

It's funny...

March 23, 2020 | 287 upvotes | by [banned_by_cucks](#)

It's funny how all these pussy ass hoes are complaining about how their "depression" is worsening because of social isolation.

Since social isolating, I've experienced the following:

- Less stress
- Feeling LESS lonely
- Able to get more done around the house
- Less time wasted on hours of commuting

The only thing I truly miss is having the feeling of a barbell in my hands. 💪

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Comments

[deleted] • 42 points • 23 March, 2020 04:15 PM

Home gym master race

n0t__t0day • 19 points • 23 March, 2020 05:15 PM

Plus one for home gym. Can press all kinds of shit at 1am and feel awesome.

MigPOW • 10 points • 23 March, 2020 08:49 PM

\$1200 for an ironmaster bench, adjustable weights, and stand was one of the best investments I ever made. Agonized over spending that much, then took the plunge 4 years ago and I still use it every day. The cheapest decent gym in my city was \$25/mo, \$300 per year (now up to \$350), so I would have paid more than the \$1200 and I never saw anyone sell a used one for less than 80% of new, so I knew I could always sell it. I've been lifting weights for 40 years, so it wasn't much of a risk that I wouldn't use it and it saves so much time.

Before i left my gym, I switched over to an all dumbbell workout and it was just as hard. Skip the rack unless you have the space, Bulgarian split squats are every bit as hard with almost no weight, and therefore no injuries. I bought the superbench (\$310), the weights and stand (\$649), the add on weights (\$300), preacher curl (\$99) and hypercore i.e. roman chair (\$175) current total \$1535, then added some bands and another set of chrome dubbells for what would now cost you \$1600. It just about killed me to spend that kind of money, but I already got it back and I can still sell them, and there's no overhead of getting dressed and going to a gym then waiting for weights. It sits in a 2 x 2 space next to my desk, the bench against a wall and the two accessories in a closet taking up about a 4" width of a closet shelf for the preacher curl and a 20" width for the hypercore. The whole set of weights is metal: if you drop them they still work. I looked a cheaper plastic ones and knew one mistake and they were a goner, and yes, I've dropped these once - no issues.

They are currently out of stock on the weights, so you're out of luck this time, but even before, this was possibly THE best purchase I've ever made.

BboyLotus • 8 points • 23 March, 2020 07:06 PM

All gyms are a scam workout at home, jog outside

banned_by_cucks[S] • 9 points • 23 March, 2020 08:46 PM

Getting the equipment necessary for a full strength/resistance training regimen could cost 1000s of dollars, and considering what most people spend money on — that gym membership is probably the most effective use of money they spent.

[deleted] • 3 points • 24 March, 2020 01:12 AM

Idk, personally i got a 200 metal pull up bar and got ripped from calisthenics

banned_by_cucks[S] • 5 points • 24 March, 2020 05:05 AM

Nothing really against calisthenics, I just think it's somewhat inefficient for my goals. Anyone can get ripped with proper genetics, caloric restriction, and a minimal dose of resistance training for their given genetics. I find it lacks the efficiency to build raw strength and progressive overload effectively, especially once you get to a point where you can say Squat/DL well over 2x BW.

However, in this given scenario, calisthenics is definitely one of the few viable options now.

BboyLotus • 3 points • 24 March, 2020 01:54 AM

I have a pullup bar and two pushup handles been working with that for almost a year now and it works great. Sleep and proper diet complete the holy trinity

bhullj11 • 1 point • 24 March, 2020 04:22 PM

Still cheaper and easier in the long run (> 5 years) in my opinion. You also have to consider the cost of going there and coming back as well as time and convenience.

banned_by_cucks[S] • 1 point • 24 March, 2020 05:31 PM

There is also an economic cost in terms of holding the equipment, as it can make it much harder to move.

Chakra_Devourer • 3 points • 23 March, 2020 10:23 PM

Don't even need running to get a cardio work out.

If you have a punching bag and a wide enough space, you can move and punch the bag to get a good cardio work out as well.

Zachjsrf • 5 points • 23 March, 2020 11:49 PM

Bought a 4 bedroom house for this very reason. 1 room is a gym, one is my office/studio, one is a spare bedroom I rent out, last is my master bedroom not to mention the Living room, theater room, and formal living room. Being MGTOW is awesome

IceyBear988 • 2 points • 24 March, 2020 06:11 AM

This, some simple dumbbells and weights takes training a long way. What's missing for me now is the treadmill, I'm using alternatives.

Fuxk1n • 25 points • 23 March, 2020 04:20 PM

Women's energy comes from attention.

Men's energy source is internal.

Once you know these things you are truly free.

Ulzioz • 21 points • 23 March, 2020 06:06 PM*

100 push ups

100 set-ups

100 squats

A 10km run everyday.

Is all I need to keep me happy.

[deleted] • 3 points • 23 March, 2020 10:24 PM

Consecutive normal upvotes.

fuckoffplsthanxyou • 4 points • 24 March, 2020 12:03 AM

Ok One-Punch Man.

themenacehimself • 10 points • 23 March, 2020 05:11 PM

I think it fucking blows that THIS SINGLE POST will never be televised... it'll wake so many

JerryNewton7 • 9 points • 23 March, 2020 04:56 PM

I'm not surprised by this claim of depression due to social isolation. Consider they:

- Love to play the victim.
- Use it as an excuse to demand money and/or help.
- Have less opportunities to go out to malls, restaurants, bars, theaters, etc on men's dime.
- Have less opportunities to go out and waste money on shit like nail salons or junk from a garage sale.
- Have less opportunities to grab an orbiter o get serviced by a Chad/Tyrone.

Toasty_Nuggetz • 8 points • 23 March, 2020 06:08 PM

Other than finding it slightly harder to find certain items at the grocery store, i have not noticed any difference. I'm doing well for myself, I'm well prepared, and i know EXACTLY what's going on.

What's really going to hurt people isn't the coronavirus. It's the millions of job losses and negative 30% gdp in q2, or worse. That's insane. How many people have saved and are prepared for a rainy day?

I'm willing to bet most of these female parasites haven't. They better not even think about asking me for help. I will never lift a finger to help a woman, until the day i die. I'll never forget the way they behaved, and all the hateful things they said about men. They can starve for all i care.

SoranoV • 5 points • 23 March, 2020 05:42 PM

Bros do push ups I've been doing 300 push ups everyday and I have only lost some mass but better than being lazy and go for a walk or a 10 minute run

BoomBoom4s • 2 points • 24 March, 2020 06:43 AM

Bro, 300 pushups everyday! You're so strong, I can only do 15 at most currently.

[deleted] • 5 points • 23 March, 2020 11:11 PM

They generate depression. Now they have nobody to dump their emotional garbage on.

avdarth69 • 5 points • 23 March, 2020 05:01 PM

Women survive on the attention they get from simps and cucks. They can't exist without getting validation. That's why even a second of isolation feels like burden to them.

egieasemota • 2 points • 23 March, 2020 06:40 PM

Story of my life.....Haven't been to the gym in almost 2 weeks. But I still bike like crazy and am now eating about only 1 meal a day by choice. Plus, I still have my labour intensive nursing home job.

Chakra_Devourer • 2 points • 23 March, 2020 10:20 PM

of course. Ahaha! Normally I couldn't wait to get away from people and large crowd.

In the office, you have to deal with them. This is a golden opportunity to practice being a hermit.

Libra_Maelstrom • 2 points • 24 March, 2020 05:49 AM

I mean I've had a little bit of a tough time... guys.. doom eternal or black ops 3? (One is old ik but zombies) such a hard choice

IceyBear988 • 2 points • 24 March, 2020 06:10 AM

I'm used to getting to work on a motorcycle, not stuck in traffic, work, end work, head back home straight on motorcycle, gym, bring my dog for a walk or run, video games/movies. That's weekdays, girls around me always curious about my lifestyle and I never told them this, it's so simple and now I kept reading them complaining to me on whatsapp why I am so relaxed with the lockdown and the whole C19 thing. I dunno? I'm feeling at home I guess? Lol.

chronaic • 2 points • 24 March, 2020 10:56 AM

I dont know y'all, think of all then men that is stuck in the home with their wives, Work was the only way they could get away, now they cant.

hsjsisjsksskawiej • 1 point • 24 March, 2020 01:26 AM*

I don't see why buch of you introverts are trying to sell being introverted as something related to mgtow.

I like going to work, I like to go for a cup of coffee and a cigarette with my friends after work, I like to go out drinking with my friends, or maybe to grab something to eat, for a walk, or hit the gym with them

You like staying at home alone? Fine, but Jesus christ stop trying to sell it as something noble or mgtow related

anduxo • 0 points • 24 March, 2020 06:14 AM

Agree, being isolated and at home all day is boring as fuck, it has nothing to do with going your own way.

vetiarvind • 1 point • 24 March, 2020 04:50 PM

I've been noticing that the thots on my social network have been posting a lot more scanty images and videos in order to gain attention. Women need attention like water.