aestheticcunt1996 • 1 point • 14 November, 2019 09:16 AM

Do u have a gf?

11-Eleven-11 • 1 point • 14 November, 2019 02:31 PM

Why? Do you want to take me out? I don't usually swing that way so you'll have to win me over.

Aestheticcunt1996 • 3 points • 14 November, 2019 03:23 PM

Yeah man. I would swim through a sea of glass, oil myself up and fight two alligators naked if that only meant having the 1:94822819572 chance to have a spaghetti dinner over skype with you.

u mirin my agree and amplify skills? ☺ ☐

jackandjill22 • 1 point • 14 November, 2019 02:05 PM

Hm

Truedemocracy5 • 1 point • 14 November, 2019 02:21 PM

Damn looking good. What does your bulking and cutting cycles look like? What % body fat are you in both pics ?

I've been lifting for 2 years and noticeably have muscle. But I want to get to better strength standards (ex: reps of 225 bench) which is impossible to do without gaining weight

BrickSandMordor • 1 point • 14 November, 2019 04:29 PM

'By the way "Bulking" is not that fat chick you fucked while you were on the DL!' -Dom Mazetti

AsianMeathead1212 • 1 point • 15 November, 2019 06:02 PM

You said you're confident of your lifts, but you don't mention them. , how much you lift brah

[deleted] • 1 point • 20 November, 2019 04:47 PM

Just curious what is your BF%?

[deleted] • 1 point • 19 January, 2020 11:47 AM

Whats your cutting regimen?

[deleted] • 1 point • 14 November, 2019 10:01 AM

I'm confident. Not because I look good

Bullshit.

Ryzasu • 7 points • 14 November, 2019 11:14 AM

Does it really matter why he's confident? Especially if it has the same cause

[deleted] • -1 points • 14 November, 2019 11:57 AM

Yes, it does matter, like that we can all see where the "confidence" comes from and we can all mimic it or understand it.

Instead of just bullshitting around on why he is confident and trick some ponys (because most guys that read the Red Pill take it by heart, and start doing what they do without doubting them because they believe that most people here have absolutely no reason to lie).

When he said that, it made it look like the only reason he was confident it was because of his strength but it's bullshit.

vandaalen • 7 points • 14 November, 2019 12:32 PM

its easy then. get fit.

[deleted] • 3 points • 14 November, 2019 01:03 PM

Yeah, get fit. But you need visible gains. Not just strength.

vandaalen • 5 points • 14 November, 2019 01:12 PM

They equal each other. If you are strong you have gains.

[deleted] • 1 point • 14 November, 2019 01:58 PM

Lots of fat dudes are strong and are fat. Skinny dudes can be strong too. You can make performance gains and your body not change much. What I'm trying to say is...your "confidence" comes from what you look like and not what you can do.

bestCallEver • 1 point • 14 November, 2019 03:34 PM

Getting "fit" means being strong and not fat. Fat but strong guys are not fit.

[deleted] • 1 point • 14 November, 2019 07:02 PM

I agree

vandaalen • 1 point • 14 November, 2019 03:53 PM

I am able to choke 99.99% of the population unconscious and they would not be able to hold me back from doing it in any way unless they had a gun. That gives you a whole fucking lot of confidence. Believe me.

glenthedog • 1 point • 14 November, 2019 05:39 PM

Lol sure bud

[deleted] • 1 point • 14 November, 2019 07:02 PM

Dummy

Caleb666 • -18 points • 14 November, 2019 05:56 AM*

Your physique is not natty.

ThePursuitOfVikings • 9 points • 14 November, 2019 06:55 AM

I disagree. Some people are genetic freaks. Plus, once you are dedicated to lifting for a long period of time, and achieve a certain level of fitness/physique, it becomes way easier to get that physique back. Even if you quit working out for awhile, it is way easier to get back to that level, as compared to someone who has never reached that level before. Also, dedication/diet goes a long way. His physique looks natty. It looks like he's put the hard work in for it, regardless of if he's a genetic freak or not.

sjswander94 • 3 points • 14 November, 2019 11:10 AM

Your shot dude he's clearly a natty. His genetics are good don't get me wrong but he's not even a freak. Literally anyone can get that physique in a few years with hard work and a great nutrition plan.

Azora • 3 points • 14 November, 2019 11:03 AM

That physique is easy as natty.

vandaalen • 2 points • 14 November, 2019 12:32 PM

who gives a fuck

Caleb666 • 1 point • 15 November, 2019 01:01 PM

I don't, but OP made sure to mention he is natty so I had to call him out

Luis_McLovin • 1 point • 14 November, 2019 11:36 AM

So what? Does it make it any less impressive? It still requires HARD WORK.

[deleted] 14 November, 2019 06:52 AM

[deleted]

[deleted] 14 November, 2019 07:18 AM*

[deleted]

ThePursuitOfVikings • 1 point • 14 November, 2019 07:56 AM

Agreed. You can get way bigger/leaner/muscular/vascular than what OP posted, being natty. You don't have to be a genetic freak. However, being a freak helps. Case in point, one of my best friends is a muscular/vascular freak, but he has barely touched the weights in years. He's natty,

never touched a PED, he's just a complete freak. A good physique does not automatically mean PEDs. OP has a great physique, and honestly he could take his physique way further before I'd ever suspect PEDs. Good programming/diet, and almost anyone could reach OP's level, they just don't have the dedication he does, so they blame PEDs.

Caleb666 • 0 points • 15 November, 2019 01:02 PM

If you think that people in drug tested shows are natty then you are naive. Most of them have done cycles before and some are clever juicers.

hrm0894 • -1 points • 14 November, 2019 11:54 AM

Lol you can achieve that physique in 1.5 years or less. Remember, most of the results are done OUTSIDE the gym (diet and sleep).

Caleb666 • 2 points • 14 November, 2019 11:55 AM

No you can't

Truedemocracy5 • 1 point • 14 November, 2019 02:27 PM

Depends on your starting point. If you're fat or a stick then no, you can't do that in 1.5 years. If you are a former high school athlete with a dad bod then yea, it's possible

For a new lifter I would say that physique is closer to 4 years. Mainly because of the low body fat and mass, hard to obtain both in a short period of time

send_it_for_the_boys • -1 points • 14 November, 2019 07:56 AM

Apparently you've never done cardio

dusara217 • -5 points • 14 November, 2019 07:05 AM

I disagree. The are natty lifters like Jeff nippard that are way bigger than this

Andorli • 6 points • 14 November, 2019 07:17 AM

natty lifters like Jeff nippard

lol

dusara217 • 1 point • 15 November, 2019 04:31 PM

Dude literally published the results of his steroids test

Andorli • 1 point • 16 November, 2019 02:01 PM

Like nobody has ever cheated a test before, and like there isn't this thing called Cycling off?

Do you even know how gear works?

Caleb666 • 8 points • 14 November, 2019 07:06 AM

If you think Nippard is natty you are fucking gullible

[deleted] • 1 point • 14 November, 2019 12:51 PM

LMAO

StephenHawkings_Legs • -1 points • 15 November, 2019 02:34 PM

Gay

maddisser101 • 58 points • 13 November, 2019 09:24 PM

I don't think I've ever felt that but damn it does feel good to see people you have not seen in awhile and they comment on how big you've gotten. I was at a bar in NYC last weekend and some girls I hadn't seen in like a year were pointing, whispering, and continuously touching me. It felt fucking awesome.

But what feels even better is just getting in and out of the gym every day and looking in the mirror at your pump. This trumps all else knowing that I can even tell I am changing myself externally.

[deleted] 14 November, 2019 10:47 AM*

[deleted]

maddisser101 • 4 points • 14 November, 2019 12:44 PM

Its all about the kibbles brother.

jackandjill22 • 1 point • 14 November, 2019 02:06 PM

Lol

rektum_expander • 26 points • 14 November, 2019 02:56 AM

The better you look, the more naked you want to be.

[deleted] 14 November, 2019 06:45 AM

[deleted]

rektum_expander • 5 points • 14 November, 2019 10:36 AM

Sounds like someone has work to do!

Apfeltee • 5 points • 14 November, 2019 06:40 AM

True that! I walk around in my shared flat without a shirt most of the time. ;)

jackandjill22 • 1 point • 14 November, 2019 02:06 PM

Eh....

sjswander94 • 47 points • 14 November, 2019 01:27 AM*

it feels fucking great , dude it's so worth it. The best part is almost every guy can achieve it.

IOIs constantly. Dudes give you mad respect because it's not an easy thing to accomplish. It gives you great confidence firstly because you look great second because you work your ass off to achieve it. Also it gives you the freedom to eat way more calories without getting fat. Your metabolism is higher your test levels higher. Forgot to mention being a strong as fuck lb for lb is great. I lift the same amount of weight as guys who have 20+ lbs on me that have been in the gym for years. The look on their face when I hop on a bench with them and add weight to their working sets is great.

ahackercalled4chan • 9 points • 14 November, 2019 02:33 AM

holy shit bro! the strirations on your shoulders are perfect! are you competing?

sjswander94 • 9 points • 14 November, 2019 02:35 AM

Maybe 1 day. Not at that level yet I need to hop on real gear to compete

ItzAdrestia • 8 points • 14 November, 2019 03:48 AM

What are you on that you consider not "real" gear. Not accusing you of anything, just wondering.

VaN__Darkholme • 4 points • 14 November, 2019 06:35 AM

Tren hard

sjswander94 • 1 point • 14 November, 2019 11:01 AM*

Lmao that's the ultimate. I'm to scared to do tren but running my first cycle in a few weeks
test 400 mg 12 weeks

[deleted] • 2 points • 14 November, 2019 07:25 PM

Can you give some tips on how to find gear?

sjswander94 • 3 points • 14 November, 2019 11:01 AM

I've done rad 140 it's a sarm

ItzAdrestia • 2 points • 14 November, 2019 02:57 PM

Ayy i figured.i love rad140. Regardless good shit you're looking great.

ExoticPanther • 3 points • 14 November, 2019 12:07 PM

Maybe SARMS? When I saw that shoulder I insta thought gear but if he's talking about not real gear it's likely SARMS or some pro hormone.

sjswander94 • 3 points • 14 November, 2019 02:51 PM

It's sarms. RAD140 8 weeks at 10 mg a day

ItzAdrestia • 1 point • 14 November, 2019 02:58 PM

Yeah my shoulders and traps blew up hella hard with sarms haha so i figured.

RotateSites • 1 point • 14 November, 2019 07:28 AM

Aren't you on a test cycle right now?

sjswander94 • 3 points • 14 November, 2019 11:01 AM*

Next month is my first test e at 400 mgs a week for 12 weeks.

Jay_x_Playboy • 2 points • 14 November, 2019 05:52 AM

Oreo 5's haven't seen those in a while

sjswander94 • 1 point • 14 November, 2019 11:16 AM

Throwback

[deleted] 14 November, 2019 04:17 AM

[deleted]

sjswander94 • 6 points • 14 November, 2019 11:13 AM

Past 8 years with a 2 year break in the middle so 6 total years in the gym. Tbh the past 2 years I when I perfected my cutting and bulking cycles.

Truedemocracy5 • 1 point • 14 November, 2019 02:39 PM

Any advice? Been lifting 2 years but have plateaued. Don't like the weight gain and lack of cardio that comes with a bulk

sjswander94 • 3 points • 14 November, 2019 02:49 PM

Weight gain is different then fat gain. Gaining mass is a good thing. Lean bulk 200 kcal over your maintenance calories. Use progressive over load to get stronger. Either add more weight or more reps. I don't do cardio unless I'm cutting to 5% levels. I easily get to 7/8% without cardio just a calorie deficit. So basically cardio is not relevant unless your doing it for fun. Lean bulk for a minimum of 4 months. If you don't want to eat in a surplus you can gain mass at maintenance but it's painfully slow. Like 2-3 lbs a year

Truedemocracy5 • 1 point • 14 November, 2019 02:58 PM

What body fat % do you get up to on a bulk? And how do you even accurately measure that?

sjswander94 • 1 point • 14 November, 2019 02:58 PM

Visually. I never go above 10% ever.

Truedemocracy5 • 1 point • 14 November, 2019 07:51 PM

Lol then gaining muscle is impossible

sjswander94 • 2 points • 14 November, 2019 07:52 PM

I did it.

Truedemocracy5 • 1 point • 14 November, 2019 08:24 PM

over years sure. Short term after noon gains you won't gain strength at a reasonable rate

[deleted] • 1 point • 14 November, 2019 07:30 PM

How did you grow those traps? I'm struggling with that rn

sjswander94 • 2 points • 14 November, 2019 07:32 PM

Traps and calves I hit he same way. Focus on the hold at the top. So shrug up and hold for 1 Mississippi. And do 12-15 reps and 3 sets.

I just pm you my gear source

[deleted] • 2 points • 14 November, 2019 07:37 PM

Id appreciate that , this is physique <https://imgur.com/a/mJLIwVt>

I'm probably around 12 body fat. Thinking about bulking all winter and cutting around February

sjswander94 • 1 point • 14 November, 2019 07:38 PM

Good work. You've got a good base you'll blow up from the sauce.

Zsaqwes7 • 1 point • 18 November, 2019 01:44 AM

Can you PM me too please

__TheDon__ • 23 points • 14 November, 2019 04:21 AM

Makes life much easier. Feels amazing to be different from everybody. I swear I remember this past summer I was on the beach, and I purposefully looked around just to see the percentage of people that look good. I counted maybe 3 people including myself, on the WHOLE beach. You walk around like you own the fuckin shore. Confidence through the roof. There is no need for you to rub it in everyone's face, or be a try-hard. Everybody knows that you're different, in a good way.

Clothes fit better, you don't have to try as hard to with women, IOIs everywhere, people give you respect right from the start because they know the amount of work that it takes to get the body that you have.

I think that gives you an idea of what it feels like.

Haytch1234 • 17 points • 13 November, 2019 10:03 PM

Its a good achievement.

Im 27. Been training since I was 14. Body fat is high but I look alot less than my body fat. It helps Im also just over 6 foot. I have long limbs and a long limbs and a long torso .

I see lots of guys looking. Some pretending not to look. Girls reactions havent changed but I still get laid alot.

Also, people tend to assume you have no life. And you spend all day at the gym. Or you have no other aspirations. Or its the reason why you slay pussy. And then also claim to be able to achieve the same body if * Insert excuse*. Not realising I have never lifted weights more than 3 days a week and have been able to study, work 2 jobs and still have time to train.

Its the fact I have done it over a decade and hence my physique reflects that. And the facr I am doing it drug free. My next goal is to have my first amateur natty bodybuilding competition.

jackandjill22 • 3 points • 14 November, 2019 02:08 PM

Yea, this is what I would assume. Guys look too. That seems uncomfortable.

Sylvester_Sterone • 2 points • 24 November, 2019 02:30 AM

Guys make more comments than girls. Insecure guys attempt to stare you down more.

[deleted] 13 November, 2019 10:02 PM

[deleted]

WasteIntern • 28 points • 14 November, 2019 03:11 AM

I'm sure your diet and workout are on point- but you're not natty.

ItzAdrestia • 22 points • 14 November, 2019 03:45 AM

Yeah i do peds as well and could tell instantly he is on something too lmao

[deleted] 14 November, 2019 03:47 AM

[deleted]

rizzyfromthe9 • 5 points • 14 November, 2019 04:20 AM

Which sarms? Have you used them for cutting too?

[deleted] 14 November, 2019 04:42 AM

[deleted]

noserotoninforu • 3 points • 14 November, 2019 05:45 AM

I'm looking at LGD-4033. Any experience with that? My main concern is passing a work drug test.

noserotoninforu • 1 point • 14 November, 2019 06:27 AM

NVM I found out what I'm gonna do now. LGD and then Nova-X after.

felix04490 • 1 point • 14 November, 2019 01:10 PM

Any considerable side effects after your cycle ? I'm contemplating on whether to do sarms but not enough information on its effects. A friend of mine hopped on and his t levels went down post cycle immensely.

ItzAdrestia • 1 point • 14 November, 2019 03:02 PM

LGD is the most studied but its not like test with years of research. Sarms will suppress you but you wont get shutdown from what the studies say and you wont need a pct after. Ive done multiple cycles and only noticed lethargy issues. Try it out and stop if you notice anything serious. Make sure you get bloods tested too. But honestly its better to do just real test.

felix04490 • 1 point • 29 November, 2019 01:33 PM

Yea bro will do thanks man

[deleted] • 1 point • 14 November, 2019 05:58 AM

What happens if you run out? Or your source shuts down or you lose all your money or something? Do you worry about that?

[deleted] 14 November, 2019 06:13 AM

[deleted]

[deleted] • 2 points • 14 November, 2019 07:16 AM

You don't lose the muscle ?

seneca8586 • 5 points • 14 November, 2019 05:50 AM

How do you tell when someone's physique is natty?

[deleted] • 9 points • 14 November, 2019 05:58 AM

Usually you can tell by the shoulders. If they look like balls, not natty

Sylvester_Sterone • 1 point • 24 November, 2019 02:32 AM

For the most part you can't. Who cares if they are unless they are selling something claiming to be natural.

Bigger freaky guys use hgh, igf, and insulin to grow.

sjswander94 • 1 point • 14 November, 2019 11:07 AM*

Most people that do juice look like shit. A couple of guys in my office are just fat dudes with mass and moon face from the water retention. This dudes diet and training was in check. He definitely ain't natty tho, still he's got good genetics and trains hard. You can't achieve a sick physique without diet and training. Unless your an ectomorph who can't gain fat and blast tren like Jon skywalker.

sjswander94 • 11 points • 14 November, 2019 01:32 AM

Swole as fuck bro.

FatmanO • 5 points • 13 November, 2019 10:30 PM

Holy shit, looking good, how long you been lifting for?

Zanford • 3 points • 14 November, 2019 04:55 AM

You look photoshopped and I mean that as a compliment. You look legit, and your posing is pretty good too (twisting your torso to present the wider direction of the upper torso and slimmer direction of the waist, further accenting the V shape.)

sanji_97 • 32 points • 14 November, 2019 02:55 AM

To the people who posted pics, you guys gave me more motivation to keep at it. Soon I will have a top physique of my own.

boywonder200 • 33 points • 14 November, 2019 04:57 AM

Keep in mind the dudes who posted pics are on SARMS and other PEDs. You can still attain a good physique natty, but the ones they got take dedication + good diet + good routine AND PEDs. Not knocking them at all, I take roids but struggle with my diet and reoccurring injuries. I got a great physique but lack the tone those guys have.

My point is, don't be disappointed if you don't see results like those even after years of training. Stick with it, hit your natty potential, and then if you wanna enter the upper echelon, consider PEDs.

sanji_97 • 13 points • 14 November, 2019 05:12 AM

Appreciate the response, I don't plan on taking no steroids or anything of sorts. I'm doing it naturally, I know it's going to be tough to get to that level but I'm willing to put a lot of effort into it.

[deleted] 14 November, 2019 06:56 AM

[deleted]

CryptoFelon • 5 points • 14 November, 2019 09:56 AM

Who is natty though? I always see everyone who claims to be natty get accused of not being natty like its obvious. Any good examples?

sanji_97 • 2 points • 14 November, 2019 03:08 PM

I look at both natural and unnatural, but my goal body is from Michael Vazquez. He's a natural dude and does insane calisthenics stuff. My genetics are close to his, I do have shitty calves genetics though. Team small calves for lives lol.

Truedemocracy5 • 2 points • 14 November, 2019 02:42 PM

Yep. Peak natty you and still have a six pack and definition. But don't expect to be huge

AshyBoneVR4 • 12 points • 14 November, 2019 09:13 AM*

Recent Picture

I've always been skinny and tall but, I'd say in the last 2 years I've been able to build up some decent muscle but I've been working out for 11 years now. Whenever people see me shirtless they'll say I have a "perfect body" or that I don't have an ounce of fat on me. I think I'm a long way away from where I want to be. I'm not all that happy with my obliques, I'm currently working on getting a wider back so I'm targeting my lats. And I want to hit 315 on my squats and bench press. I'm a boxer so I can't really get tooooo swole. Plus being tall doesn't help. I'm 6'6" it's fuckin HAAAAAARD building muscle. Shit, it's fuckin hard gaining weight period. I think that if I had a better diet that would help but dieting is fuckin hard man.

As far as hearing things from other people, that doesn't really happen. I tend to naturally intimidate most because I have that natural "Angry-black-man-face" thing going so nobody ever talks to me. The only people that do are old people at the gym who give me compliments or try to joke around with me. I'm not exactly a people person. I don't chase after spotlight and I don't "need" to be a leader. I live in New Mexico. As tall as I am, and as dark as I am, I always have people's attention. I'm a fish outta water so getting stared at is normal. I don't think my body has anything to do with that.

My last girlfriend said she didn't like dating me because I was prettier and in better shape than she was. She said she rather date a guy with a dad bod so she can look better. I knew it was a shit test, but then I talked to other girls about it. It actually shocked me to find out they shared this same mind set. So I've stopped caring about the opinions of women all together and just focused on trying to reach my goals.

When I was younger I wanted to get built to get girls. Now that I'm builtish, still no girls. They'll stare, but when I try to talk to them they get timid or just act bitchy and entitled. If I'm lucky I'll get a fake number, or they'll flake or ghost me. Only real attention I get is from other dudes at the gym who want to know what I do to get xyz muscle group bigger. Normally, it's shoulders or rear delts (boxing).

SalporinRP • 2 points • 14 November, 2019 01:08 PM

I'm not all that happy with my obliques

Add cable woodchoppers to your routine. I used to just do russian twists but my obliques went to the next level when I added the woodchoppers.

I'm a boxer so I can't really get tooooo swole

I'm a boxer too and I definitely feel you. I have to pretty much stay around 170lbs (I'm 5'10) the entire year because I fight at 165. Ideally I'd like to walk around at 180 but the 178lb weight class is just way too big for me.

AshyBoneVR4 • 1 point • 15 November, 2019 03:28 AM

I'm a boxer too and I definitely feel you. I have to pretty much stay around 170lbs (I'm 5'10) the entire year because I fight at 165. Ideally I'd like to walk around at 180 but the 178lb weight class is just way too big for me.

Man, a Kindred spirit. Since I'm in amateur boxing I fight at the 201 heavy weight class. My last fight was "Super Heavy Weight" which is 201+. I was 202lbs and the dude I fought was 230lbs. That shit was NOT fun. Right now I'm somewhere between 198-203lbs depending on what I eat so I'm about where I need to be for that sub 201 heavy weight class.

Add cable woodchoppers to your routine. I used to just do russian twists but my obliques went to the next level when I added the woodchoppers.

As far as woodchoppers go, I used to do free weight woodchoppers. Right now I do cable cross body mountain climbers, dip twists, window washers, and weighted Hyperextension twists.

SalporinRP • 1 point • 15 November, 2019 12:50 PM

Yeah if you're anywhere close to 200lbs you gotta fight and heavyweight. Seen it a bunch of times. That being said judging by your pic and since you're 6'6 I'd say you definitely have the frame to get up to a lean 230lbs.

And yeah as long as you're incorporating weighted ab exercises like you said you'll be good. Weighted exercises are key to building up ab muscle.

AshyBoneVR4 • 1 point • 16 November, 2019 07:29 AM

I think the heaviest I've ever been in my life was 213, maybe. And that was me eating shit food and slacking in my workouts. It'd be interesting to see if I can get up to 230, not even talkin about 230lbs of lean muscle AND still being able to perform in the ring.

As far as my Obliques, I think they bother me because they stick out a lot. There's not a lot of fat on my sides or on me in general, so I think it's the actual muscle bulging which bothers me. I have NO idea how to fix this. Whenever I workout and do exercise for my obliques they just get more visible.

Truedemocracy5 • 1 point • 14 November, 2019 02:43 PM

Yep being tall and lean is a unique challenge. Getting a 225 bench for example is much much much harder

AshyBoneVR4 • 1 point • 15 November, 2019 03:16 AM

That's around my max right now. I can do 2 or three sets of 7. But that last set is a pain in the ass.

bruiser18 • 10 points • 13 November, 2019 10:19 PM

I'm 18, started lifting a year ago (though I've been doing MMA for far longer) and gained about 10kg. I'm fairly big, ripped with low body fat %. I always get the steroid jokes, though I don't think I'm that good yet. Still though, only a handful of guys in this sort of shape at my age so it's a huge confidence boost. Lifting has really changed my life.

RivenHalf • 9 points • 14 November, 2019 07:29 AM

Honestly I have what I can only describe as body dis morphia. I've been hardcore lifting for almost a decade now and I still feel like the same person. I'm jacked. Men ask me for advice, even strangers off the street. Women are attracted to me. I have the external influences that I know I have a killer body. Are far as internally though I feel the exact same.

Non-Cookie-cutter • 17 points • 14 November, 2019 08:17 AM

The day you started lifting, is the day you became forever small.

ExoticPanther • 3 points • 14 November, 2019 12:10 PM

Dom Mazzetti?

AmlDyslexicStoner419 • 2 points • 14 November, 2019 09:53 AM

Ya id say everyone has this to an effect. As someone who is extremley into fitness and has a top physique , I'd say take pics over time and see the differences.

[deleted] • 25 points • 13 November, 2019 09:37 PM

I'm far from a top physique, but.....I was skinny as a teenager, married in my early 20's, gained weight until my mid to late 30's, not too much, about 200 pounds, but slightly chubby. Lost weight in my early 40's, obsessive girlfriend counted calories and we walked like 5 miles a day. After she left, I started bodyweight fitness, then graduated to a barbell.

About a year ago I still had all my medium t-shirts, so I went to H&M and got the douche uniform: Small, slim fit v-neck t-shirts. I put one on in the bathroom and walked out, and holy fucking shit I was not ready for the eyes on me.

I was like a 14 y/o girl with her first pair of tits.

Why are you looking at me?????

I've gotten used to it. It's great. I get lot's of IOI's and occasional direct openings, and when I dance, after the first dance I don't really need to ask anyone to dance, and hell, sometimes I just need to turn around and there's an enthusiastic follow.

Again, my numbers really are shit, esp. for shit talking on TRP forums. At 47 & 165#'s, I "only" pulled 185# off the floor today (I can't drop deadlifts in my apartment, so I get a lot of eccentric action), and pressed 85#'s overhead. Nothing. I get it. And I don't have a top physique (although pretty good for my age), but.....you don't need one.

It's like the two dudes walking in the woods surprised by a bear. One starts tying his shoes. His friend says "hey, you can't outrun a bear" to which the other replied "don't need to, just need to outrun you."

[deleted] • 7 points • 14 November, 2019 10:37 AM

It's like the two dudes walking in the woods surprised by a bear. One starts tying his shoes. His friend says "hey, you can't outrun a bear" to which the other replied "don't need to, just need to outrun you."

LMAO

[deleted] 14 November, 2019 06:59 AM

[deleted]

Thinkingard • 1 point • 14 November, 2019 01:42 PM

The older I get the less I want to look like a bodybuilder and the more I want a physique like a fighter. Just a tough and hard exterior with functionality as strength.

Snowboard18 • 12 points • 14 November, 2019 03:23 AM

Id say I have a better physique than 98% of kids my age(20), I have pretty good genetics and I've worked out almost everyday for 3 years.

I started because I had zero confidence and I felt like a worthless piece of shit. Once I realized I look better than most dudes, instant confidence boost, more motivation to keep that physique, and you feel as if every girl is checking you out, cause you look awesome.

It isn't the end all be all of life, but it sure as hell does feel great, and you can fuck girls with basically no game. Add game into that mix, and your a deadly motherfucker.

[deleted] • 2 points • 14 November, 2019 07:07 AM

You always need game no matter if you are jacked or not. It is just a little bit easier but you still need game.

[deleted] • 0 points • 14 November, 2019 01:00 PM

Just no. Sorry to burst your redpill bubble.

[deleted] • 1 point • 14 November, 2019 01:26 PM

What bursting? Your worthless opinion doesn't have impact on me since it is wrong. But keep lifting then you will turn into a playboy from betaboï LOL

[deleted] • 1 point • 14 November, 2019 01:31 PM

Looks is the most important aspect in any of this. You sound like an edgy faglord teenager by the way - just wanna let you know.

[deleted] • 1 point • 14 November, 2019 01:32 PM

Well, even if you have looks you won't attract anyone since you possess a mindset of an incel. Best of luck

[deleted] • 0 points • 14 November, 2019 01:35 PM

I pull the strongest when I am on peak looks and have a shitty attitude ;)

[deleted] • 1 point • 14 November, 2019 01:36 PM

Bruh you are weak mentally, none of that matters. You have already lost at this life

[deleted] • 1 point • 14 November, 2019 01:43 PM

Probably still achieved more in life than you ever will. Not that it matters, life is meaningless anyways.

[deleted] • 1 point • 14 November, 2019 01:46 PM

Ahahaa internet incel telling he achieved shit. Well life is meaningless for worthless incels like you. gtfo my life since you don't make sense anymore, thanks for the ego boost

lolomotif12 • 6 points • 14 November, 2019 09:37 AM

It's one of the best things you can achieve for yourself. I have been lifting since the age of 16 (now 34) been training martial arts since 17. The confidence I have in myself is very high. People respect you because they know you can kick their ass. I walk into a crowded room knowing I look better than and can kick the ass of atleast 99% of the room. Women look at you and it draws their attention, they can sense the confidence Nothing better than smashing a female the whole night and laying there while she runs her fingers over my abdominals proud of her achievement. When you look in the mirror and see all your hard work it makes you feel proud of yourself.

[deleted] • 5 points • 14 November, 2019 10:07 AM

People respect you because they know you can kick their ass.

That's not respect.

lolomotif12 • 1 point • 14 November, 2019 10:44 AM

Respect; a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.

[deleted] • 2 points • 14 November, 2019 10:47 AM

But if your case is "I can kick their ass" then that's not respect, that's just fear.

Respect happens even when you are not there, people who fear you because "you can kick their asses" probably don't respect you at all behind your back.

lolomotif12 • 1 point • 14 November, 2019 11:38 AM

I get your point and I used the term loosely, the context was for my situation. Being a world champion in a martial art people respect me because of my achievements and dedication.

[deleted] • 2 points • 14 November, 2019 12:12 PM

Now that's more like it.

AmIDyslexicStoner419 • 5 points • 14 November, 2019 09:49 AM

It's unreal. Life changing I'd say. Once you do it you truly see the benefits for yourself instead of hearing about it and it motivates you to always stay in shape (well atleast for the summer time). I'm 22 been lifting since I was 17. I was always big but also very high body fat. 2 years ago I decided to go on a serious 16 week diet. Didn't go out w friends, didn't drink. Was fully committed. Did almost everything right. I got fucking shredded. 185 pounds at 6 foot 2. 8 pack abs (genetics). It was fucking insane to see how other people perceived me. You get so much fucking attention from everyone. Soooo many compliments to a point where it's kind of annoying. Everyone respects you sooooo much it's incredible. You are literally seen as such high status and like I made so many friends and expanded my social circle so easily because people would see me as some sort of god honestly. Also no one fucks with you. With girls , I'd say you defs look a lot more attractive and more IOI's but don't ever think that if you get a top physique, that girls are just gonna give you their pussies on a silver platter. I remember girls would be way more interested but because my game was so shit back then , I wouldn't capitalize. Having a top physique is now part of my identity so I don't think I can ever just let go. Oh also I fucked up by not going to the beach often in the summer months. I went like 2 times. First time literally everyone was checking me out it was nuts like everyone that would pass by would stare and look. Second time these 3 girls cat called me from a distance but I was caught so off guard that I didn't act on it and by the time I did , they had left. Anyways do it man, it's insane how people treat you differently. It's also super easy to lose it which is what I keep doing and which I need to work on. I get extremley shredded just before each summer then lose it and become a whale in the winter and the cycle just continues but I think this winter I'm not gonna be such an idiot.

GandMeChattri • 5 points • 14 November, 2019 08:15 AM*

The confidence boost is almost surreal. I was a fatass for so long, and honestly I had given up in my life. I always say TRP has changed my life, and I owe everyone who contributes to this community a little bit. It's been 15 (two month gap in the middle as well) months since I joined the gym, and I'm a strong motherfucker now.

I'm most proud of my legs and traps, probably because little body fat accumulates there. I'm at about 20% body fat right now.

Traps - Traps

I'm concentrating hard on cutting now.

Wheysteve • 3 points • 14 November, 2019 12:28 AM

My physique is only above average and not much more. But recently this question hit home as a girl I have been messing with, told me I have good traps and quads...definitely a confidence booster and she was obviously aroused

lifeisweirdasfuck • 3 points • 14 November, 2019 08:45 AM

Guess I'm late, but as chaseball said, it feels unique.

When you are buff, you know it. You see it from people's reactions to you.

[deleted] • 7 points • 14 November, 2019 02:31 AM

Nothing is more satisfying then luring someone else's woman into bed just from sheer looks.

Sweetdreams18 • 2 points • 14 November, 2019 08:15 AM

It's cool but your overachieving mind starts to concentrate on other flaws of yours

Really depends on ur personalitt

When I smoked a lots of cigs and drank lots of coffee and was in a permanwnt nwurotic state it was like that, now I'm just in a permanent flow state

DTron2332 • 6 points • 14 November, 2019 05:58 AM*

It feels amazing, I'm 19 but many people think I'm a lot older than what I really am. People stare at me a lot pretty much everywhere I go, men stare with envy, women with lust. I've been lifting for about 3.5 years.

<https://imgur.com/a/isELiA8>

My LTR confirms this, when we walk around in public it's almost as if I'm a celebrity, which makes my social proof go out the roof. I also want to say that I do take gear, I have been for the last 6 months or so. I plan on competing, and making bodybuilding a career since it's my passion.

Many people are intimidated by me, and women in general all love when I talk with them in person. Online they see me as a tool, and too into myself. Either way I'm a sex machine, I enjoy terminating pussy.

Either way you feel like a god amongst men, chasing a dragon that you know you'll never catch.

philltered • 8 points • 14 November, 2019 08:34 AM

Blur your face bro

TheWalkingNightmare • 3 points • 14 November, 2019 06:46 AM

What the fuck bro. How many calories do you eat everyday?

DTron2332 • 1 point • 14 November, 2019 03:06 PM

3,000-5,000

[deleted] • 2 points • 14 November, 2019 10:11 AM

But why do you take gear tho? At such a young age?

Your physique could be attained naturally.

DTron2332 • 1 point • 14 November, 2019 03:08 PM*

Like I said, for bodybuilding purposes. It could be attained naturally sure, but that would take forever. I want to be one of the greatest bodybuilders of all time, being natural won't got there.

[deleted] • 3 points • 14 November, 2019 07:04 PM

Dude who cares if it takes time?

You are damaging your health now. You will regret it eventually.

Remember that kid that was supposed to be the next The Rock? That's your future if you aren't careful.

Why you wanna be a bodybuilder anyways?

DTron2332 • 1 point • 14 November, 2019 07:41 PM

I do, hence why I'm taking steroids in the first place.

Sure, but that's the risk I'm willing to take to get where I want to be. I'll do whatever it takes.

It's my passion, to win and to be the best at anything I do, which is bodybuilding. I love it more than anything else in the world, which means its always my number one priority.

GayLubeOil • 7 points • 14 November, 2019 07:23 AM

The lower your bodyfat the more frequently you have to urinate. Also when your metabolism is going at full speed carbs make you sweat a lot. Oh and your hungry all the time and therefore impatient.

Since your spending a substantial part of your free time in they gym because you workout 2x a day and or just work there, you become an expert on top 40 music. You can't relate to normies but you don't want to talk about fitness and endocrinology anymore.

People ranked by how much they appreciate your physique: Gay Men, Gym Bros who know what it took, Maria who cleans your parents house, Old Ladies, Fat Girls who want a man who weighs more than them, black women, Normal heterosexual women with healthy BMI

The big advantage here is Tinder and the ability to sign personal training clients.

VaN__Darkholme • 7 points • 14 November, 2019 08:39 AM

Ok boomer

JuliusTestvola • 1 point • 17 November, 2019 01:13 AM

Ok, coomer.

AmIDyslexicStoner419 • 7 points • 14 November, 2019 09:56 AM

Weird to see this kind of garbage response from an endorsed contributor.

Ikar11 • 1 point • 14 November, 2019 10:39 AM

Truth always hurts ☐.

AmIDyslexicStoner419 • 3 points • 14 November, 2019 10:49 AM

Lmfao truth hurts? This guy has no idea what he's talking about . Probably because he's overweight and has actually never been shredded. Same with you I assume. I've been sub 10 percent body fat and I am that lean every summer and no you definitely do not urinate often, carbs don't make you sweat and you're only hungry when you are dieting and losing weight but not after. The insane amount of benefits you receive from having a top physique is just insane. Something you and him will never ever experience.

GayLubeOil • 2 points • 14 November, 2019 02:27 PM

You've never been below 10% at a substantial enough muscularity because your saying: Being at a caloric deficit doesn't make you hungry. Having a fast metabolism doesn't increase the frequency of urination.

twennysvn • 2 points • 14 November, 2019 03:12 PM

So if you admit that heterosexual women have little appreciation for a top tier physique, and that there are better ways to gain mental fortitude like boxing, mma and jiu jitsu while also boosting your status, why would you even recommend lifting at all?

PS i lift and fight, i will pm physique this afternoon if desired

GayLubeOil • 1 point • 14 November, 2019 03:37 PM

Pm physique

twennysvn • 2 points • 14 November, 2019 08:08 PM

Done.

AmIDyslexicStoner419 • 1 point • 14 November, 2019 03:47 PM

Hahaha when did I say being at a caloric deficit doesn't make you hungry? I literally just said you are only hungry when you are dieting aka being in a caloric deficit but not after you have dieted and lost all that weight and are maintaining. Also if you have any sort of knowledge in fitness you would know that someone that has gone from let's say 16 percent body fat to sub 10 percent has had the speed of their metabolism severely reduced. That is because your TDEE (total daily energy expenditure - the number of calories your body burns on a daily basis from all factors combined , basal metabolic rate, non exercise activity thermogenesis, exercise activity thermogenesis etc.) is actually severely reduced from when you are 16 percent body fat to sub 10. This is because as you lose weight , your body becomes much more efficient at burning calories hence the need to lower calories as your diet keeps going. Say someone needs to lose 20 lbs to become shredded. They are going to be eating a lot more calories for their first 5 pounds that they have lost compared to the last 5 pounds that they need to lose. Therefor you have a much "slower" metabolism at sub 10 percent than 16 percent body fat. Yes I've been below 10 percent body fat so please stop commenting on fitness threads where clearly, you lack knowledge in anything you're saying.

lkar11 • -3 points • 14 November, 2019 10:59 AM

Ok

betabuxbilly • 1 point • 14 November, 2019 01:08 PM

I'm a skinny, becoming skinny fat guy, and when I was working out and eating a ton it gave me really bad cystic acne on my forehead. Then I stopped for 2 months and the acne went away completely. Honestly I'm kind of torn because I felt a lot more confident with the little weight that I did put on, but it really fucked with my confidence having acne and girls were not into it at all.

I think I was eating to much. Anyway while I'm not top physique in the sense that op is asking for, body building, I can go for 15-20 mile hikes at an uptempo pace, up steep hills and treacherous terrain (practically free solo climbing at parts), measuring my heart rate above 180 and being totally alone in the wilderness, off trail with navigation and safe return solely my own responsibility. Now that is a great feeling and the confidence transfers to other aspects of my life. I don't even tell people about half the stuff I do right off the bat because they

either wouldn't know enough to appreciate it or would think I'm a lunatic, but I do it all for myself and the mental clarity. Don't get too into the long distance stuff though because the cortisol from doing it wrecks your testosterone, apparently a big problem for male marathoners.

bestCallEver • 1 point • 14 November, 2019 03:56 PM

Were you eating like shit during your bulk phase? Weird about the acne, seems diet related for sure.

PhaedrusHunt • 1 point • 14 November, 2019 10:07 PM

I've never been in top weightlifting physique but I've been pretty damn close as far as having a great physique for grappling.

It feels powerful. I'm lithe, I can move, I'm strong but very flexible, I can move in ways very few people can, and I can strangle or rip most people's arms off with ease. I look at a big weightlifter that is Chad to everyone else but to me he's just another white belt. And it ends up exuding a confidence that they can feel. I can smell fear.

Irs a hell of a feeling.

constantcube13 • 1 point • 15 November, 2019 04:14 PM*

I was in A very good shape a couple years ago. It's nice bc you get a lot of compliments and attention from guys and girls that make you feel good.

Honestly though, it's all vanity. I stopped caring as much once I started training in combat sports again, and I'd get subbed by guys who looked like they don't work out.

I'm starting to get back into it, but don't fall into the trap that you're a badass just bc you look that way with your shirt off... if I were you I'd lift AND do combat sports so you get looks and function

[deleted] • 1 point • 13 November, 2019 10:55 PM

Find out for yourself

jrj1902 • 3 points • 14 November, 2019 02:06 AM

B r u h

[deleted] 14 November, 2019 04:30 AM

[deleted]

PB0034 • 3 points • 14 November, 2019 05:41 AM

Hide yo face

huey764 • 5 points • 14 November, 2019 05:59 AM

Why

VaN__Darkholme • 2 points • 14 November, 2019 06:37 AM

Yes