Just Fucking Lift

987 upvotes | 11 April, 2018 | by Heathcliff--

Just fucking lift already.
The vast majority of your problems will be solved by just doing some form of fucking exercise.
I know a lot of you kids still don't lift. You read the sidebar a million times over and buy all the books and practice your lines and 'build your frame', but you seem to think for some deluded reason that you're the fucking exception and you don't need to lift.
All of us losers are just insecure and overcompensating, you however, can get away with being an oestrogen weakshit because you're just different. Girls will notice your uniqueness and not care about your physique.
Fucking. Bullshit.
You're too scared to exercise, too lazy to put in the work, and too damn stupid to realise that this is the BIGGEST factor holding you back in your life.
Listen, retard, you have the ancestral genes of marathon runners, hunters and soldiers. Your body is a machine built to crush and destroy things.
If you are not maxing out on your physical capabilities as a man, then you are operating in CHILD mode. Your body is soft and weak and pathetic like a child, you are not a man.
Every single cell in your body is tightly and intimately related: improve your body in one aspect and the rest follows; every single guy here will tell you that exercise has greatly improved his cognitive abilities. Brain fog lifted, willpower increased... you literally get smarter.
If you do not exercise, you are operating at STUPID capacity. We, the meatheads who pick things up and put things back down again, are much, much smarter than you are.

The Pareto Principle states that 80% of results come from 20% of the work. Well wanna know what the real 20% is for improving yourself as a man? The one activity that reaps the most rewards? That's right. Lifting some fucking weights.
Your life will drastically improve should you employ this one simple life change. This is the most time efficient and effective thing you can do to grow as man.
Fuck the sidebar, fuck the rational male, fuck frame, fuck cold approaching, fuck haircuts and style and IOIs and shit tests. Fuck women.
All of these things are moot if you do not lift. Lifting will fix your life in and of itself. Your testosterone will increase, you will learn discipline and accountability and you will stop giving a flying fuck. Your frame will build naturally as your balls finally begin to descend and you will game women effortlessly without realising it. You will literally become the man you dreamt of becoming through this one act alone.
Because the biggest blue pill lie you were told was that daily exercise is unnecessary, and just a hobby for the insecure and obsessed.

Exercise is imperative and non-negotiable. You must break sweat every single day of your life until you die. If you do not, you are not a male. You are not even fully human.
Just lift you stupid fags. Stop wasting your time posting a bazillion threads about 'this one girl' and
masturbating over every new trp post. You won't learn shit. Lift some damn weights and ALL your problems will be solved.

And yes, I was inspired to write this by the recent fatass post. The only thing that pisses me off more than lards are the skinny retards who think they're the magical exception and can coast through life without exercising.

Fucking lift already.
"It is a disgrace to grow old through sheer carelessness before seeing what manner of man you may become by developing your bodily strength and beauty to their highest limit" - Socrates

“No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable.”

I prefer this iteration.

He's wrong though, every man has a right to be an amateur in physical training.

You haven't begun your red pill journey until you've started seriously lifting.

Beginners/Novices can go over 100% every 48 hours.

So does that mean I have to go to the gym everyday and exercise in the same room, breathing stale, sweat filled air to be on my red pill journey? Or perhaps I could go out biking, free running, snowboarding, or fighting (mma)? Same results maybe?

Upload a pic of your body shirtless and we'll figure out reallllllll quick whether you could benefit best by some more time spent in the gym with sweaty men.

You can go biking running snowboarding and mma to your hearts content.

Do you know what those guys at high levels to for strength? They lift too.

Sprinters? They lift dude. IDK about snowboarders, but MMA fighters definitely incorporate resistance training.

And let's be fuckin real, you're not going to snowboard and MMA or do any of this shit everyday. But you can spend an hr lifting shit on program to increase resistances in a linear fashion, which has been proven time and time again to build a reasonably muscular body in 1 year.

I personally am into backpacking, rockclimbing, etc. Recently did 2 weeks of hiking ~10 miles a day with a weighty backpack.

There are certainly health benefits there, and there is a lot of interesting things hormonally and muscularly that occur on these longer backpacking trips, it's certainly strenuous as fuck.

All of that is good, but the aesthetics, the V taper, the swole, the biceps girls feel on, the postural benefits from heavy squats and DLs, etc etc... this comes from
resistance training.

You can do whatever the fuck you want to do, but literally nothing is as efficient as weight training (and proper diet) for building muscle mass, which is simply put the best way to raise your SMV.

If you want my advice, always do 2 days in the gym every week, suck it up and make it happen. If you want to unicycle down a canadian mountain while apologizing as fast as humanly possible for your other workouts, that's fine, but get in 2 days, 2 full body workouts with linear increases in weight.

6 upvotes • zmazo98 • 12 April, 2018 08:28 AM
I can't argue that I would definitely benefit from going to the gym and when its summer I bike everyday for 2-3 hours at least. And I may just take your advice and go for it, I was unaware that 2 days a week could even make a difference. Faults on me for not doing my research. As for the unicycle, I may try that too. Haha

7 upvotes • WinstonMcFail • 12 April, 2018 12:19 PM
2 hours a week at the gym will make a huge difference of you're training hard and eating properly. Especially if you're new to lifting. Just be consistent and safe, it's hard to fuck up when you're new. Now, when you're a year or two in and have out on 10-20 lbs the you have to start being a little more strategic to make progress.. But right now? Don't over think it.. 2 hours of hard lifting a week, plenty of quality protein and healthy fats

2 upvotes • GuruDev1000 • 12 April, 2018 11:45 AM
Well said. I used to tag along with an aesthetically well-built friend long back and never managed to benefit much from gymming, because I had to do his 3 or 5 day splits and hated all that volume. Moreover, I looked down on muscle as something meatheads work on.

Then I discovered TRP, SWALLOWED my pride and decided to lift weights again. But this time I refused guidance of my friend and went with 5x5 SL and then Phrak's Greyskull LP. Now I LOVE gymming, because it's only 3 days a week and less than an hour and I am much better than before.

I am not as well built as my friend, but I feel better that I am stronger than ever, not thin anymore and still don't have to sacrifice all the other priorities in life.

2 upvotes • [deleted] • 12 April, 2018 03:27 PM
Dude, I hadn't been to judo in 2 months, having installed an Olympic weight set in my apartment and starting Stronglifts. I went yesterday and holy shit totally different game.

Backpacking is freaking awesome....

Even golfers fucking lift.

1 upvotes • Heathcliff- • 12 April, 2018 06:37 AM
Sure, as long as you're breaking a sweat and making progress.
Lifting is great though because it's time efficient. Some of us have busy lives. I will build more muscle in a 1 hour session by isolating those groups and working them specifically, than 2-3 hours with some other general sport/exercise.

-6 upvotes • zmazo98 • 12 April, 2018 06:43 AM

Yeah, busy lives makes sense, mine is while I'm working, but I'll make time to make some memories and take care of my body

3 upvotes • ndestruktx • 12 April, 2018 07:01 AM

I work 70-90 hours a week at times...no excuse not to work out. Not only have studies shown it to improve lifespan it's also proven to improve mental wellness and decrease anxiety and depression. Like many have said - you don't need to be a bulky bodybuilder. Just be stronger practically speaking (carry suitcases without struggling, change tires, move furniture, etc). I'd also add that running is great too - being able to run a 5k under 25 minutes can appeal to many women plus it's healthy. Even better if you're doing triathlons or something similar.

No worthy woman wants a man who's a slob.

1 upvotes • Heathcliff-- • 12 April, 2018 07:18 AM

When I play my guitar there's two ways I can practice.

I can learn the songs I enjoy and have a lot of fun playing them and perfecting them. Over time I develop skills through consistent play and improve.

Alternatively, I can force myself to drill technique and finger skills and perform specific exercises for each different movement (cord changes, scales, finger stretching). This is painful and not enjoyable, but by pushing through it I develop the necessary skills quicker more accurately.

14 upvotes • Gearski • 12 April, 2018 06:25 AM

breathing stale, sweat filled air

wtf lol? you know gyms are mostly air conditioned right? you can do all that other shit but you gotta lift.

-12 upvotes • zmazo98 • 12 April, 2018 06:32 AM

Fair point, I live in northern Canada. Our A.C. is opening the door (Doesn't work worth shit), haven't been to many gyms either, I can't personally justify paying money to go do something I don't enjoy when I can not only go out with friends and socialize but also be exercising. That's just my style though, no hate towards gym goer's though. (figured I'd throw that out there just for good measure)

22 upvotes • DamiensLust • 12 April, 2018 07:05 AM

why are you so insecure? this isn't a personal attack against you. usually if someone told me that they're regularly snowboarding, training MMA and biking then maybe they don't have to lift as much,
but you're being such a whiny bitch about it obviously even a part of you knows you're talking shit.

Squat, bench press, deadlift, oh press, power clean, chin up, dip, and dumbbells for variations of the previously mentioned. All you need.

The other stuff is good but heavy compound movements is where the life changing effects that op is talking about takes place.

vastly different results
i am accomplished alpine climber and mma fighter
still have to lift three times per week

Finally a civilized comment, thank you! I'm deleting my previous comment in the morning as it was made based on an opinion lacking of knowledge

I can't remember where I read this, but when asked what was one of the biggest regrets in this old man's life (he was at least 75) he said "Not having visible abs."

Many people think that when you get old, everything you worked for will be for nothing. That's simply not true and I find that reasoning stupid, as I would rather live a strong life and lose it then never live one at all.

Ok, let me clarify something, because posts like this are what make people not want to lift.
You don't need to be fucking Arnold Schwarzenegger.
You just need to be respectably fit.
Do you need to go to the gym 7 days a week and eat perfectly clean? No.
Do you need to go to the gym 3-5 days a week and keep an eye on your macros? Yes.
Do you need to be able to deadlift 500 pounds? No. Should you be able to bench your body weight for 8 reps? Yes.

You need to maintain a strong, healthy body not because your ancestors were brutish warriors and you're wasting your potential, but because it is a responsible, practical thing to do for an adult male. Being fit not only increases your lifespan and quality of life but it is the first thing anyone will notice about you, and it says a lot. Because it is not something you can buy. It takes pure discipline. It commands respect.

To restate the main point though, this doesn't mean that you have to be some ripped beast. In fact I would advise against it. Achieving that kind of physique takes way too much time away from other activities in your life. You should aim to be well rounded physically, mentally, professionally, and creatively. Fitness is only one piece of the puzzle, though it is an essential piece.
Arnold spent his entire life in the gym, and he was on gear, and he had absolutely perfect genetics. Even if you wanted to, you would never look like him. You are, however, fully capable of being respectably fit.

“Well, guy..” Lmaoo I was dying

Allegedly when people said to Arnold "I'd never want to look like you" he often responded "Don't worry, you never will."

I just don’t understand why you wouldn’t wanna look like Arnold, especially if it were as easy as many people seem to think it was.

Agreed that some people use it as a weak excuse. I think the problem for most guys that don't lift isn't that they are deluding themselves that they don't want muscles, but that the whole fitness process seems intense and overwhelming. That's the idea that these "listen up you fucking fags" posts propagate. In reality, as we know, fitness is like brushing your teeth. Takes some discipline, but it is simple, effective, and makes you feel damn good.

Isn't that the fucking male hamster.

By addressing people "you retarded fag go lift" you won't recruit new people to try the hobby. Only, people who already lift will respond positively to this sort of motivation, because they already know why lifting adds value to their life's.

This post is apitome of circle jerking.

I do that anyway, go to the gym 7 days a week and eat perfectly clean. Lifting keeps me sane. The house of iron is my happy place

If you go to the gym 7 times week there's almost no doubt you could be putting in more effort in other areas of your life.

You could say that about anything that someone is passionate about.

"Why do you play tennis every day? You could be putting that energy into something else your life!"

As long as your passion isn't something completely useless and self-destructive (video games all day every day) then it's fine.

Not really. Going to the gym everyday (while being natural) is completely counterproductive. You literally do not make progress and open yourself up
to all manners of injury. Also, burnout - by far the most people who eventually just get sick of the gym and take an abrupt break never to return to their peaks are those who hit the gym everyday. If you aren't competing, it's hard to understand why anyone would think it makes any sense to do that. You at least make some progress playing tennis every day. Also, is the gym really a hobby? I thought we were discussing it in terms of it being a necessity. I certainly would prefer playing video games during that time but realise the gym is more important.

If you are training properly you can easily go to the gym every day, just look a push pull legs split, lots of naturals do that and it's a six-day routine and getting in those six days are important. you don't need to go every day but if it clears your head and you like doing it why not it only takes an hour out of your day, why are people so autistic about what other people are doing

No actually i am doing pretty well in other areas of my life as well, I just won $20k in a competition last week. working on a side business and perform quite well at my job.

It all comes to time management and priorities. I don't do clubbing, partying just not my thing. and an extra hour or two in the gym over the week only boosts my productivity

I've been working out almost daily for 3 years and still can't bench my body weight 8x haha any advice? Just recently cut back on bench weight and added reps, don't have a spotter which made it really difficult to make progress on bigger reps

Ignore that part of the post. Arbitrary goal. Train don't strain. Injury prevention is objective number 1

This is so important, and what I tell everyone to make their top priority.. far above lifting more and weighing more. Consciously consider injury prevention every lifting session. This pursuit IS NOT easy on the body. I've met many a middle age ex lifters that suffer from joint and muscle issues on the daily due to their heavy lifting years. Not to mention, it takes months and years to build muscle but literally days and weeks to lose it if you are inactive due to injury.

Sounds like me atm (not due to lifting) but I had a at work incident and I'm now been off for like 5 weeks in physio. Not much I can either. Be careful lads.
Lose weight, if you’ve been bending for three years but can’t hit 150-200x8 you’re fucking up

I am 6’ 5”, weigh 240-250. I can deadlift 500, can’t bench 250 for more than a single.

I’m not sure why you’ll be trying to deadlift 250. I'm 1m79 and have deadlifted the equivalent of 500 pounds in the past but will never even attempt to get close ever again. There's literally nothing good coming from that. Just fucking your back up.

Just ask anyone around to spot. I find gains when I have a rest day in between to heal the muscles, you get a better pump the next day.

When you go everyday the muscle has no room to expand.

Train for hypertrophy, focus on muscular contractions. Benching your body weight for 8 reps means nothing if you turn the bench press into a shoulder/triceps dominant exercise. Lower the weight, swallow your pride/ego and see your chest grow. Remember, your muscles don’t know/care about the numbers on dumbbells, only about what they feel. 

Yep this is what I just recently changed. Was benching my max but the reps were shit so stalled out, going down and increasing intervals - starting to feel sore there in the right area

Aim for a weight at 8 reps. Do 3 sets of that. Keep doing that weight until you can do 10 reps for all 3 sets. When you've done that, increase the weight. 

Find your TDEE, make sure you're eating 250-500 calories more. Protein minimum 150g.
You need a power rack with safety pins.

Ask literally anyone to spot you. 95% of people will.

8x bodyweight IS an arbitrary milestone, but if you've been lifting for 3 years you're fucking up somewhere hard (unless you're an actual hamplanet with like 150kg+). I was able to lift that in a year of inconsistent lifting (3 months on 3 off so like only half year of actual lifting and I started as a fucking skeleton that never did an hour of exercise in his life).

Go find some actual program and look up lifting tips. I recommend SL5x5 with extra arm work simply cause the app is so fantastic and does all the thinking for you. Not the most optimal program but by far the most convenient. Ab exercises on off days cause "doing the main lifts will give you abs" is a fucking meme I fell for, and I tell you it's not true.

I am 6' 5'', 240-250. Trust me, 8x BW is not easily achieved unless you’re a midget.

183 cm (6' exactly according to google) and 85kg here (187 lbs apparently). The heavier you are the stronger you are though, unless that extra weight is fat. Get body fat % down and you should be able to lift BW.

It doesn’t work out that way. Overall potential for more muscle mass might be higher, but my leverages make benching extremely hard. The best benchers in powerlifting are all short/stocky.

eat more. If you aren't getting stronger you aren't eating enough. There is no magic. Eat more, Thats really it

But at what point? I'm not going to force feed my body bullshit for a dirty bulk. Already eat about 3 chicken breasts, protein shake, 3-4 greek yogurts, 2-3 protein bars, 2 entire potatoes, half a gallon of spinach a day

I really dont know how to do any more than that

Macros baby. Do a TDEE calculator, find macros for .5 - 1lb a week using an IIFYM calculator and you will gain clean weight if you stick on your macros. I'm not a Greek god, but I'm getting there fast. A year ago I was 140 at like 15% BF now I'm 168 at probably 12. All I did was eat a bunch of clean food and lift heavy. At about month 8 girls very much so started to notice

ah shit, probably need around 3k calories a day. Any good snacking food to get there? I eat clean and a metric shit ton of protein, but none
of that food is caloric dense

1 upvotes • bottar1 • 12 April, 2018 04:34 PM
Rest days? Sleep? Are you on a decent program? Nsuns is good for volume and linear progression. I can already do 50kg for 8 and I weigh 72kg. I'm only a beginner really.

1 upvotes • truedemocracy3 • 12 April, 2018 09:12 PM
Yea my sleep is pretty shitty, I dont do rest days but I do rotate between parts I workout

1 upvotes • bottar1 • 12 April, 2018 11:27 PM
Sleep might be the issue my man. I need a good 6-7 hours myself. Also you could be deficient in some vitamin or something? Worth checking out. I was deficient in Iron & Vitamin D. Now I feel like a beast with my supplements. I need alot less sleep (lack of iron would make me tired).

1 upvotes • Sumsart01 • 14 April, 2018 02:20 PM
Get some better programming.

17 upvotes • endertheender • 12 April, 2018 07:30 AM
this is irrelevant.
The time it takes to "Look like Arnold" is a LOT longer than it takes to get the effects that OP is talking about.

Basically this is a moot point. look, People will make their own excuses to not do something, even though it is the answer to their problems.

So. Fucking. What. These posts ARE. NOT. FOR. THOSE. PEOPLE.

Fuck those people.

These posts are for the new, uninitiated people who come across this sub everyday, or those who need a kick in the ass to bust their ass as much as they can.

Seriously, this is like a cheat code that people are giving away for free, WHO CARES how it's delivered?

If some dudes get "offended" and are made to "not want to lift"
then they were weak, darwinian failures and will continue to be that way until:

a)death
or

b)something happens to them that's worse than death.
The End.

GO FUCKING LIFT!

7 upvotes • OmegaMan2 • 12 April, 2018 08:50 AM
"b)something happens to them that's worse than death."

... and that event is when you see a girl that you really liked and thought was into you, going out with someone else.

For me, the hurt was overwhelming but it was also the turning point in my life, that started me on the path in life that was only made possible through weight lifting.
Tbh I'd say that's the case for at least half the dudes here. Seeing your oneitis get fucked by chad (don't have to witness the actual deed but you know what I mean).

I like to focus the rage into exercise.

This. I really don’t give a fuck about the lazy asses who refuse to pick a weight. I’ll be having fun fucking their girl.

Should you be able to bench your body weight for 8 reps? Yes.

How are you training and more importantly eating? How you look is 80% diet. How strong you are does come down to genetics but that can be manipulated with strength training(lower reps think 3-5)

Yeah, the right diet was my problem in the beginning and I had to cut again. Since this year I am very careful with my diet. I eat a bit more than the calculated necessary cals for bulking (ca. 2,900 cals, I weight 73kg). I also eat enough nutritions (e.g. 210g proteins). However, my weight is constantly fluctuating and I'm not sure if I eat too much or not enough.

Eat something different. You're probably intolerant to something. Happens to me sometimes tbh, and it's pretty...leaky.

Age plays a certain role, also eat, eat, then eat some more.

You're right, but this only comes after you've developed a routine for exercise. If you're still trying to achieve this and think, oh yeah I need to throw a workout in to make my week well rounded, that ain't gonna work. It needs to be a priority 4-5 days a week until you start going to the gym without having to force yourself and it just becomes what you do.
You don't need to be fucking Arnold Schwarzenegger. You just need to be respectably fit.

Do you need to go to the gym 7 days a week and eat perfectly clean? No.
Do you need to go to the gym 3-5 days a week and keep an eye on your macros? Yes.
Do you need to be able to deadlift 500 pounds? No. Should you be able to bench your body weight for 8 reps? Yes.

Where does OP say any of that?

He said to lift, not to shoot roids.

If you lift like crazy but stay natural, you will look awesome. Better than "RoidBouncers" with a bloated look.

Think Wolverine.

I agree that it's smart to stay away from the rods but you're full of shit when you say you'll look better natural. The key, as with anything, is moderation. I assure you that if you hopped on a cycle of 350mgs test a week some anavar.. You will absolutely look better than you ever could natural. You're example wolverine.. Gets that look from roids. Roids do not automatically mean sloppy, bloated meat head look

This comment is gold, however lifting just isn't my style. I personally, would prefer to go out and bike around, go free running, snowboarding. I prefer my exercise to be out and about and entertaining. Just my style

That's nice and all lifting not being your style, however it sounds like you're just making excuses for yourself. Doing only cardio related activities will not grow any muscle or improve your appearance. If being skinny or a lardass is your style, don't complain that girls ignore you. Just fucking lift, it takes less than 30 minutes a day. Ofcourse it's boring as hell but so is brushing your teeth. Try it for a few months and see if you want to do without afterwards.

Dammit I'm starting to see a trend. How is it I managed to get the impression that you had to lift for like 3 hours daily for it to mean shit? I'm definitely going to have try it.

There are options for strength based training that are not pure lifting in the gym. BJJ or rock climbing for example.

No there aren't.

I am accomplished alpine climber and mma fighter.

Still have to lift three times per week to have decent strength and
looks.

1 upvotes • Rabbit-Punch • 12 April, 2018 02:13 PM

nooo lol. BJJ is only strength training if you are super new. BJJ guys are notorious for being able to win without exerting themselves much

3 upvotes • physicalbitcoin • 12 April, 2018 05:05 PM

Ofcourse it's boring as hell

Listening to music or learning a language on youtube is good brainfood. Helps me get through the boredom.

5 upvotes • [deleted] • 12 April, 2018 12:28 PM

Cardio and the exercises mentioned are great for the legs and butt, but you need some upper body if you don't want to look like a kangaroo.

1 upvotes • ddbsirt • 12 April, 2018 12:55 PM

Cardio does nothing for legs.

4 upvotes • zmazo98 • 12 April, 2018 01:04 PM

Biking does but not to the extent of lifting

2 upvotes • fridgefucker12 • 12 April, 2018 02:14 PM

Depends. I've seen bikers with huge legs who do nothing but bike.

2 upvotes • youcantdenythat • 12 April, 2018 10:03 AM

So buy some weights and a bench and put it in your yard.

Also, bodyweight fitness, flipping tires, sledgehammer training, swimming, rock climbing.

1 upvotes • zmazo98 • 12 April, 2018 10:37 AM

What is sledgehammer training? I've never heard of it

1 upvotes • Azsun77677 • 12 April, 2018 11:14 AM

Fedor Training Video

1:25 of this video.

2 upvotes • zmazo98 • 12 April, 2018 11:19 AM

So what is the idea behind it? Is it to resist the bounce of the hammer? Or is it more about the swinging?

2 upvotes • Morphs_ • 12 April, 2018 01:36 PM

That's the problem with modern man. Everything has to be fun and entertaining. That has nothing to do with "style".

I do wakeboarding and trampoline jumping as my fun and entertaining cardio, but I absolutely lift too. Trust that it will grow on you once you start to see results after some time.

1 upvotes • zmazo98 • 12 April, 2018 01:42 PM

Yeah i've learned a whole bunch about it, its super efficient for anyone and everyone especially with 24hr gyms existing
I forget where I read it, maybe it was BPP's book, but one the books mentioned in the sidebar said that women don't want a man who can run as fast as he can from battle. They want a man who will stay and fight. Just something to keep in mind.

Shut the fuck up you fucking pussy.

Because running is gonna make you jacked you piece of shit.

Lifting isn't supposed to be fun. But it could be.

He might be immature but his point stands.

I personally, would prefer if we could all just take the blue pill and live in that fantasy world but we can't.

Having an impressive physique works. Fact.

No-one is saying you can do all those things, just hit the gym too. Everyone has time for 3x1hour/week.

That's really it. Obviously, if long distance running is your thing, you don't want to be completely bulked up. But adding some weights to the training is beneficial.

Yeah I finally had some civilized conversations with people and turns out my opinion of gyms were skewed with misinformation in some areas and a lack of knowledge in others picking up a membership today.

Is your girl cute?

I'll capatalize when she gives me fuck me eyes after she oggoles my popped out chest while you’re getting ready to go ride your pussy ass skinny road bike.

I am a skinny road bike racer and my girl is absolutely incredibly hot. All the girls I get are.

I don't aim for that triangular bulky upper body look that you get from pure lifting, but rather do a small amount of lifting and mainly riding hard. This gives the ultimate body. Something along the lines of Brad Pitt in Snatch. There is nothing
more attractive to women.

Imho that's because you don't look like you try too hard.

Some truth in that I reckon. Women can see a try-hard a mile off. They will go for him regardless, if there is nothing else on the menu, but yeah...

Not even that. I lift for about 3 hours a week and track calories, not macros. Still look better than 99% of the population.

If we are talking about being attractive here, I don't need to bench my body weight. Twink style abs is what is needed

Why not both? 8x bodyweight is not a whole lot at all. You can still go full ottermode AND lift that much.

Also winter = bigger body is better cause you fill out your shirts. Abs is for summer.

Yeah if I got to that level I would be happy but thats way above and beyond what I want fitness wise

Jesus man, I thought this post was directed towards me specifically. You're completely right when you say I'm too scared and lazy, I am. I make a thousand excuses not to go to the gym and I'll probably make a thousand more. It's this mindset that I'm stuck in, it feels like quicksand and I can't escape it. I can't stick to my goals because I'm weak and have no self control or discipline. I'm scared of what people will think of me when I can't bench press as much as the average guy my age, I know I shouldn't but it feels like it's been branded into my subconscious with hot iron. I know I can't do anything until I get out of it and just do it. Sometimes it feels like I'll never change, I never stop trying but I've failed so many goddamn times now I feel like it just wasn't meant to happen. I understand that I have to make my own destiny but I feel like a fucking failure and sometimes that pisses me off enough to try again an sometimes it turns me into a self loathing bitch where I get nothing done and fall into a depression coma.

Next time you want to whack off, use that as a signal to get to the gym. Dude I could barely bench the bar when I started, you know who cared, fucking no one. You know who noticed and looked at me, fucking no one. You know who noticed and looked at me, fucking no one. You just go to the gym

Fucking this. I took the damn advice and signed up for the gym at work. I weighed 125lbs in January. I'm just shy of 140lb, heaviest I've ever been. Abs are starting to show, I got some luscious tits now and shoulders worthy of soup broth. Every day 45min, off Saturday and Sunday. Standard Polish diet (lots of meat and starches), just doubled my
intake slowly over 3 months.

Fucking lift. No excuses, no pity. Pity is for women. Before no woman looked at me. Now I'll get a glimpse from a 5-6 every now and then. You bet your ass it's gonna be 7-9s in the next 6 months.

2 upvotes • Luckysena • 12 April, 2018 04:00 AM
Good progress, keep that shit up. If you don't already I recommend doing weekly progress pics. Sometimes you might feel like you hit a wall with fitness and then you pull up your old photos and see the visible progress and that'll motivate you to keep pushing.

1 upvotes • ddbsirt • 12 April, 2018 12:58 PM
Assuming you're not short, at 140lbs you should not be encouraged by abs. Be aiming for 160-170lbs with abs.

-2 upvotes • [deleted] • 12 April, 2018 11:39 AM
Lmao, 125 lbs?
Are there women in this sub too or are some 10yo already getting brainwashed here?

1 upvotes • Solists • 12 April, 2018 11:46 AM
I got myself a Tinder date for tonight buddy. Can't say it's brainwashing if it works. You should try it pussy.

0 upvotes • magx01 • 13 April, 2018 01:08 PM
Now I'll get a glimpse from a 5-6 every now and then. You bet your ass it's gonna be 7-9s in the next 6 months.

Lifting your way to divorce rape, nice.

1 upvotes • Solists • 13 April, 2018 01:25 PM
How you got divorce rape out of harmless looks is beyond me. Check yourself.

0 upvotes • magx01 • 13 April, 2018 01:36 PM
I'm smart and I project into the future.

7 upvotes • sadshark • 12 April, 2018 06:42 AM
This right here. Nobody at the gym gives a fuck about what you're doing and even if they do, they do for a second then they move on to whatever the fuck they were doing.

On the contrary, I noticed that people more often than not appreciate a guy that's skinny or fat but tries to imorove: "at least he's doing something unlike everyone else in his position, good on him"
The funny thing about your situation is once you go consecutively for a few weeks you will laugh at how easily it was to break this mindset. The only people who will even think of how much you are lifting are the ones that are self conscious and use their phones the whole times. Throw out the junk food, go start a simple diet full of protein, and watch as your nooby gains come in at light speed. PB& J's, turkey sandwiches, turkey breast, rice, oats, protein shakes, leafy greens and fruits. Nooby gains are the easiest inspiration to keep going back to the gym, along with having the "gym high" afterwards and a clear head.

As others in this thread have said, start with calisthenics to get your base strength. Your ego is only going to hurt you when you worry about weights when you're starting. Spend time watching videos and reading about fitness, otherwise you will be wasting your time. My personal favorites are Jeff Cavalier and Jeff Nippard to start your quest to looking like Jeff Seid.

Stop bitchin and start liftin. You dont even need to go to the gym to start. Fill some empty gallon jugs with water and lift them. Just. Do. Something. Start the process, no matter how simple it may seem, just starting the fucking process moves you in the right direction.

Well, look at it this way:

EVENTUALLY you will get mad enough, that you will just say "Fuck it" and do EVERYTHING YOU CAN to get the results you want. That point may come tomorrow. . .it may come when your 43, fat, balding and realizing you've done shit with your life so that your own choice is eating bullets or doing what needs to be done to get the results you want. (you don't want to get to this point. . .but this is where you're heading)

You probably don't realize that life is really short.

The answers...cheat codes are here in your face, the longer you wait to take advantage, the less time you'll have to enjoy the benefits.

Really, lifting should be priority #1 reading sidebar #2 Really, the consequences of not doing this, are life-threatening. Look at Male Suicide Statistics, and realize that this is YOUR FUTURE if you don't do what needs to be done. You really have no idea how close you are to the Abyss.

Take this as a life or death, Do or Die thing. That's how serious you need to be about it.

If you can't do that. . . well. . .you can figure out the consequences on your own. . .it's your life, extend it or shorten it at your discretion.

Start with bodyweight exercises and master those. They are equally valuable to lifting. Transitioning to weights is much easier after you have some strength training base as well. Plenty of people that "lift" that can't do 20 proper pushups or even a single proper pull up.
Dude I started lifting a year and a half ago. I was a complete noob and had no idea what I was doing. Trust me when I say other gym-goers don't give a damn about you or what you are doing in the gym. As a rule, I never make fun of someone for trying to better themselves. Just go, find a friend to teach you, watch youtube videos, watch other people, and get form correct to start so you don't learn bad habits.

6’2” 135, 65lb bench press (one 10lb plate each side) at gym was 20 years old me, buddies I worked out with joked and talked shit, but in an encouraging way. Everyone has been there at some point in their lives,

Along with following advice from the other replies, one thing I'd add is go to gym with a friend. Often times it's more fun and effective.

As for mindset, remember popular quotes like "Consistency is key." and combine it with the definition of insanity. Many things require hundreds of tries, but each one needs to be a bit different in some way than the previous. Incorporate meditation and self-control on things like video-games, TV and masturbation - motivation and positive vibes will soon come to you. Above all, don't lose thirst for improvement because failure. At worst it's a sign that you need to change your approach to something. Stay strong and the RedPill won't disappoint.

I'm scared of what people will think of me when I can't bench press as much as the average guy my age

Literally the only thought I've ever had when seeing Rando Fatass make an appearance at my gym is thus: "Fuck yeah, dude. Keep that shit up."

This time last year I was Rando Fatass, and while I felt just as silly going in then as you do now, the only actual commentary I've gotten in all my time there is helpful critiques to improve my form and encouragement to keep going.

Depression is a pit and when you are in a pit you don't get to control what the ledges are that you can grab onto. Essentially, you don't control the small accomplishments that you can make that build on one another like a ladder, you just control whether or not you see the possibility of them or not. Working out might not be in reach for you, but other ledges are that will get you there.

Listen to this podcast. Listen to David Goggins story.

Turn off your computer. Just go. You’ll end up loving it. Most people at gyms are friendly and will notice a newbie putting in effort to improve.
Girls will notice your uniqueness and not care about your physique.

Probably the biggest thing hold most men back. You will never get to show your uniqueness off to any woman worth a fuck if you don't have a physique.

As my physique continues to improve women keep finding me more and more unique. Not a single chick gave a fuck that I could do most math at a pace that would make people's head spin when I looked like I was made from K'nex. Now it's the coolest thing ever to them.

Girls don't get wet for the fat funny guy who is “super nice”.

It took me over 30 years to realize this. Lifting is the truth! Fuck my old Beta Life, Fuck being the Nice Guy, Fuck my WoW account, Fuck my excuses.

But level 100 paladins...

Funny guys aren't hot. Hot guys are funny.

Never heard anyone refer to themselves or anyone else as looking like k'nex before, that was a good one.

I read that as Kleenex and was very confused.

I could see this being used as a worse description than being made of paper.

It goes beyond that.

**Even if you could get pussy as a physically unattractive man**, you should anyway want to get pussy for your physical attractiveness.

It's not women wanting you for your physical attractiveness; it's you yourself wanting your physical attractiveness to be the thing women should want you for. It's you yourself wanting women to want you for your physical attractiveness, even if you know that physical attractiveness is not it all about a man.

**You want women to want you for your physical attractiveness, cause that's the truest, most real female desire; you want women to want you for your physical attractiveness because you know deep down physical attractiveness is the only thing that matters to women.**

So it's not women who want you physically attractive; it's YOU the one wanting to be physically attractive. Cause being physically attractive is better than being physically unattractive.

There's something about having a better body that is important and valuable regardless of the
female topic.
As well as you're undergoing pain anyway. If you don't go through the pain of cultivating a good body, then you'll go through the pain of not doing so. You're undergoing pain anyway. The smart thing to do is to use your pain in order to obtain at least something good out of it. Pain is like money you're paying anyway whether you use it for buying something or not; if you're going to pay pain anyway, then at least use that pain in order to buy something good.

29 upvotes • [deleted] • 12 April, 2018 05:30 AM
We're all gonna make it, brah.

34 upvotes • red_matrix • 12 April, 2018 02:01 AM
The House of Iron is open to all who seek a better life.

3 upvotes • maniacalMUPPET • 12 April, 2018 02:58 PM
Come, let us pray to Brodin within the Holy walls of the Temple of Iron!

6 upvotes • Alchemist_XP • 12 April, 2018 11:36 AM
IMO you need to first focus on getting into a routine of going to bed early, waking up drinking water and eating a well balanced meal for energy... then once you start to feel better you can exercise. If you feel like shit and have no energy and go work out, you’ll hate life, hate working out and probably say fuck it in the next round. Get in the right mental state to do something like this, it’s a mental battle you push into the physical realm!!!!!!

6 upvotes • lionheart8151 • 12 April, 2018 12:23 PM
Joke's on you OP, I've been lifting for nearly 2 years and I still hate myself and get zero pussy. Can't fix autism.

5 upvotes • llmercll • 12 April, 2018 06:59 AM
U rite. As a skinny fat man who hates exercise I have noticed the cognitive improvements that come with lifting and have been slowly forcing it into my life.

God I hate it though. I would much rather be reading or devoting my mind to work/thoughts. Lifting subtracts from it in the short term, but benefits in the long term.
It's powerful

2 upvotes • youcantdenythat • 12 April, 2018 10:10 AM
once you make it a habit it becomes easier

2 upvotes • llmercll • 12 April, 2018 11:27 AM
my friend, the question is always why. its worth it in the long run

2 upvotes • daymi • 12 April, 2018 06:44 PM
It's worth it because it makes you healthier, you live longer, you have more energy, it teaches you discipline, ALL women like buff guys, other people's first reaction is to defer to you (that happens sooner than you think). All in all there are only positives.

6 upvotes • redd_reality • 12 April, 2018 02:49 PM
Every major bout of depression in my life, despite whatever complex philosophical reasons I might use to explain why they happened, have occurred simply because I wasn't meeting my most basic needs as
a person.

Exercise (lifting heavy), clean diet, water, sleep, financial responsibility, social interaction, pursuing intimate relationship(s), engaging in meaningful hobbies.

If I'm not happy, smiling every day, it's because I'm not taking responsibility for one or more of those things.

Life is pretty simple.

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**Iwannachokekatie** • 12 April, 2018 06:19 AM
Lifting is mandatory, but stop pretending like your life will come all together just cause you lift.

**Heathcliff--** • 12 April, 2018 06:25 AM
It is the first step in the positive feedback loop. Solidify this first and the rest is so much easier and manageable.

**VirginPlaya** • 12 April, 2018 12:17 PM
Why don't you say that in your post?

The tone of your post will inspire people who already know that lifting is valuable. There's nothing in the post for the "already lifting" crowd, there's no lifting insight or info to help and up my lifting game.

And for people on the fence, at best this post will do nothing, at worst it'll offend.

This is just not effective marketing, man.

**htbf** • 12 April, 2018 02:26 PM
There's nothing in the post for the "already lifting" crowd, there's no lifting insight or info to help and up my lifting game.

Yes, because that's not target of the post. It's one pos on why you HAVE to be lifting, not an encyplodia on lifting.

**VirginPlaya** • 12 April, 2018 02:37 PM
My point was that the post doesn't work neither as "advice for lifters" nor as "recruitment of nonlifters."

**htbf** • 12 April, 2018 02:41 PM
How do you know that it doesn't work in encouraging non-lifters to lift ?

**kimohno** • 12 April, 2018 10:17 AM
how about you try to talk normal? Who you think you can inspire with that faggot retard talk. Stupid meathead.

**TzarVivec** • 12 April, 2018 01:16 PM
Ever heard of the concept of keystone habits? Guess what, lifting is one of them.

**notgonnamakeitx** • 12 April, 2018 07:29 AM
as someone who has been lifting for roughly 2.5 years and was socially awkward af before I will say it has made the process easier but I never made an effort to improve myself socially until recently and sometimes don't understand why it's stressed so much on this sub reddit when I see dyel guys shorter than me with similar attractiveness facially pulling more simply because they have more game/social
I can second this, lifting is overhyped around here.

Not saying people should not do some kind of exercise, but OP is exaggerating.

No one will respect you if you don't respect your body.

Honestly, once you get some momentum going it'll be the easiest part of your daily routine. I wish the rest of life were as straightforward as lifting. It's pretty much the easiest part of TRP, and it gets the most results.

Late to the party...I have been fucking lifting and it's a fucking game changer.

Lots of low quality posts today. People just keep restating basic sidebar shit.

Then report them and stop whining about it. I've nuked three myself today but after they were up for hours and hours.

This post? It isn't about lifting. Get there faster.

You wouldn't know quality if it popped up and dick-slapped you across your face.

You don't like the quality? Post something worth reading instead of being a picky bitch. Count yourself fortunate to even have access to this material- the alternative would be for you to figure this shit out on your own.

This isn't a complicated issue-

- Be attractive.
- Don't be unattractive.
- Be invaluable.
- Don't be dispensable.
- Lift.
- Eat right.
- Educate yourself.
- Be tenacious in your pursuit of happiness.
- Be vigilant in your protection of your value.
- Be ruthless in the defense of your agency.

What else is there to say, kid?

Post something worthwhile instead of taking up valuable bandwidth.

I agree my guy, and I am grateful that I have access to this material
It's a good reminder or mind conditioning

“We the meatheads who pick things up and put things down are much smarter than you are” this whole post is solid fucking gold.

Gotta be strong in this world, someone who don't understand that ain't that smart.

This is the 7428196 post saying to "start lifting". We get it, and if someone doesn't, he has 7428196 posts to remind him. If he still doesn't get it, he shouldn't be on here.

Why you yelling? Whoa... Ok, I agree that exercise helps you become more in tune with your body, and likely is proven to raise your testosterone (probably because it is also just balancing all your hormones). But I think your approach to convince 'weak' dudes to lift by yelling at them like you're a caricature of a pro wrestler is a bit... self serving. It's deceptively easy to go on an ego boosting power trip by yelling about how everyone is wrong, in the guise of offering helpful advice.

Would be much more effective if you just mentioned the studies that mention that exercise regulates your hormone levels, improves sleep, and also has the benefits of improving your posture. Even those three things dramatically increase your objective attractiveness. As your hormones even have an effect on your confidence level and getting better sleep improves the health of your skin tone.

I am experimenting with different writing styles/tone. You've seen how dense my other posts can be (and I get complaints with them too, can't please everyone).

But also, depressed losers will never be convinced by objective studies and rational facts. They know lifting is good for them and they should be doing it. That's not the problem.

The problem is their lack of willpower and motivation. Sometimes all they need is a kick in the ass from a drill sargeant.

I agree. It’s not fucking hard to understand why you should lift. Faggots who look for some dumbass studies just to clarify the benefits of lifting are just looking for an excuse not to lift.

It is your obligation as the man of your family to be fit and strong. The amount of dads I’ve seen who are absolute twigs makes me sick. Wouldn’t be able to protect their kids from a bunch of 15 year olds if it came to it.

Haha. Fair enough, just know that you are limiting the reach of your message by saying it is meant for depressed losers.

Life is complicated, and you are assuming a lot of things about someone by calling them depressed or a loser. Would you say Eric Harris and Dylan Klebold were depressed losers? (Not to sympathize with them, but just to point out they would see your use of the term very differently, and people with antisocial tendencies wouldn't be motivated by the
I'm going to assume you are using the term loosely, to refer to people who are lazy and lack willpower so they just complain about life. But be careful with yelling at people being depressed losers, because there are genuinely depressed people out there who would find the heart of your message true, but will not see that heart because you shroud it by over simplifying their problems.

Likely, the person who would most likely benefit from being called a depressed loser is someone who already has a degree of confidence but lacks a little motivation.

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1 upvotes • gtslothracing • 12 April, 2018 02:50 PM
Whatever it take! GODDAMNIT!

1 upvotes • RedwallAllratuRathar • 12 April, 2018 04:32 PM
Actually I'd be convinced if there was study done about 50 guys who lifted for 6 months and lost 10 kg each of them and how it affected their tinder game

7 upvotes • Flying_Wingback • 12 April, 2018 12:15 AM
Good shit, bro. Especially the Pareto principle part

4 upvotes • Ezaar • 12 April, 2018 01:42 AM
“Milk is for babies.” - The Austrian Oak

1 upvotes • Vrixithalis • 12 April, 2018 08:48 AM
"When you grow up you have to drink beer." - The Governor of Cuckifornia

2 upvotes • royaltyp111 • 12 April, 2018 04:15 AM
This shit is so real, I grew an extra testicle reading this! I'm part time worker full time university student and I still at least lift 4 days a week when I'm free. We need to at least Be 30 mins in the gym, it won't kill anyone ?

2 upvotes • Rares5555 • 12 April, 2018 12:49 PM
Very good post, gets on top of the already high motivation I have to lift. I have a question though:
We all know you can’t outlift a bad diet, but do you allow yourself an occasional whatever food you enjoy that's out of your diet? I know how to cook well and also have a sweet tooth, but try to avoid pastry at all costs.

Also, the fact that physical exercise adds to your cognitive potential is obviously true, and has been proven by science time and time again. So to those who want an academic future or a high paying job that requires brains, get your ass in the gym.

2 upvotes • ComradeCam • 12 April, 2018 02:25 PM
I used to look at this sub to just fuck women. Luckily posts like this still exist. Sex if cool, fun and natural. But honestly it no longer runs my life. Lift. Eat well. Be happy.

2 upvotes • casual_redditor_01 • 12 April, 2018 03:12 PM
Can we have more posts like this?

Fuck your dissertation on a single fucking experience. Fuck your over evaluation of basic encounters. Fuck these basic posts. Let's do this shit.
2 upvotes • Metalgear222 • 12 April, 2018 07:05 PM

love this post. too true. all of us that lift consistently know it's the fucking shit for all aspects of life, reading is a close second.

2 upvotes • magx01 • 13 April, 2018 01:01 PM

"The vast majority of your problems will be solved by just doing some form of fucking exercise."
Not just exercise but fucking exercise, guys.

2 upvotes • [deleted] • 13 April, 2018 01:53 PM

Lifting helped me develop the mental frame to recover from failure. I had a falling out with my oneitis. I went off a drunken stupor like it was her fault. She couldn't help but lead me on. I saw her flirting with another dude. I completely lost frame and forgot to remind myself of AWALT.

I felt like shit and extremely guilty. I went out and lifted like a motherfucker. I already had 8 weeks built up so it was ultra intense from the anger. I did that for the entire week. I felt fucking amazing.

I had built the frame and confidence from lifting. The hard work I had already put in had paid off in getting over my bullshit. If this had happened in the past, I would have been pissed off. My time would have been spent fapping, sulking, and playing video games.

Lift fuckers! I was on the Red Pill for almost a year before I started lifting. Start slow. 3 days a week is all it takes. I'm giving up drinking now to keep my rationale mind and to help with my sweet gains.
Fucking lift!!! It's worth it. Listen to this guy. He clearly fucks.

4 upvotes • fucknozzle • 12 April, 2018 08:04 AM

Does this style of post actually work?

It's just a rehash of that stupid 'How to cook a fucking steak' thing that surfaces every month or so.

I'm all for encouraging people to get off their butts, but this I'm an alpha male, and here's how you get to be like me bullshit just makes me laugh.

4 upvotes • Fun2badult • 12 April, 2018 03:27 AM

Hate the truth but this is it. I will start lifting. It's late but I will start.

2 upvotes • dumbkidaccount • 12 April, 2018 07:38 AM

Dont forget to get a haircut and shower alot

1 upvotes • YouDontKnowMeHeHe • 12 April, 2018 08:52 AM

Everybody says go to the gym and lift weights but I am more interested into bodyweight exercises(calisthenics) because you can do lots of cool shit once you get enough strength. Are they equally valuable as lifting weights in gym?

0 upvotes • youcantdenythat • 12 April, 2018 10:13 AM

depends on what you mean. jumping jacks? not so much. chinups, pullups, pistol squats, handstands, rings, etc? yeah those are better.

1 upvotes • ReasonableWealth • 12 April, 2018 05:10 PM

You can incorporate some pull ups/push ups into your gym routine.

If you want to get jacked however, going to the gym is way better than any bodyweight bs.

1 upvotes • youcantdenythat • 12 April, 2018 06:27 PM

I go to the gym 6 times per week. But be careful what you call bs
Yeah, cool! Good advice, however you can get big or shredded as much as you like and still get your ass kicked by skinny guy "half"of your weight. So, my piece of advice is, instead of just lifting start a martial art. The benefits go way beyond health and physique. Trust me!

Why instead? Why not do both?

And what is it with TRP and thinking everyone gets in fights? I'm built and I never get started on. Don't know anyone who gets started on. Must be an american thing or just something that scummy people get involved in.

Well, i just id like to say that i am not enciting any kind of violence at all. I, myself, am a very peaceful person. That said, id like to point that i wrote instead of JUST lifting... I didnt say you cant do both... anyways, my point is in terms of self confindence martial arts are, IMO, more efective in promoting body knowledge, discipline and so on. Once again, that is subjective and i've already lifted for quite some time. So, from my perspective BJJ and Muay Thai had brought me so much more in every aspect of the benefits than just lifting.

I agree 100%. However, this post is about the least common denominator for improvement which is lifting. A cheap gym membership is 10 bucks max and while they probably don't have a squat rack, going from not lifting to any gym at all will be a hell of an improvement.

Lifting is about so much more than just looks and physique and strength. It's a huge mental exercise. Practicing that mental discipline, challenging yourself, watching yourself overcome difficult challenges, seeing first hand what small incremental goals can ultimately lead to when you're doing full sets at like 5x5 that you couldn't even do one of before...THIS builds a strong frame. It builds a strong body, yes, but it also builds a strong mind. It just FEELS GOOD and outs you right into that primal alpha mindset. More than any other mental exercise. There is just something so masculine and primal about lifting heavy weights. I just got my deadlift up to 320 pounds, while that's not big in the grand scheme of things, I started at 135 (bar and 2 plates) and it has felt amazing to come this far.

Go. Fucking. Lift. Even if you start with just the bar.

Its lazy, sad and useless for most people advice. Lifting will help you feel better and healthier but will not improve other parts of your life unless you're fitness athlete that has photoshoots and does compete.

Ive been lifting and doing sports all my life, but it never helped me to feel confident in social situations.

lol, try having a shitty unhealthy body, you'll be way worse. If you've been doing it all your life you have nothing to compare it to.
Oh well that means its best i can be atm :DD

3 upvotes • S-Blaze • 12 April, 2018 12:42 PM
Then you need to socialise more to get comfortable.

I work 96 hours a week as a doctor in a developing country. I barely get enough time to sleep let alone lift. I've already given up on my powerlifter dreams.

3 upvotes • StethoscopicBarbell • 12 April, 2018 10:27 AM
As a doctor you need it more than anyone as you're prime golddigger beta bucks material.

1 upvotes • ddbsirt • 12 April, 2018 01:04 PM
Move abroad. UK is always taking doctors.

1 upvotes • Imakesensealot • 12 April, 2018 08:16 PM
Not worth the hassle of taking all the exams they'll have you take.

^ One of very few legitimate excuses I've heard.

1 upvotes • FieldLine • 12 April, 2018 06:25 PM
There are no good excuses. There are excuses and there are results.

Yet you have a barbell in your username :P

But you have my respect. Myself, I'd go crazy working more than 40 hours a week.

Google Dr.'s Austin Baraki and Jordan Feigenbaum from Barbell Medicine. Both are doctors. Austin can squat over 600, and Jordan can pull 700. You can make time to lift. A novice LP program has you lift for 3 hours a week. Don't give up so easy bud.

In the time it took to read this topic, the comments and post your own you could have done 3-4 sets of exercise.

I think you should date men.

You're fucking retarded if you think lifting will solve all your problems. If anything a good diet will keep your weigh and body fat low enough to where your muscles are defined.

If you don't diet and you are a fat fuck and you start lifting good fucking luck seeing decent results in any decent amount of time.

I lift, but nothing happens i lift again and i put it down. Now i feel tired. Where are my dorritos?
3 upvotes • epictetus_irl • 12 April, 2018 05:21 AM

No no this is all lies.

My friend told me a few weeks ago that women don’t like muscles on men because it scares them and that they prefer a beer gut as it reminds them of a Dad bod which is what they really want :D

Three hours later as a girl in a relationship was rubbing my bicep while her BF was in the toilet he looked on in disbelief. He still won’t lift though.

1 upvotes • uebermacht • 11 April, 2018 11:51 PM

Excellent post!
Especially as a skinny 6'5ft dude myself, getting bigger is a essential step forward.
No one will respect you for being a skinny fuck.

2 upvotes • nojbbgf • 12 April, 2018 12:36 AM
no one will respect you for bragging about your body either

1 upvotes • Lkeacentipede • 12 April, 2018 02:51 AM

Most of you would be thrilled if I we went to cut some woods with a 30 pound axe in the snow or have a throwing contest with 60 lbs rocks .Adrenaline would be sky high.Since most of us cannot do those things on a daily basis though,go lift something instead of depriving your self of that primal excitement

1 upvotes • FlipflopETHtop • 12 April, 2018 07:26 AM

I do agree with all the health benefits. I used to workout 5/7 days a week, strict meal plan, was shredded asf after 1 year. Now i havent trained for 6 months, and my succes rate with women havent decreased at all. Maybe Its due to me being mesomorph and not getting either skinny or fat, and my body retains musclemass pretty well, and i always eat healthy even when not training.

1 upvotes • seserta • 12 April, 2018 08:58 AM

Once I started serious exercise (forgive me TRP for I do bodyweight), my physique started changing drastically. My confidence had gone up. I look so much better with and without clothes on. And my mood is better, I don't feel the urge to fap, I look at women like just people who I'm.attracted to and all of it has gained me my first plate and two others in orbit. And this happened within two months of me taking t seriously.

Sure, I did spend six months before that losing weight, understanding nutrition, muscle activation, resting and hypertrophy. Also ended my LTR. And started meditation seriously.

But I will say that working out seriously, everyday, without fail and combining it with my daily meditation practice has affected a serious change in me.

Do whatever you want but your body needs to feel pain and grow. Only then will you grow as a person. Our mind and body is one. And the easiest way forward is through the body. Some have done it through the mind too. But they are exceptions. Try both and you will have your answer.

Just my two cents.

1 upvotes • Erthiros • 12 April, 2018 09:11 AM

i'm 21 started lifting at 18, happiest fucking 1.5 hours of my day

1 upvotes • VoidInvincible • 12 April, 2018 09:23 AM

I just started a new membership at Crunch today, and prepped some 1000 calorie special protein shakes for bulking purposes. Ironic to see this post right now.
Also don’t succumb to Fuckarounditis.
Train with compound movements initially then use cables/dumbbells when you ready.
Squat, deadlift, bench, press, pullup, dip and the occasional row. You can always vary the deadlift.
See so many skinny leg half squat guys at the gym with great upperbody. Looks odd as fuck.

Does running and cycling count?
People who know the benefits of lifting and want to start doing it (read; literally everyone here who isn't already lifting) are procrastinating. Maybe they’re scared, maybe they're lazy, whatever. The point is, one thing that seems to beat procrastination for almost everyone is to break down tasks into subtasks until each step is extremely easy. "Lift", "Get a job", "Develop abundance mentality", "Get rich". All those things can easily be replied to with "Okay, but how though?". The trick is to turn it into something that is so fucking simple that asking how would be absurd.
Okay, lift. When, how often? 3, 5, 7 times a week? Morning, evening? How much weight? Which exercises? At home or at a gym? If at a gym, which one? What do I eat to actually make any progress? Where do I buy that and how do I cook that?
My point is, there are a lot of details worth considering, and as the number of unknown factors you're dealing with shrinks, so does the resistance to actually doing it.
I have little if any respect for procrastinators and I'm ashamed to be one, you're right to insult us for not getting off our asses, absolutely. But the question is, what's the purpose of the post, to insult people or to get people to lift?
You're right about the sidebar and the literature though. People can read and think and ponder all they want, but without action, nothing happens. If someone reads about basketball every day but only plays for two hours once a month, no one will expect him to become good and no one will believe him when he says he is. Same thing goes for everything else, including lifting and women. That being said, lots of people here are the lifting equivalent of someone who doesn't know what a basketball is. Sure, you can get him on the court and he might figure it out through trial and error or sheer luck, but let's face it, he needs some pointers other than "play basketball you cuck, it's vital for your health and SMV".
Agreed. I’m 50 and fit af. Makes all the difference between respect and disrespect.
It really is crazy how much better everyone treats you.
This shit is what I come to this subreddit for. Thanks man.
I'm not red pill. I don't lift. I guess that means I'm unhappy and stupid and might as well kill myself. I'm not a man. I'm nothing. Worthless. A skidmark on society, incapable of crushing pussy and hunting women like a knuckle dragging caveman. Okay then...
This sub is just comedy gold.
And you’ll have dementia too (AFAIK strength training is the most effective way of maintaining brain power as you age).

Also, remember to sleep. I had forgotten this from before I had discovered women or TRP. You need at least 6, hopefully 7 hours a night to function. If you are working hard at the gym, it’s all for nothing if you don’t consciously decide to go to bed at a reasonable hour.

money and weights. rest will come

I swallowed the pill 5 months ago. I had a acromio-clavicular disjunction. Meaning the ligament holding my right clavicle to my shoulder broke. I had surgery twice for it (first time broke). I can’t lift and it annoys me. I used to do BJJ and now I have 5 months of inactivity and still need to stay 3 more months. Anyone has any advice on my current situation? I can’t exercise superior part of my body and I’m reticent to take gym membership just for legs.

What is your take on the ideal body type to aim for? I.e. Do you ever cut out cardio for the sake of quicker gains?

That's my struggle. I eat a strict and healthy diet, spend 12 hours a week working out either lifting, in fitness classes, or in various sports - so am in great shape but some of these workouts prevent bulking up. My max bench press is above average but tbh still pretty pathetic compared to serious lifters, but I don't want to cut out running either

Why lol, you don't really need to run unless you're cutting. But if you like running then well there's your answer you're sacrificing bulking up in order to run.

Or you could just eat more to offset the calories burned from running

Because lifting weights without cardio to me sounds pretty silly, as it really doesn't make you healthier or more capable in physical activities like sports.

If you just wanna look good, you don't need cardio, but if you're considering things like sports performance then yeah you need it.

I disagree, I think there is a balance. When you are thin you get more definition on your arms (even if less strength) and a better jaw line. That sad you dont want a marathoners body.

I have a swimmers build right now, which doesnt hurt me, but doesnt give me the strength that some here have from liftin gheavy

If u wanna look good then just get lean with some muscle on you. You dont need cardio to get lean if u know how to diet probably.
The most cardio I’ve done in the last year is my 10 minute walk to the gym back and forth 5-6 days a week, or if I’m using my university gym I don’t even do that.
And I’m pretty lean with abs popping and visible veins so...

1 upvotes • gelstony • 12 April, 2018 11:40 AM
Great post! I completely agree. There is something about working your way up to bring able to deadlift 2x your bodyweight and squat/bench your bodyweight that strengthens your mind and your character. If you can lift these kind of weights then other struggles in life pale in comparison.

1 upvotes • Ultimate_Mindset • 12 April, 2018 12:00 PM
Lol, the problem here is that it has worked for YOU, maybe you had a bad body before and felt like that was holding you back, but what if you always had a good body, you start training, not much changes and you dont feel like you overcame something personal like better body. What if you always trained and know that the problem is still mental. Please anwser if you are smarter in that department.

1 upvotes • EscortSportage • 12 April, 2018 12:09 PM
It really blows my mind when i meet guys that dont do any physical activity. Im no Jock, but from lifting and working out for years, doing sports in HS, and then being in the USMC for 8 years, when i met guys and im like "thats it" you just play video games, and watch netflix? Run? hike? lift? bodyweight? nothing!? really man youre missing out, theres a lot of frail dudes with soft hands out here.

1 upvotes • [deleted] • 12 April, 2018 12:16 PM
Alright. I've been having trouble swallowing the pill, and I think this is the water that helped me finally gulp it down.

1 upvotes • Me_ADC_Me_SMASH • 12 April, 2018 12:19 PM
And eat properly. I thought for years that I was eating very little but couldn't lose weight even while lifting. I was gaining strength but I couldn't lose much fat.

Then I got some help and realized that while I really was eating small amounts, it wasn't filling me and it wasn't helping me at all.

Fill up on vegetables whatever you can get your hands on. Put in the effort to cook your own shit, it will taste 1000 times better than anything you buy anyway.

I disagree with OP that you will learn discipline by lifting. Improving requires discipline. You NEED discipline. And you only get that when you act towards a goal you actually want to achieve.

If you want pussy without putting in the effort, you don't really want pussy. If you want that job without making sure you have a 11/10 CV and cover letters and go knock on every door you can physically find, then you really just didn't want that job enough.

We don't talk much about depression here because that surely doesn't help.But it doesn't change what I said, you need to figure out what you would really be proud of in life, and making the effort to reach that state will be easier. TRP isn't for everyone. If you enjoy McDonald's nore than women that's fine. But don't lie to yourself.

1 upvotes • send_it_for_the_boys • 12 April, 2018 12:20 PM
“Your body is a machine built to crush and destroy things” I fucking dig it!! ??

1 upvotes • SillyPutty47 • 12 April, 2018 12:23 PM
I missed the fatass post that inspired this one. Anybody want to fill me in?

1 upvotes • lancer000 • 12 April, 2018 12:36 PM
From personal experience, I can approve of this... ? EDIT: I also, agree with OP about the skinny cunts part. Men are supposed to be huge & tough, not puny, scrawny or obese.

1 upvotes • StrayFromThePathx • 12 April, 2018 01:05 PM
Go lift 4-5x a week, eat the right food, and that’s it. You don't need to adopt some kind of gym bro persona by talking about it constantly and posting pics of yourself at the gym.. it's just something you do. 100% necessary if you consistently want to bed women. Only caveat I would add is this sub jerks off stronglifts 5x5 and 'big movements' so much. Yeah they're both good things but if you want to do a bro split and get big joocy arms then do that. Anything is better than nothing and if that's going to motivate you to lift everyday than so be it

1 upvotes • nobodyinparticu1ar • 12 April, 2018 01:09 PM
Fuck yea. Been lifting for 6 years ish. Basic bro split put on like 35lbs. However, started getting serious a few months ago with diet and ppl, now more of a 5 day split. The gains increase is like I'm a new lifter again. Lifting has helped me with every facet of my life and it's addicting as fuck. Good post.

1 upvotes • KV-n • 12 April, 2018 01:31 PM
I lift 3-6 times a week depending on if its winter or summer but i still have to see the "drastic change" that should come with lifting (been lifting for 2+ yrs).
If you arent an inactive fatass then ime you shouldnt put inadequate expectations on lifting but then again im probably too low t for lifting to have any effect.

1 upvotes • Paltenburg • 12 April, 2018 01:45 PM
It's not even that hard.. I go twice a week for 45mins, and even that is helping. Not really externally visible, but for my health and feeling.

1 upvotes • Crisgo1ntipede • 12 April, 2018 01:52 PM
So agree with this. It is all about will power and responsibity for yourself. Last year I was 180, fat, out of shape, tired and miserable piece of crap.
When it was revealed that my cholesterol was too high I decided to get active, eat smarter and lose weight. It paid off. I am now 150. I have more energy, a better diet, a healthy lower cholesterol and a better frame of mind and well being.
Today I lift. 2-3 times a week. It is a great rush, great stress reliever and benificial. I am not doing it for game or getting the ladies. I do it because it is just the right thing to do. Got to have accountability for your actions and do it for the betterment of yourself. I am not lifting much, been doing it for a year and I think it is important to just keep lifting. Gains will come and it takes time. So I am patient. It took me years to get fat. It will take me years to get lean

1 upvotes • nalangood • 12 April, 2018 02:30 PM
Lifter here but I disagree with your assessment. If you are 6 ft over, white male,earn a decent salary all you want to make sure that you are not fat that's all.
Most of life problems can be solved by two things, being fucking ripped and being fucking rich.

The best part about lifting (without juice) is that your gains will fuel everything. Diet, sleep, new proper clothing, willing to work, willing to improve...its single most effective method to your overall progress (obviously beside learning/reading). Even if you have a break after initial 6-8 months lifting... when you return your muscle memory will make you feel like on extasy. I started to lift at 31 now almost 35. When you are in your prime physical condition you wake up every morning like a god!! Go and do it and remember: lift eat and sleep, its the magic triangle!

FACT. ALL OF IT. Your post reminds me of this essay by Henry Rollins, "Iron and The Soul". It's a great read.

I can't necessarily say that by lifting you're going to get everything you want out of life, but it is quite definitely the foundation on which you will build yourself into the type of man you want to be. The "Lessons of the Iron" are abundant, I shit you not. What I have noticed by lifting for about 6 months now is that it has rewired how I think about myself and how I relate to the world around me. I see my life and situation in a whole new color now. I don't cower when being challenged, I don't back down, I stand up for myself, I speak my mind, and I DON'T FUCKING HIDE WHO I AM. My mental gains have been just as good as my physical gains, and I can tell you, those mental gains are the gains I need to fulfill my potential. But yeah, its hard work. If you stick with it, though, you begin to laugh at the pain, because you will realize that the pain is what you will build everything off of. GO. LIFT.

Ive been lifting since i was about 15 and ive been at damm near 5% body fat and ive also been huge and bulky. I loved the 5% look over the bulky of course but its really hard to maintain, for me at least. But one that i've come to notice is out of all the workouts and diferent programs or physical activities the one that gets me so pumped and makes me feel full of testosterone and has my mind and body pumped for days is cutting down trees. And i dont cut down trees often. I only recently been doing it as a side gig. Maybe 2 trees a month. I climb the trees, cut the limbs down. Cut the limbs up on the ground and lift those heavyfuckers to the trailer. And OMG it just like a surge of fukn energy that i get. Its like a we are meant to be doing manly shit outdoors. The power i get from it is insane. And i've boxed and run like crazy, i lift like crazy, i've done it all but nothing beats cutting down trees.

Started lifting two months ago. I'll get there, eventually. Worked with a dietitian to make a meal plan. I feel like I'm eating way too much food, but I know it's necessary. I'm such a skinny bitch. T.T

Thank you. I was looking for a motivational video or speech to get me into lifting but they were all lame. Your post though -kind sir - is on point and is for the ages.

One of my favorite feelings is being really fucking sore. Most men today will never know that feel and its a damn shame.
Lift some damn weights and ALL your problems will be solved.

As much as I agree that lifting is a fundamental part of TRP, I think its benefits are completely overblown.

Lifting is as important as having a good frame/game, hence it will not solve all of your problems.

How important is having a good physique that is attractive to women when your frame/game doesn't match with it? Yes, that might get you some very sporadic ONS but that is not a good solution in the long term.

Trust me, I have a good physique. Been training and dieting for long, I use enhancing drugs because I dedicate so much time and efforts towards it I see it as justified. I can get compliments from men and women, but my fears/frame/game are the same as a fucking 9 y.o kid talking to a girl hes attracted first for the first time.

Yes lift, but also cultivate your mind and make sure you grow mentally besides physically. I'd prefer to have less muscle but more mental strength (frame/game/facing fears) any given time of my life than having easily a top 20% physique wherever I go.

1 upvotes • celtiberian666 • 12 April, 2018 08:24 PM

12 years ago I got out of a depression by lifting + cardio. Without lifting I would have to take medicine.

It is good for your body and GREAT for your mind.

We are not made to be in an office all day. You HAVE to lift to function well as a male human being. Otherwise your body and your mind just don't work as well as they should.

We evolved hunting mammoths and stuff like that, so we NEED not only exercise fixes but also excitement/adrenaline ones.

Besides lifting, you need at least one hobby that works as your adrenaline fix (in the real world, not videogames). You can race cars, hunt animals, ride bikes, pilot airplanes, train marksmanship, sail the seas, train a martial art and fight in competitions, just anything that you like and can afford.

1 upvotes • sorry_mommy • 12 April, 2018 08:52 PM

I agree, but to be fair, like any of the individual aspects talked about on TRP, lifting can be foregone if you have strong advantages in several other categories. For example - if you are short, it doesn't make a difference if you have good style and big muscles and status. Likewise, if you don't have muscle, you can make up for it by being tall and having status.

That being said, if you are healthy and have all your limbs, then there is no fucking excuse not to lift - it's something that adds tremendous value to your SMV that literally any man can do with only moderate effort/investment.

1 upvotes • jmejiasilva99 • 12 April, 2018 08:52 PM

Which recent post is he referring to?

1 upvotes • srdummy3 • 15 April, 2018 02:37 AM

How does aerobic exercise tie in to red pill. Does it have lesser priority to lifting weights?

1 upvotes • TheFrish • 27 April, 2018 05:19 PM

Hey can someone send me the text before it got deleted?
It literally blows my mind why there seems to be a post that seems to just say "lift weights" followed by name calling every couple days on this sub.

I'm curious why is it everyone thinks it's necessary to reiterate ad nauseum and why the assumption exists that most of the rookies aren't lifting? I'm not necessarily saying this assumption is incorrect, but rather wondering in an online based forum, why we just assume everyone isn't lifting?

Edit: I suppose I should mention that it isn't necessarily the ad nauseum nature of these posts. I mean, we wouldn't have any content at all if we stopped at just one explanation of a given point. I understand the need to reiterate, to discuss, and to have multiple conversations in order to digest a specific point. My issue is with the largely combative nature of them. It's not enough to talk about lifting, or have a breakdown of a specific diet or training structure. Instead of providing a new take on the idea of fitness, open for discussion, we just attack the community and reiterate the same benefits of exercise. We have these fairly good discussion points and articles linked by contributing members, but when it comes to lifting we deteriorate into, well, cavemen.

So let me ask, what value does this post provide? How does it set itself apart from other "lift you fag" posts? How does it stack up with endorsed contributer write ups? Probably not so well.

Gaylubeoil made a comment a while back that embodies the philosophy for why I post the way I do. I can't find the post and won't butcher a paraphrase, so will explain in my own words:

The depressed beta already knows what he needs to do to fix his life. He knows that he needs to lift and eat better and meditate and wake up early. He doesn't need to be explained this another 100 times, and he won't be convinced with more information or rational argument. The beta understands fully that these are things he should be doing.

The problem the beta has is the lack of willpower, drive and motivation. He does not have the discipline to get off his ass and actually put this information into practice; instead he just sits at home and reads every post and feels good about himself for "getting it".

What the beta needs is a kick in the ass to get him going. A sharp, emotional, rousing post is what the beta NEEDS to read; a higher up or respected telling him, like a father or drill sergeant would, to stop being so pathetic and lazy and actually DO IT. A post that makes him get up, close the web browser and make something of himself. A charged, powerful post like this is the only thing that can get through to him, he is immune to rational argument and walls of text. And these posts need to come in thick and often to remind him because he will fall off the horse and needs some help to boost him back up.

It is not an intellectual problem the depressed beta has, it's an emotional one.

Hasn't helped me in the least.

Well, you're just fucked then. Find a nice girl, get married have 2.5 kids and forget all about the red pill stuff, enjoy juicy steaks, burgers, shakes, eat 4-6 times a day, and just sit on the couch for 3 hours each day after work. Then spend another hour or two a day marinating yourself in your own semen, while watching other people fuck on a screen (porn masterbation and self-solo-cucking) Just plug back in. . .you know you want to.
For the stupid: I'm obviously being sarcastic, Basically what I'm saying is, this guy is finding excuses for mediocrity, excuses to stay where he is, excuses to not reach AND CONTINUE REACHING for his own potential. Guys like that don't deserve help, they can't access it, if they are constantly looking for excuses WHY the tested and proven, tried and true advice doesn't work. Then there's no point preaching to them. Just put them back into their previous life of eternal, bland, gray comfort. If guys like that want to come over, they will. If not. well. . .you can just impregnate their girlfriends/wives and let them raise the kid(this happens a lot often than most people think).

You can lead a horse to water. . .but you have to walk away and let it die of thirst.

Meaning: don't lead horses to water. PROVIDE the water, and let those who want to drink, drink. This is what the REDPILL community is. Water. Those who want to drink, will and will be thankful, those who don't, dont.

As a man you should expect. . .

YOU. SHOULD. EXPECT. TO. LIFT.

F.O.R.E.V.E.R (until death)

WE ARE the Sysphus pushing boulders up hills to watch them roll down again, then to push them back up. This is what we were BUILT for. Period. if you refuse that, then you refuse your biology, you refuse nature. . .and nature doesn't like to be refused.

Oh, one more thing, if you're short. . .you can actually get that fixed. It costs money (lots of it) but there ARE procedures to permanently increase your height, they're expensive and will cost you about 6 months of rehab. But they are possible. Don't have the money? . . .well what the fuck are you wasting your time bitching on reddit then?

This is the year 2018(Current year yes.). Pretty much every Male Aesthetic issue is solvable, Losing hair? get a hair transplant! Short? Get a procedure done to fix that permanently. Greying? Hair dye, wrinkles? Botox and other procedures. Fat? Fast and lift. Don't know where and how to figure this out? Do you know how to fucking type?(as in put your fingers on the key you want to press at ANY SPEED)

Can you type in the words google in your search bar? Can you read English at a Fifth grade level? Then you can solve . . .ALL of these problems.

It just takes work. . .and you don't want to do work, you don't want to BE Sysphus. . .thing is, well that's too fucking bad Nature already MADE you into Sysphus at birth, you are just denying it.

-26 upvotes • FreshWhile • 12 April, 2018 01:03 AM

Maybe I will. Sounds preferable to carrying around skinless chicken breast and broccoli in a Tupperware container everywhere like a square faggot. I am hedonist after all.

Chad doesn't lift. He plays lacrosse and maybe does some calisthenics. He drinks beer and eats pizza and gets more sex than you and me combined in one weekend of frat partying. You aren't a warrior, you aren't a god. Nobody admires or cares about your lifestyle of lifting things up and putting them down and eating shitty bland chicken and broccoli. And I'll bet even with that all being said I still lift more than you and look better than you.

11 upvotes • _com • 12 April, 2018 03:28 AM

lol. yer talking like a chick
It sounds like you just have a really shitty personality. In your case its true, no amount of lifting will help you. You should look into other improvements, like not being an asshole. It helps a lot at getting chicks.

It’s just a meme at this point.

This post is just a rant telling people to lift for like 1000 words without even giving any advice or adding anything to the discussion

Drilling something into your dense skull isn't a meme. Take control of your body and you can take control of your life. Or don't and just be a fat sack of shit that the opposite sex ignores.

Did you read the flair? Wtf were you expecting?

Where's your head at then? Are you a demigod spawned on earth to fuck with mortal life, or just here to be a pleb with some pecs?

 Been lifting for 10 months consistently and greatly improved my physique. While it didn't gave me more confidence in approaching women (but this is due to some deeper Inner issues I have), and I still see my wingman being skinny and running Game and getting laid cause he just has confidence in himself, it's one of the best decisions of my life.

That feeling of getting stronger, of achieving mastery over yourself, over your body, and feeling just great day in and out, is everything I ever dreamed for me.

Sidenotes:

- I've realized that if you're damaged hard on the inside, lifting won't do anything for you in terms of confidence & self-love, but that absolutely not mean you should not lift. Funny how I thought when I'll be 10% BF and muscular, then I won't have approach anxiety, but I still do, heck, even greater than before. You go down the cycle of self-improvement and it's never ending. It's important to don't get caught in it, but have some Self-love. You are enough and you are complete, and you are already deserving. Self-improvement is just the cherry on top of it.
- Game trumps physique: The guy who's 5'7, average looking, has a swagger and cockiness around him, has good verbal game and just having fun in the club, will take home a girl, while the muscular 6'ft guy who just sits in the club waiting to be approached will go home alone. I've seen it, night after night.

A guy who lifts and is healthy will have 80% more confidence than one who doesn't.

So if your your normal confidence is extremely low, yeah it will only be slightly better. But it's
Lifting and building an impressive physique takes a long time. Unless you are a non-natural lifter, any time you spend not lifting and eating well is wasted.

Spending 1 hour to train 5 days per week is less than 3% of your week.

Even 3 months will give health benefits, confidence, and even some Ios. Yeah it takes a couple of years to build a great body, but it doesn't take that long to see rewards.

Thank you for this. Tough love.

Anecdote from earlier today:

I was struggling to execute approaches in the morning: Pussied out on three out of three.

My (small) universe sent me each of the three girls again later that day and I chickened out again.

Later, around 6p, I go to the gym and see two out of the three, get two numbers by the time I go home.

Hindsight: I've been trying to go for less anxious women. Surprise, the two gym chicks are way fitter and happier.

The gym not only fosters a sick (in a healthy way) bod, but also confidence, serotonin, and personal development.

Thank you for calling me out. Message received.

I love to lift. Nothing is better than a good lift session, a hot shower with an exfoliant, and a blow job from my side chick. It makes me feel like a king.

I've just woke up at 4:50AM and am seriously going to the gym right now because of this post. Let's fucking do it.

This is very good advice and woe betide those who disregard it.

To be the man that women desire, then you have to work at it and work at it HARD!!!!

Try as we might, there is always some FAT F*CK or NOODLE ARMED TWERP or SOYBOY who will hate on us for speaking the truth.

I wasted my late teens and ALL of my 20s as an INCEL. It wasn't until I was in my early 30s that I started lifting and changed my life totally and completely.

What really hit home was when one young lady told me "I love watching your muscles" as we were f*cking.

I'm now married with 4 children, but guess what? My wife still rips my clothes off of me and drags me into bed.
Of course you also have to dress well, have good grooming and hygiene, confidence, etc.... but it is lifting that gives you your start and it is lifting which is the foundation of who you will become.

I've been lifting for 6 years now and while this is true you come off as a major ass- totally counter productive to be honest. Lifting does not solve all your problems.

You're too scared to exercise, too lazy to put in the work, and too damn stupid to realise that this is the BIGGEST factor holding you back in your life.

Listen, retard
you are not a man.
are much, much smarter than you are.
Exercise is imperative and non-negotiable.
Just lift you stupid fags.

translation: I'm right, you're wrong so do as I say
since this isn't a rant and is supposed to convince people to lift, you really should learn basic communication skills, even if you were right, you're not convincing anyone with that attitude and no, it'd be your fault and not theirs

Yes, and fuck your political correctness, soyboy.

1 upvotes • baron1703 • 12 April, 2018 10:28 AM

Yes, and fuck your political correctness, soyboy.

1 upvotes • DiamondsCrafitng • 12 April, 2018 11:15 AM

1.I didn't say that because he said fags/retard.

2.Yeah, no shit, of course SOMEONE could get convinced by that attitude. But, that's generally not the case, the op is right and I agree with him, it's just that the approach he took won't convince most who weren't convinced (which is supposedly the aim of his post).

3.Question wasn't even directed to you, nosy twat.

Yes I Have. Get Fucked Concern Troll.

Think that all you want, there are literally comments right now from guys who said they needed a post like this to get them off their ass.

If you think I can't "communicate", go read my previous posts. I know how to write. No need to be so preachy.

Think that all you want, there are literally comments right now from guys who said they needed a post like this to get them off their ass.
doesn't mean it's not a bad method

If you think I can't "communicate", go read my previous posts. I know how to write. No need to be so preachy.

couldn't care less about your other posts, I commented here for a reason, I agree with your post. But, the way you try to "convince" them usually won't work. you're right as in they should indeed lift but that "I'm right, you're wrong" will throw off many more than the few who have been convinced by this

this isn't a democracy, we are not all equal here: we have an established male dominance hierarchy based on merit and respect. If the poster has a tag next to his name, he is right and you are wrong. That's how it works here.

I do lift.

I want the life changing physique.

I think I'm just too stupid to get it, or my genes are not meant to be big muscled. Not every guy in a tribe was buff. Maybe I'm one of the "betas."

I've hired two personal trainers on separate occasions to try and teach me how to lift weights and get bigger, and each time I failed.

it wasn't because of consistency it wasn't because of my diet I simply could not feel the workouts doing anything.

I started with low weights to develop the correct form and work my way up but I noticed that the higher weight I went the more I had to sacrifice my form, which meant I either stayed at a low weight with correct form, and felt nothing or a high weight that I was using incorrectly.

I really don't know what else to do, other than try again but I don't want to waste even more month's and money repeating the same mistakes.

I'm not trying to justify being scrawny or weak but I am speaking from experience, I have tried to lift weights and failed twice under professional supervision and guidance.

Some people are just too stupid to do it.

Fuck personal trainers. Fuck people who say this is difficult. They are only out to get your money and make you feel like you need them/this is rocket science. It isn't.

Working out is 10% of the battle for people like you (and me). Diet is 80%, propper sleep and rest is equal to training. I didn't start putting weight on until I started eating twice as much as I thought was enough. In high school I was 6'1 155lbs! I was good at sports but scrawny as fuck.

No training program in the world would help me until I started literally forcing myself to eat a 4000-5000 calorie diet. You can't do it overnight, you have to add a few hundred calories a day. Start by drinking a glass of whole milk for every cup of water you drink. Move up to having a dense shake of fruit or some sort of nut butter shake with protein powder (whey, hemp, pea, take your pick. I use all three blended, hemp is the highest in calories). Work to slowly increase your appetite by eating an extra couple bites each meal.

You won't get stronger every single week. Sometimes you'll actually feel weaker. You will
always feel better after a real workout though.

Funk the complex workouts. Stick to ONLY compound exercises. Pick up StrongLifts 5x5 app, it's great to get started. THREE DAYS A WEEK, 45 MINUTES A DAY. Anyone has time for that, even the fucking potus. Stop doing cardio, don't modify the program until you've followed it to the letter for six months. It's literally just THREE exercises per day, THREE days per week, with only five total exercises to learn and only two different workouts. Squat every day, and alternate between doing bench press and bent over rows, with deadlifts and overhead press back and forth Mon, Wed, Fri. Do the same workout twice a week then the opposite workout twice the next week. The app does all the thinking for you, not that any idiot couldn't do it himself. It shows you your progress and keeps you motivated.

Trust me, I'm 31 now, 195lbs with a 31"/32" waist. It works. Took me a month to gain roughly each pound of solid muscle. You'll notice your most gains out that first ten pounds, which should easily come in a few months.

Edit: mobile formatting

Try posting your routine on a weightlifting forum or two and getting some critiques (don't just believe whatever the first commenter says; try and get a broad survey). Post your stats and diet as well, and most importantly, be honest. If you skipped every other week, let us know. You can even PM me all that and I'll give you my opinion (but once again, don't accept my opinion as fact). Studies have shown that results aren't directly correlated to what you feel in the gym (e.g. pump or burn), so don't worry about that.

Bullshit, the only thing holding you back is yourself.

In my experience, your physique will be almost entirely dependent on what eat, and how often. It's time for you to tackle it from a different angle.

It's going to be dependent on your genetics above all else. Which you have no control over. Stay focused.

Eat right and lift.
meant to lift heavy things. "Bad genes" is a cop out and completely ignores the hormonal and neurological benefits associated with lifting. So what if you aren't going to see yourself on the cover of a Calvin Klein magazine? Lift and get your body working right.

-4 upvotes • Zech4riah • 12 April, 2018 07:53 AM
You are just fine with average (not overweight) physique if you have game, good facial aesthetics and frame.

1 upvotes • Heathcliff-- • 12 April, 2018 08:08 AM
but its not about the girls, its about becoming the best version of yourself (but also a little bit about the girls)

1 upvotes • Zech4riah • 12 April, 2018 08:26 AM
True, I guess you could add that to TL;DR for people like me with comprehension difficulties.

1 upvotes • ddbirt • 12 April, 2018 01:12 PM
Why settle for being 'just fine'. How sad.

1 upvotes • Zech4riah • 12 April, 2018 01:18 PM
Dunno, ask someone who settles.

0 upvotes • Meisner1 • 12 April, 2018 08:23 AM
What are lifting exercises?

0 upvotes • RedDespair • 12 April, 2018 08:24 AM
Getting horny is most of the game you need to pick up girls once you’ve build your physique.

0 upvotes • [deleted] • 12 April, 2018 09:22 AM
For those making excuses there are no excuses. I go to an awesome gym and pay a whopping $20 a month. When the gang goes to happy hour every other night I decline because I’m at the gym. I do leave Friday night open for that kind of stuff but NEVER skip the gym. It doesn’t have to be expensive and I guarantee you if you cut out bullshit you can find the time.

0 upvotes • Gozsavin1 • 12 April, 2018 10:49 AM
I pray to the Lord of Lift, for the gym is dark and full of terror (got)

0 upvotes • EnragedParrot • 12 April, 2018 06:23 PM
Hahahahaha....what a shit post full of shit.
Lifting/exercise is certainly important, but "solve 70% of your problems"? Wtf?
Yea, no.

1 upvotes • Gayhoboo • 13 April, 2018 04:15 AM
"Just fucking lift already" I mean I would but i’m too damn busy with school. Half of the time i’m running up stairs trying to make it to class on time. Does that count for anything?

-15 upvotes • nojbbbrf • 12 April, 2018 12:35 AM
How often do you think newton, Einstein, Tesla, and Steven Hawking lifted, Chad? Just shut the fuck
up and get off your high horse. not everyone is going to be the next Arnold Schwarzenegger, so leave the people who dislike exercise alone

Alright, When you become the greatest prodigy the world has ever seen in your field while being a benefit to society and leaving a legacy as great as their, then you can use those men’s names as an excuse not to lift.

Newton has a unit of force named after him Force is necessary to lift weights You need to lift weights

Edit: simplified for child-mode people

Mentioning some men who died virgin, in a reddit based on sexual strategy, as an excuse not to improve yourself physically. Come on.

How did you go from Stephen Hawking to Arnold Schwarzenegger, genius? Not everyone is has to be a paraplegic retard genius or a geared yolk-man movie star. Physical exercise will elevate your game and the longer you keep telling yourself you don’t need it or find it “sophisticated” the more you’ll regret it when you do realize what it is

Newton would be on braincels right now if reddit was around back then.

Newton and Tesla are also said to die as virgins, sooooo...

If you're aspiring to be an Incel, you're definitely on the right track with your role models.

Being a genius doesn't get your dick sucked. Show your work on the whiteboard, kid.

Don't be obsessed with lifting. Get a fucking good job. Noone fucking cares if you are a jacked or skinny waiter/cashier.

Lifting is important for physical and mental health, not because it makes you more attractive. If you don't live in a warm country nobody will even see your physique. We've all seen countless skinny and fat guys with hot girls. Charisma, identity and status are what matters, not muscularity.

Match me you fucks.