

Update: about one month in

June 5, 2014 | 6 upvotes | by [jeezydasnowman](#)

So i posted here last month about discovering this sub and hitting the gym hard. My life has literally turned 180 degrees around and it is pretty sick. College friends I haven't talked to in years are calling me out of the blue wanting to hang out. Girls are giving me compliments and I haven't even started bulking up yet, can't wait till I hit that point. I recommitted to my personal finances, stopped being a lazy fuck, and now have a plan to be out of mommy and daddy's by the start of next year. I also have a new plan recently conceived to start getting out of the house and meet new people. Here are some ideas I've been toying around with:

- Buying a book off the [r/fitness](#) sidebar and following the plan. Right now I just kinda guess good exercises with barbells and dumbbells and since I've started getting stronger I would like to follow a guide both to keep me focused and to improve quicker.
- Find and attend local poker games. I think it would be a great way to meet new people. I'm a little concerned about seediness but I'll be ok.
- Learn to play the piano. I haven't touched my keyboard since college and this self-improvement stuff has me really wanting to branch out. All I need are some headphones so my parents don't go bonkers listening to me hit sour notes.

Thanks again, TRP!

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Comments

NoReallyItsTrue • 1 point • 9 June, 2014 03:32 PM

Do you have an electric piano already?

jeezydasnowman[S] • 1 point • 9 June, 2014 09:01 PM

Yeah its cheap but fine to learn on

NoReallyItsTrue • 1 point • 9 June, 2014 09:16 PM

I just did a TON of research on the pianos available, I settled on this one. I can't tell you how happy I am with the weighted key quality and it even has MIDI out, and I like to do some music on the computer. Best value out there, trust me. I put enough hours into searching.

jeezydasnowman[S] • 1 point • 9 June, 2014 09:33 PM

Add it to the wishlist lol

HalfysReddit • 1 point • 18 June, 2014 02:21 PM

For a lifting regimen I'd suggest StrongLifts 5x5, you don't need to pay anything and the program works well. And for the poker games, at least for me I never ran into an issue with seediness. Mainly older guys though, retired vets and the like.

jeezydasnowman[S] • 1 point • 18 June, 2014 09:09 PM

Wow thanks for the reply. I've been working more hours the past few weeks so haven't been getting out as much but am definitely interested in the workout program.