

# Girlfriend wants me to train her.

March 5, 2020 | 13 upvotes | by [RoccoPinkman](#)

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Just a quick one. My girlfriend says she wants to get in better shape, never been to the gym in her life so she's a complete noob. In the past I've said no, my general opinion on training with a woman is it's pretty gay, strange as that sounds, my time at the temple is my time and I don't really wish to share it with her. Here is the thing though, she's getting pretty thicc and would actually look great if she did some weights. Is this a genuine want to get fit or some covert way of spending time with me/checking up on me? Or should I help her?

I'll save you some time, yes I'm a massive autistic faggot, that's why I've taken to the internet to get an answer like a simp.

P.s what should I start her on first winny, Var or tren? She's never done a cycle other than her monthly one.

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## Comments

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Oio- • 26 points • 5 March, 2020 03:18 PM

As long as it's fun and you guys have a good time together I would do it. If she's being nasty and complaining the whole time and commanding you around telling you how to be a better personal trainer then drop her.

If she's following your lead and looking up to you then it's good and only going to help.

I'd avoid var and winny and especially tren unless she's transgender or wants to be. Seriously don't do that.

RoccoPinkman[S] • 16 points • 5 March, 2020 04:06 PM

I like that she is following my lead and asking for advice, just trying to figure out the best way to do it without her coming training with me.

That was just a troll bro, the tren should have given that away, the only injections she will be getting is Jizz

Massive-Plate • 2 points • 5 March, 2020 04:12 PM

Is var and winny good to mix for the cut? I always thought it was one or the other.

Oio- • 10 points • 5 March, 2020 04:29 PM

There are people who combine oral steroids and lived to tell the tale, but it's generally considered to be a risky practice and not very good for your liver. The smaller the doses and the shorter the cycle is, the more likely the user is to survive. Part of the problem with it is that if you start feeling like crap, you don't know which drug is the culprit. I think with people taking var and winny at the same time, it's hard to say if that's what killed them or if it was the cocaine and the ecstasy or the 8 days of non-stop partying. Zyzz is dead so we can't ask him.

MillionaireSexbomb • 3 points • 5 March, 2020 05:53 PM

Places a lot of stress on the liver and most, not saying you, use them to compensate for poor diet and nutrition knowledge and recovery. Winny provides amazing results when you're relatively lean, and Var can be great for assisting a cut and helping with some strength but since each person is dose dependent, it's hard to tell what will be better for some than others. Stacking orals just places a lot of unnecessary stress IMO and would be better spaced out at the beginning end or during the cycle.

Massive-Plate • 3 points • 5 March, 2020 06:58 PM

Dying here, lmfao.

Usually speed helps to lose weight by lifting trucks and tweaks cleaning your life for 6 days straight.

Damn, tren plus speed... fit in a month.

WolfOfAllStreetz • 2 points • 5 March, 2020 11:55 PM

Orals are horrific for the liver. Proceed with major caution.

UEMcGill • 10 points • 5 March, 2020 04:24 PM

Is this a genuine want to get fit or some covert way of spending time with me/checking up on me? Or should I help her?

Sounds like she's looking for your leadership. Give it to her.

RoccoPinkman[S] • 3 points • 5 March, 2020 04:27 PM

Ok this makes sense. That's probably how I should have phrased it. Is it her looking for leadership. Thanks

Cam\_Winston21 • 18 points • 5 March, 2020 03:38 PM

I've trained my wife for going on 6 years. She said on several occasions that she decided to do it because (a) to spend more time with me since me going is non-negotiable and (b) to mate guard because there are hot women at my gym.

Starting last year, I began training my daughter, as well.

They've also both joined me in intermittent fasting. Wife is down ~25 lbs, daughter is now ideal weight and working on getting even more shredded.

The result is that I now spend an extra hour with my wife & daughter at the gym 3x per week (they're big pussies and won't go on my 4th day), they're shaping up physically and getting stronger and more able to avoid normal injuries/maladies in life because of their increased muscle mass.

Also of note that they're following my **lead** when it comes to exercise and now nutrition.

RoccoPinkman[S] • 2 points • 5 March, 2020 04:03 PM

Sounds like you've found a balance there, not sure that's for me though, I would like her to be in better shape but I definitely don't want her coming training with me. I do agree though her life would be much improved by lifting.

Cam\_Winston21 • 8 points • 5 March, 2020 04:52 PM\*

Totally up to you. Sounds like your gym time is for "you".

They know that rule #1 is that I'm there to lift, my training them is a gift and they are not to interfere with #1. < *That actually happened a couple months ago when my daughter was busy futzing with her playlist while I went over the proper cable pullover technique, so when it was her turn & she started doing retarded tricep extensions, it meant I was going to have to take extra time between my set to - once again - go over technique, so I kicked her off & told her to go to the next station.* >

I'm not mean about it, but they know I'm adamant about a workout being planned and executed and they are not to interfere; that any help I give them is just that, help. I'm not there to train them, I'm there to lift and not spend extra time at the gym catering to their wishes, but I will gladly train them.

So, they know that I already have the routine on my phone in .pdf format, the number of sets and weights for each. They know that when I finish my set on the machine flies, my wife jumps in and does her set then my daughter jumps in and does her set, which should take about 75 seconds & I'm ready for my set. If I'm doing more volume & 40 second rest periods, I'll jump in after each one of them. They realize this, I've gone over it with them many times. Any instruction takes place before the group of sets.

I married a southern Christian submissive woman, 100% of the time when we are finished stretching and I give the "we're done" sign, she thanks me for training her (daughter follows suit).

We're doing upper body this afternoon, routine should take around 55 minutes & I'm looking forward to it. If they weren't there, it'd probably take around 55 minutes, they do their sets in between mine. If they were burdensome and made it last longer, I wouldn't do it.

Overall, ours has been a rewarding experience for everyone involved. They actually look forward to the gym, albeit not so much on leg days. :)

Qba1994 • 1 point • 5 March, 2020 10:42 PM

What about other guys in the gym? Do they check out your daughter and wife and if so what is your reaction (if there is any)? Also i'm curious if they wear leggings or some type of showing off their body type suit.

I can't imagine taking my girlfriend to the gym not to mention my future wife / daughter...

Cam\_Winston21 • 5 points • 6 March, 2020 02:02 AM\*

First, they are both **ladies**. Their attire is proper and for lifting weights, not getting attention. I'm the one wearing stringer tanks. Screw it, I'm jacked and I'm showing it.

Second, I wouldn't want to be married to a woman that other men wouldn't find attractive.

Lastly, I couldn't care less who other men are checking out. As long as they're not being creepy or leering\*, women usually don't either, they usually take it as a compliment. And no one has done anything untoward in my daughter's direction at the gym.

*\*Fellow men: don't leer, it's creepy. Literally every woman I've discussed this with has told me that it is 'thirsty' and is a huge turnoff.*

<edit>

I can't imagine taking my girlfriend to the gym not to mention my future wife / daughter...

I'm sensing insecurity. I have zero control over what other men look at. Maybe it's because 99% of the time I'm the biggest guy at the gym and don't worry about someone doing something inappropriate in their direction, but I have zero qualms about some guy looking at my wife or daughter. Not even in my universe of thought.

I'm in the USA, we don't cover our women in burqas in order to avoid tempting men.

Rock\_Granite • 3 points • 5 March, 2020 11:35 PM

My wife and I go to the same gym, sometimes together sometimes not. She's really fit and likes to wear short shorts (at my insistence). She definitely has her admirers there, but it doesn't bother me. She comes home and fucks me.

MillionaireSexbomb • 9 points • 5 March, 2020 03:42 PM

Protect your normal lifting time, and take a little extra time maybe a couple days out of the week and walk her through how to run a routine and lift the correct way. Small time investment each time but you want to give her direction. Do this for a while then leave her to it and give her encouragement as she continues to go.

RoccoPinkman[S] • 1 point • 5 March, 2020 04:02 PM

This sounds like what I was looking for, I don't mind a little help and direction. Thanks bro.

Any advise on being and millionaire/sexbomb? I'd like to be both but one at a time is fine.

MillionaireSexbomb • 2 points • 5 March, 2020 04:32 PM

Don't start your girl on any kind of PED until she shows some discipline and consistency otherwise you might just fuck her up. You'll see pretty quickly if she just wants some guidance or she's looking to suck up more of your time. Pick the username of the person you want to be, right?

RoccoPinkman[S] • 2 points • 5 March, 2020 04:39 PM

**Pick the username of the person you want to be, right?**man I dropped the fucking ball there

part\_wolf • 3 points • 5 March, 2020 05:21 PM

I'm already there.

Balls\_Wellington\_ • 3 points • 5 March, 2020 08:35 PM

Same

MillionaireSexbomb • 1 point • 5 March, 2020 05:16 PM

Nothing wrong with being a pink Italian.

BobbyPeru • 5 points • 5 March, 2020 05:36 PM

I gave my wife a full body workout to do and some light weights. She did it at home for 3 weeks , and then she switched to Pilates. I wouldn't put a lot of effort into this.

Balls\_Wellington\_ • 4 points • 5 March, 2020 03:36 PM

I've shown my wife several workout routines. Not a fan of lifting with her, she is always trying to cheat sets and it gets fucking annoying putting weight on and off every single set.

Don't put your girlfriend on steroids, christ. She's never even lifted, why would that be appropriate? Even for men you should have either a low T diagnosis or *at least* a year or two of good diet and workout routine before you juice up.

Steroids out of the gate are a shortcut. There are no shortcuts here. That shit is for when you're already nearing your potential and want more, understand the risks, and accept them.

[deleted] • 2 points • 5 March, 2020 04:09 PM

I liked helping my wife back when on what to do. A great way to help mine not get fat, and for her to obey what I tell her to do. Good times. Now she mostly does those intense cardio classes they conduct at the gym. Kris Gethin has some workout plans she could follow. Daily video trainer what to do at the gym, so easy to follow.

Tea-my-hero • 2 points • 5 March, 2020 05:45 PM

Everything isn't a shit test. She's tuning into a fat ass and wants it to stop and is asking the leader how. Yes you're being a total faggot questioning this. And no, she shouldn't start a cycle if shes not even going into the gym, the very idea you asked this shows you have no business suggesting gear for her.

RoccoPinkman[S] • 1 point • 5 March, 2020 06:56 PM

So no tren?

Tea-my-hero • 3 points • 5 March, 2020 07:31 PM

Lol, var is really the only option unless you want to give her a deep voice, huge clit and body hair.

RoccoPinkman[S] • 4 points • 5 March, 2020 07:33 PM

Maybe I do. Lol

Vonfahtz • 2 points • 5 March, 2020 07:10 PM\*

I've been training my girl for some time now. Some recommendations:

1. [https://www.reddit.com/r/xxfitness/comments/3dg1b1/here\\_are\\_the\\_correct\\_strong\\_curves\\_workouts\\_in/](https://www.reddit.com/r/xxfitness/comments/3dg1b1/here_are_the_correct_strong_curves_workouts_in/) - show her these google docs, it's a good start and is likely in line with her goals. She can probably do most of those herself, and will usually feel pretty good after them which is ESSENTIAL for her staying on track.
2. You might need to hold her hand to begin with, but do not train with her unless you have ironclad leadership + teaching skills OR are doing some group classes with her. Otherwise, shit tests are bound to ensue, because starting in the gym feelz icky and why didn't you tell me that I needed to keep my back straight?! Better to be around her rather than with her, sending her flirty texts, being social with people around you and other DHV.
3. Because I recommend her going on a different program than what we do, if you want to spend some time with her in a fitness setting, do yoga from home. Chances are you need the mobility work, and it is quite easy to transition from yoga into sexy time. <https://www.youtube.com/user/yogawithadriene> is an incredible way to start on the yoga grind. Maybe take some classes together if you decide its your thing. Its an extremely feminine channel, but she's really hot and a good instructor. Your girl will likely feel comfortable with the pace and difficulty.

RoccoPinkman[S] • 2 points • 5 March, 2020 10:52 PM

She's actually been talking about yoga a lot, I've wanted to try it for a while to improve my mobility, I'm about as flexible as a brick wall.

Octellius • 1 point • 6 March, 2020 04:40 AM

I'm about as flexible as a brick wall.

I had the same problem. In fact I haven't been in the gym since monday (it's friday here). 2 days ago while looking for a solution to my 'lower back problem' I came across the Agile 8, while looking over the 5/3/1 program. Worked from home for a few days and tried out a few of the 8 moves. The changes in the last 3 days are night and day. I'm more limber now than I have even been in my life, and I've only been doing half of the moves, mostly foam rolling IT band and that hard ball in the glutes.

If you want to program her, I'm sure you could manage, but things like the agile8\limber11 are things you can teach her and benefit from yourself.

Yoga sounds good though. If you're jacked you get passive dread as a side bonus.

On the gym my view would be to take her in to her gym and walk her through her program concentrating on form. Take it slow, maybe 1.5 hours. Show her your mastery of the subject, provide leadership, guidance and knowledge. You would already be a walking example of 'it really does work' so you have credibility by just existing.

Use that as a platform to get her to start eating better as well. Mine is not there yet. Complains that I 'eat too well' and that 'I look after myself' when it comes to food, but I'm sure it's all sinking in.

I think you have a lot more to be gained than to lose.

RoccoPinkman[S] • 1 point • 6 March, 2020 06:19 AM

*Use that as a platform to get her to start eating better as well. Mine is not there yet. Complains that I 'eat too well' and that 'I look after myself' when it comes to food, but I'm sure it's all sinking in*

Sounds familiar, but like anything else, start small and build, she would naturally gravitate towards eating better once she realised what the gains would be.

fuddubandha • 2 points • 5 March, 2020 03:35 PM

You answered your own question in first paragraph that you don't want to share your time with anyone. Then why change your frame for her.

RoccoPinkman[S] • 1 point • 5 March, 2020 03:57 PM

You miss understood. She won't be coming to the gym with me, so no frame change. The question is should I bother trying to help her or is she just trying to worm her way to my gym.

I suppose that will show when I tell her I'll help her but she won't be coming to my gym.

RStonePT • 0 points • 5 March, 2020 04:53 PM

Then you're not helping.

red-sfpplus • 2 points • 5 March, 2020 04:12 PM

I work out with my woman nearly every single day of the week.

We are both fucking monsters, and fuck like fucking monsters.

Its all good.

Edit: Holy fuck. I didnt go to the end of your post.

Fuck off faggot.

RoccoPinkman[S] • 1 point • 5 March, 2020 04:13 PM

Did you meet her lifting though or did she start after you?

red-sfpplus • -2 points • 5 March, 2020 04:14 PM

Fuck off.

You know shit, and asking about gear usage when you are a dumb autistic faggot.

Fuck off.

I am embarrassed I took you seriously for a second.

RoccoPinkman[S] • 3 points • 5 March, 2020 04:16 PM

You know that was a joke right? The tren should have given that away.

The rest of the post was serious though.

red-sfpplus • 0 points • 5 March, 2020 04:18 PM

No.

Blame the Tren I am on.

I am fucking stupid, what do you want from me.

RoccoPinkman[S] • 2 points • 5 March, 2020 04:20 PM

Haha. Did she already train when you met or did you have to show her.

And I took tren A a while back and felt amazing, tool tren E a few weeks ago and felt like crap so had to stop. Which do you prefer.

red-sfpplus • 3 points • 5 March, 2020 04:28 PM

Fine. You win this round.

Anyway, so she was a fitchick before me, but not a fitchick with muscle. She was your typical basic yoga bitch.

Now she squats 1.5x BW, and Air Fucks 225 for reps.

She has done one, six week cycle of VAR. 5mg for 1 week, then 10mg daily for 5 weeks.

3 weeks ago she started her second cycle. 10mg for 1 week, now 20mg daily for 6-7 weeks.

I cant tell you how many times we have ran to the bathroom at the gym for a quick oral session, or a quick fuck.

I am on 300/300 Test/NPP right now and 10mg daily Cialis. It is seriously like walking around with a third leg.

We train hard 5 days a week, at least 70 mins in the morning. I focus more on strength, and her on hypertrophy.

I have our workouts so that we are in the same general area. But due to weight different we dont share equipment. I am not going to pull 6 plates between squat sets.

So, as a result we had to switch gyms. Our new gym is 100% legit and we never compete for equipment with anyone, or each other.

Lifting is like anything. In fact, I would say it is harder.

Fitchick has a very high demand on me in the gym. It is very business, with lots of ass slaps and stuff between. I have our routine setup and we know WTF we are doing when we walk in.

If you do not understand human anatomy, and have a deep pocket book of exercises, I wouldnt do it. You dont want to look like a bitch in the gym.

People give us a wide berth. They see us coming.

I seriously have no complaints about it at all. I was worried that I would miss my "me" time, but it is actually a cornerstone of our relationship now.

Tren-E was a main factor in my divorce, my breakup with Mandy, and some rough patches with Fitchick.

0/10 will not run again.

RoccoPinkman[S] • 1 point • 5 March, 2020 04:38 PM

Sounds like you have it nailed down, my main reason for reconsideration is, like you say a 'deep Pocket book of exercises' that seems to be all the PTs are about these days flashy Instagram exercises that do fuck all! I've lifted for years and basically focus on strong lifts with some accessories, so IMO I'd be the best one to show her, save her getting ripped off or wasting time on bullshit.

I'm just not sure I want to train with her everyday, I do like how she's asking for advice and leadership so I feel like I shouldn't miss the opportunity to help, I'll figure out the best way to do that.

I'm just running 200mg of test E atm and feel amazing, bloods came back perfect, this is low compared to past cycle but feels better. I'll give the tren a miss I think.

Thanks man.



RStonePT • 1 point • 5 March, 2020 04:53 PM

Troll or no troll you shouldn't be asking this of random guys on the internet

RoccoPinkman[S] • 3 points • 5 March, 2020 05:05 PM

The steroids was a joke, the question was serious.

Why shouldn't I ask?

red-sfpplus • 3 points • 5 March, 2020 05:26 PM

Thank fucking god I wasn't the only one who missed it.

part\_wolf • 1 point • 5 March, 2020 05:40 PM

I can't for the life of me understand why you're consistently trying to "stay three steps ahead" with your woman in terms of strategy. It sounds like you're trying to get in her head.

Are you afraid of telling her to fuck off, or that you aren't a personal trainer?

Are you afraid of making a decision on your own as to what you want to do and then owning it?

Are you afraid that you won't be able to enforce your boundaries across an infinite number of hypothetical scenarios?

Are you afraid that if you don't get the best advice from all of the alpha retards you know, your relationship will fall apart?

Maybe I'm dense, but I don't understand what you're trying to accomplish with this. If you want to help her, help her. If you don't, don't.

It comes off as weakness. You seem too weak to decide for yourself, or too weak to say no, or too weak to lead. You may not be, but that's what it seems like.

RoccoPinkman[S] • 2 points • 5 March, 2020 06:52 PM

Just wanted some advice of some alpha retards, keep your knickers on bro.

Seriously though yes, it's an issue with me making and owning a decision, I struggle with it, not to her but to myself, I second guess myself a lot.

Am I afraid to tell her to fuck off? Not at all and have done on this issue numerous times, the thing I'm debating is, is that the right thing as a leader to do. I get that whole do what you want thing and generally I do, I please myself. The point is, am I missing an opportunity to lead.

It was a light hearted question, now I feel like I'm at a fucking therapy session.

To sum up your question, yes I struggle with decision making and wanting to be just perfect, I'm sure we'll talk about that again in the future.

Thanks for your input.

part\_wolf • 1 point • 5 March, 2020 08:19 PM

No worries. I think it all comes down to outcome independence for this sort of thing.

HeckleandChide • 1 point • 5 March, 2020 06:18 PM

OP, whether or not this works has much less to do with the actual idea and much more to do with you.

Are you a capable leader who knows his way around the gym? Can you hold frame when she starts to whine and eff around? Are you going to get eye-fucked by other chicks at the gym in front of your girl or will she be eye-

fucking Chad in the corner? Are you an autistic loser who will freak out the minute she resists or isn't the ideal client? Can you make it fun?

For most of the newbies here, it would be a terrible, terrible idea. For most of the vets that post frequently, it would be a good idea.

Now be a big boy and make up your own damned mind.

InChargeMan • 1 point • 5 March, 2020 06:39 PM

I guess I'm the only one who wasn't thinking training in the gym from the title....

RoccoPinkman[S] • 7 points • 5 March, 2020 06:55 PM

She started her bedroom training a while back, she does facials, anal, ass to mouth, the lot. She said if I'm a good boy one day I can watch.

bowhunter6 • 1 point • 5 March, 2020 08:24 PM

Thanks for making me spit out my coffee.

anferkneez • 1 point • 5 March, 2020 06:47 PM

If she's too "Thicc" for you , train her in the kitchen first

RoccoPinkman[S] • 1 point • 5 March, 2020 06:53 PM

Definitely

Cl\_ARK • 1 point • 5 March, 2020 07:07 PM

Put my 42 year old wife on Simple & Sinister. Showed her the moves about 3 times and turned her loose in the home gym with a couple of light but challenging KBs. 30 minutes a day.

Start her off on a short routine (2-3 moves). Better to have her unavoidable complaints be "I feel like I'm not doing enough" rather than "This hurts", "Too sore", "What is this working"

Training untrained chicks is so easy. Literally anything gets results. All they really want is to not look stupid and not be in pain.

ChokingDownRP • 1 point • 6 March, 2020 03:02 AM

Am I the only one who thought this thread was gonna be about anal?

RoccoPinkman[S] • 1 point • 6 March, 2020 06:15 AM

I half thought about making the title anal click bait.

'Girlfriend wants me to train her ass'

something catchy like that

LivingRPLife • 1 point • 6 March, 2020 12:18 PM

First read the title and assumed she wants anal training. See red-sfpplus post on that

redpillruminations • 1 point • 6 March, 2020 04:36 PM\*

Am I missing something? From your latest OYS:

LIFTS SQ 150 5x5kg DL 160kg 5x5 BENCH 100kg 5x5 1RM OHP 70kg 5x5 LTR3 years. Kids 2,9,12

Yet based on comments you're on tren and test?! This is a joke right?

RoccoPinkman[S] • 1 point • 6 March, 2020 04:37 PM

200mg of test. Per week. Correct. No tren.

redpillruminations • 1 point • 6 March, 2020 04:51 PM

"And I took tren A a while back and felt amazing, tool tren E a few weeks ago and felt like crap so had to stop. Which do you prefer."

RoccoPinkman[S] • 1 point • 6 March, 2020 05:02 PM

Lol. And?

BluzzKill • 1 point • 9 March, 2020 05:43 AM

Don't

Irishtrauma • 1 point • 12 March, 2020 01:15 AM

Tren - then you'll have a boyfriend and girl friend

RoccoPinkman[S] • 2 points • 12 March, 2020 06:52 AM

Does that mean she might start fixing shit around the house?

Irishtrauma • 1 point • 12 March, 2020 08:15 AM

It means she'll have to share your beard trimmer and razor blades.

RoccoPinkman[S] • 1 point • 12 March, 2020 08:51 AM

That's not happening! Have you seen the price of razor blades?

Irishtrauma • 1 point • 12 March, 2020 09:10 AM

You wanted to give her tren so...

RoccoPinkman[S] • 1 point • 12 March, 2020 09:11 AM

Obviously I hadn't thought of all the negative effects it would have on my life

Irishtrauma • 1 point • 12 March, 2020 09:34 AM

Lgd might be better or 2.5mg of var

[deleted] 5 March, 2020 03:42 PM

[deleted]

RoccoPinkman[S] • 0 points • 5 March, 2020 04:08 PM

What's a labia? I thought that was a country.

red-sfpplus • 0 points • 5 March, 2020 04:13 PM

oversized labia.

And it is so awesome.

[deleted] 5 March, 2020 04:17 PM\*

[deleted]

RoccoPinkman[S] • 1 point • 5 March, 2020 04:18 PM

Cool I'll look into that, thanks

HornsOfApathy • 1 point • 5 March, 2020 05:13 PM

When my wife asked for my help, I gave it and monitored her progress. Provided encouragement for her. Gave her a routine, monitored if she stuck with it. She did. So she got more of my time.

She goes with me on Monday's the gym where I check her form, provide feedback, look at her routines, provide tips on alterations to the routine, and yes, lift with her on the exercises we share in common - squats, deadlifts, BP, etc.

I will not sacrifice my iron temple time to teach another person, but I will give a little extra time in there to provide leadership.

red-sfpplus • 2 points • 5 March, 2020 05:27 PM

Ill teach you.

HornsOfApathy • 1 point • 5 March, 2020 07:10 PM

I'm still small and weak.

Still working on those travel arrangements.

RoccoPinkman[S] • 1 point • 5 March, 2020 05:15 PM

Good advise as usual. Thanks.

*I will not sacrifice my iron temple time to teach another person, but I will give a little extra time in there to provide leadership*

I agree with this, I'll figure out a way to Guide her and if she fucks about I'll drop it or add time accordingly.

ImNotSlash • 1 point • 5 March, 2020 06:41 PM

When my wife began this discussion I pointed her to Megan Squats, commented I thought she was hot and told my wife to see what program she does. Besides opening the front door for her that's been my only involvement. We rarely talk inside.

RoccoPinkman[S] • 1 point • 5 March, 2020 06:43 PM

lol, thank man, made me laugh.