

# The Titleists' Get Big Guide

December 31, 2015 | 87 upvotes | by [The Titleist](#)

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I apologize to everyone who messaged me asking why my Get Big Guide was pulled. I read it over and realized that it was written in the heat of the moment and therefore was an incomplete thought. I have now revised it so as to hopefully answer your questions more fully.

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## Summary:

You guys have been reading my Field Reports, and for that I thank you, but I keep getting asked the same two questions.

“How would you rate yourself?”

Or

“How big are you?”

While I try as much as possible to not brag about such things, I also don't want members here to think I was born with the gifts of muscle and looks. The only gift I was given was my height (I'm 6'+), the rest I earned in the gym and the kitchen. Now I'll tell you how to build your body too.

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## The Background

You have been told all your life by all the women in your life that the only thing girls want, is for you to be “yourself” or “confident” and that “she cares about you, not what you look like”. Alright, bitch, if that's the case, why the fuck do all the hot girls just laugh at me while they hang off of every retarded syllable that drips out of Chad Thundercocks' mouth over there? Oh right, **evolution does not give a fuck about how funny or nice you are!** Women are animals, **you** are an animal. [The Game](#) is played in the wild and out there it's [survival of the fittest](#). Will being funny or smart help you with your game, god damn right it will, but those abs get you in the door. Admit it, you are a weak puny shit. You are skinny fat. You are runner. You are (trigger warning) fat. Whatever your reason for coming here was, you now realize that looks matter and since you are here you most likely fit one of the 4 above categories. **Do not fear**, we will fix you, we have the technology.

## Expectations

Listen close. **Your ideal body is 2 years away.** That's right, mark this date on your calendar, in **exactly 104 weeks** you will be a muscle bound [sex god](#). Say it with me, **in 730 days** (leap years be damned) I will look as good as I've dreamed. That's a minimum of 416 hours in a gym. That's eating right **every god damn day**. That's finding time in your schedule to sleep **6-8 hours a night**. That's carrying around a Nalgene and staying hydrated 24/7. That's sticking to 5 drinks per week (not per night) or for some, none at all.

Why am I harping on this so much? Because too many guys, my friends included, start lifting thinking that they will look like the cover model on muscle and fitness with their latest “6 weeks to shred” lie. This ends more lifting careers than anything else. I hope you have been reading here long enough to know that as a man everything is earned, and nothing worth earning is easy. If you can commit the next 2 years of your life to hard dedicated lifting and improvement, you too can be that guy at the bar all the pussies are complaining about.

## Your Starting Point

The first thing you have to identify is where your starting point is. If you are [fat](#) or [skinny fat](#), you need to cut hard and then you can start your bulk. If you are [skinny](#), you need to bulk, hard.

### *How Do I determine whether to cut or bulk?*

Buy yourself a good set of body fat calipers and figure out which you need to accomplish. If you are over 18% body fat, you need to cut first, and cut down to at least 12% before considering a bulking phase. This will be addressed later in the post.

## The Bulk

Step 1) You're a pathetic weakling, you eat like one too. Let me ask you a question, how big do you want to be? Do you want to be 180 lbs? 200 lbs? 220 lbs? Then you have to eat 500 calories **beyond maintenance of your target weight**. For me that would mean a minimum of 3500 calories a day to reach 180 lbs, 3800 to reach 200 lbs and 4200 to get to 220 lbs.

*DISCLAIMER: Those calorie values are for my size and my activity level*

To figure out what your own TDEE is, head over to [this website](#) then add 300-500 calories on top of that. Then head over to [this website](#) or download [My Fitness Pal](#) and input your macros that way. Start out with a 40%/30%/30% fat/protein/carb split and adjust fire off of there.

### *How do I do it?*

[The Zone Diet](#) or a 40/30/30 works for me but some of you guys might need more protein or more carbs maybe even more fat. All you can do is experiment, but pick a split and **stick to it for a month at a time** before experimenting again.

Step 2) **Eat real food**. You want to get big? Eat real food. Get on a [discount health food website](#) and invest in some good quality butters, oils and grains.

Need protein? Eat eggs, chicken, pork, steak, fish, bacon and venison.

Need fats? Eat [olive oil](#), nuts, almonds and eggs.

Need Carbs? Eat potatoes, [quinoa](#), rice, fruit and especially **dark green vegetables**.

Thirsty? Drink water, maybe milk if you need that extra protein and fat.

I guarantee you, if your food needs more than salt, pepper and oil to taste good then it shouldn't be in your diet. Does this leave you with a lot of options for eating? No. But you're in this for the girls and ultimately yourself. Deal with some boring food for a little bit, your penis will thank you later.

### *How do I do it?*

I eat 1.5 lbs of meat per day, 1.5 lbs of potatoes per day, 1.5 lbs of vegetables (broccoli and broccoli rabe mostly). Everything gets cooked in olive oil salt and pepper. I eat eggs and milk to cover everything left over. I do often play around with the carbs to keep things interesting, that's why I include quinoa and rice.

Step 3) **Commit**. Remember when I said that your ideal body is 2 years away? Good, you are going to be in a continuous bulk for the first 18 months. Forget about your abs, just worry about getting big and strong, the abs come later.

*Pro Tip: If you're getting too fat (18% and above) adjust your carbs and reallocate into your fats, but by now you should have dialed in your own personal macros.*

## The Cut

Step 1) By now you know your TDEE macros, correct? Good. Cutting is literally the easiest thing ever. Cut your carb intake to 100g and go running twice a week. BOOM! Seriously, cutting is not meant to be a crazy adventure. Cut out carbs, don't change anything else. This is not the fastest route I grant you, but

you will continue to lift well this way. If you were fat or skinny fat from the start, **do this first**, then bulk the right way.

## The Supps

You are going to be lifting, hard. You are dedicating the next two years of your life to the iron. Your body is going to need help. By cleaning up your diet you shouldn't need most of these, but when you hit your wall (and you will) you'll be glad you did.

Multivitamin – [Take these](#)

Creatine – [Take this](#)

Fish Oil – [Take these](#)

ZMA – [Take this](#)

Protein – [Take this](#)

## *How do I do it?*

I've whittled it down to the four essentials: Multivitamin, Creatine, Fish Oil and ZMA. I rarely if ever supplement with protein, but it's a lot easier to drink that shake than it is to eat 2 lbs of meat every day.

## The Program

Don't go around the gym doing the flavor of the month gym exercises and end up gaining nothing. There are only 3 programs you will ever need, **until you are big and are ready to sculpt 5 years from now**.

Are you a beginner to intermediate lifter? [Starting Strength](#) by Mark Rippetoe

Are you an intermediate lifter? [5/3/1](#) and [Beyond 5/3/1](#) by Jim Wendler

You a slave to your phone? [Stronglifts 5x5](#).

Shit you can run those when you're advanced too.

That's it. Run these programs, run them as they are written, do the accessory work, and when you stall on one switch to the other. What is a stall? That's when you haven't made ANY PRs on ANY of your 4 primary lifts for 3 consecutive months. For example, your bench has stopped but your squat is still increasing, stick to the program you're currently on.

## *Why these programs?*

If you are not strong, you need to build a foundation. There are a lot of excellent bodybuilding programs out there such as Layne Norton's [PHAT](#) or [Arnolds Blueprint to Mass](#). Any one will work, however **you can't sculpt what you don't have**. Trust me, when your body is ready for them, you will know and you can sculpt away.

## *How did I do it?*

I picked up Starting strength for the first time when I was in high school. I ran it for 3 years making consistent gains before I stalled. It was about that time that I turned to Jim Wendler and ran 5/3/1 for nearly 4 years before stalling out on that. These programs more than prepared me for sports and life in the army and I recommend these programs because there is no wasted effort, just results. It's been back and forth for me ever since.

## Pitfalls

If you fall off the wagon with your diet for one day, ignore it, it won't kill you. If you fall off the wagon for one day a week, you have identified a problem that needs addressing. If you fall off the wagon for a few weeks straight, start over.

If you get injured, rest, cut and heal then start over.

If your friends start to make fun of your new found gains, drop them, you don't need these people anyway.

Resist the urge to tell everyone every detail of your program. They don't care.

Resist the urge to forgo lifting for women. If the pussy isn't a sure thing, it can wait.

### **Results**

You will be huge, your muscles will be strong and aesthetic, sluts will be dying to lick your abs and your circle of friends will change. Accept your fate; you are now the envy of every pathetic beta male you see.

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### **Conclusions:**

*"You started lifting to get girls, but you quickly realized the real reason you lift is to be better than people"* – Dom Mazzetti

If by the time you finish reading about my program (if you can call it that), you should have also realized that this isn't just about fucking dumb sluts. The discipline and rewards of committing to the gym will most decidedly spill over into other aspects of your life (including women). Maybe one day you too will be writing your own field report about banging the model at the Christmas party

**Did you like my post? Read my blog: [AlphaAsWhat.com](http://AlphaAsWhat.com)**

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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[deleted] • 9 points • 31 December, 2015 07:37 PM

Still disagreeing here with the idea that those three programs are all a person needs for the first several years. 6 months at most. Maybe you can use them for short term periodization training when trying to gain strength in between hypertrophy periods, or make hybrids of the programs with accessory work, but never follow them just by themselves for years on end. Doing so will give you an okay physique but it'll be badly proportioned with little attention given to smaller muscle groups.

PPLx2, PHAT, etc are great hypertrophy programs that you can modify for your personal preference, and the volume and frequency is optimal for growth. You don't even need SS, 5x5 or any of those beginner programs if your primary goal is size and proportion.

If we're arguing a balance between strength and looks, then that's another story.

The\_Titleist[S] • 7 points • 31 December, 2015 07:42 PM

I'm not disagreeing with you. But the simplicity is often what beginners (the target of this guide) need. And I am a firm believer in foundational strength

[deleted] • 2 points • 31 December, 2015 07:51 PM

Of course. It's a great thing especially if you have a physically demanding, and you are right about simplicity being important. I think you just overshot the time frame for using those programs a bit.

The\_Titleist[S] • 2 points • 31 December, 2015 07:54 PM

Ha. I did those two for 7 years before switching to phat. Maybe I'm just crazy

[deleted] • 1 point • 31 December, 2015 08:00 PM

I'm currently on PPLx2 and loving it. Don't plan on switching anytime soon. But if I do I think I'll do a PPL/Arnold split hybrid.

What are your stats?

radianceofparadise • 1 point • 31 December, 2015 08:03 PM

Agreed that the time frames are a bit long, but I understand that titleist is just trying to give a general overview to noobs. Those noob gains come super quick if you lift regularly and eat clean.

midlifedick • 1 point • 1 January, 2016 02:32 AM

What do you suggest after ss or 5x5 ?

[deleted] • 1 point • 1 January, 2016 02:36 AM

Personally I recommend PPLx2 as it's very versatile and can be modified for strength gaining purposes as well. I prefer high volume work myself so what I do might be overkill, but it can be made manageable for a beginner/intermediate. You can PM me with any more questions.

[deleted] • 6 points • 1 January, 2016 01:06 PM

Just want to point out, that the ZMA supplement is very overpriced. If i understand correctly, it's 3 tablets each day, so it lasts 60 days for ~\$23.

Here after a bit of searching on amazon i found:

Magnesium - \$7 - 180 days

Zinc - \$10 - 250 days

The B-6 should be also in the multivitamin, but if not, then:

B-Complex - \$10 - 150 days - and it's even more B-vitamins and I would recommend taking B-Complex supplement.

So there you have it, for \$27 you have supplements for at least 150 days VS 60 days on \$23. Mind you I am not even from USA, so i guess you can find even better deals.

ChadJr • 6 points • 31 December, 2015 07:32 PM

Why are you reposting this

The\_Titleist[S] • 2 points • 31 December, 2015 07:39 PM

I wasn't happy with how it was written after sleeping on it last time so I took it down. Then I had an overwhelming response as to where it was so I rewrote and reposted it

RedArgonaut • 25 points • 1 January, 2016 06:09 AM

I'm kind of pissed you took the old one down. There was so much good discussion in the comments. I was already pretty familiar with the content in your post, but people went way more in depth in the comments. Talked about things I didn't even know existed. I think I saved five comments from that single post for future reference.

Not only that but I usually browse this sub less than once a week. Every one or two months if life is hectic. I usually only look at the top posts when I do. I'm sure there are many other users with similar browsing habits. And newbies always get told to browse the top all time posts.

By removing your old post you're denying tons of users that wealth of info that was in the comments. If I hadn't happened to visit during that small window of time where your post was up, I would have missed so much good info.

If your super popular post isn't as polished as you want it to be, please just edit it instead of deleting it next time.

RPRedhead • 2 points • 1 January, 2016 01:00 AM\*

"Cut your carb intake to 100g"

That's per day, right? And it seems high compared to (for example) Atkins which at it's most severe restricts carbs to 20/day.

Another question: Why cut before bulk? If fat, can't it be worthwhile to bulk then cut? Is there nothing to the idea of muscle mass helping one to burn more calories?

slickdevill • 3 points • 1 January, 2016 04:38 PM

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That's per day, right? And it seems high compared to (for example) Atkins which at it's most severe restricts carbs to > 20/day.

Another question: Why cut before bulk? If fat, can't it be > worthwhile to bulk then cut? Is there nothing to the idea of muscle mass helping one to burn more calories?

Yes, 100g per day. And it is not much, still low carb. Usually people eat somewhere between 200-400g per day!

100g is not low enough to reach ketosis, but if you're bulking, you don't want that. The reason why he is saying stick to 100g of carbs is, that carbs can make you fat. Especially bad carbs (basically anything made out of flour or sugar). So stick to 100g good carbs (starchy kind, like potatoes, beans and whatnot).

The Atkins diet is actually a bit different. You start with 20g carbs per day and then over time increase carb intake. But it's not as strict as a ketogenic diet (20g carbs max. each day to stay in ketosis).

You don't necessarily have to cut first and then bulk up. But it's not easy to bulk up whilst cutting. You can do it, but you will build muscle slower. I am doing the ketogenic diet (20g carbs max.) while eating loads of protein and i lift. I make slow progress, but i lose weight (fat only) and build some muscle while doing it. Pretty neat and doable. But i guess it's easier to concentrate on one thing (losing weight or bulking up). And yes, muscle burns calories like crazy. 73kcal per kilogramm of muscle every day, and when you use that kilogramm of muscle it will burn even more. Now think that you can build 5-10kg of muscle within a few months. You can easily increase your daily caloric needs by 500-1000kcal within months. That's why muscle is so great - it not only looks good, but keeps you lean.

RPRedhead • 1 point • 2 January, 2016 03:26 AM

Interesting. I'm thinking I'll bulk a little then start trying to cut. My theory is that it will be easier to cut with a decent amount of muscle than with little muscle. I'm a little tempted to say screw cutting and just bulk, powerlifter style. I really am more interested in bulk than definition right now. Time will tell where I land on this.

RedArgonaut • 2 points • 1 January, 2016 04:43 PM

If a ketogenic diet sounds like what you're after or you just want learn more checkout the keto and ketogains subs.

AmbitiousDrone • 1 point • 31 December, 2015 07:28 PM

**The Cut...** If you were fat or skinny fat from the start, do this first, then bulk the right way.

Dropped off the bandwagon a couple weeks from my previous attempt after getting sick. Picking it up again now. Do I lift while I'm doing the running? I assume so, but wanted clarification.

radianceofparadise • 3 points • 31 December, 2015 08:01 PM

Agreed if you're fat, but if you're skinnyfat, I think you should clean bulk. If you lift heavy and eat clean, you should zap the fat in a few months time and not have to start all over with a bulk.

[deleted] • 2 points • 31 December, 2015 07:31 PM

Yes. It'll preserve the muscle mass you have (or even slightly add some if you're a beginner).

waynebradysworld • 1 point • 31 December, 2015 09:26 PM

Good shit bruh, just ordered the zone

CRITICAL9 • 1 point • 1 January, 2016 03:30 PM

Thanks good stuff, needs more upvotes

TRP\_ToughToSwallow • 1 point • 2 January, 2016 11:12 PM

and go running twice a week. BOOM! Seriously, cutting is not meant to be a crazy adventure.

how long of a running session are we talking here 60mins? I'm assuming other low impact cardio like the bike is okay too, you're just generalizing ?

I'm definitely going to take a lot of what you say to heart I'm just over 3 weeks into stronglifts (wasn't out of shape super bad before compared to some, lifted) and am about 15% BF I'd say (callipers are in the mail, I'll know for sure soon!). Would you recommend a cut to 12% for me? or just start where I'm at around 15% BF and set my macros/calories based on bulk? interested to hear your opinion! Thanks in advance

[deleted] • 1 point • 5 January, 2016 10:32 PM

I'd like to know more about the supplement wall. I've been eating clean food in the correct amounts and seeing results for 2 months now. My diet is getting more and more dialed in as I go and my lifts are going up on all fronts.

Do I really need supps? Will I have less potential without them, or just take longer to reach my potential?