

The ultimate proof you need on lifting - The 59 year old man I met at the gym.

June 5, 2018 | 1024 upvotes | by [Rares5555](#)

I have had an eye-opening experience this past week at my local gym, and I thought I should share it with all of you motherfuckers that still skip your gym days.

It's 7 PM, and I go to my gym for a workout. I feel a bit tired, but I have to get those reps in.

I walk into the gym and I see the most well-built guy there. Big back, huge arms and forearms, built legs, tight skin all over his body, an all around top 10% physique on a 5'10" frame (we're the same height). He seems new to me, and I know pretty much all the regulars there, so I go up to him and shake his hand. Really energetic, with a big smile on his face.

As I warm up, I start chatting him up. He tells me he's on a business trip and had to hit the gym. Very lighthearted conversation, super humble yet confident. I smelled he was an alpha just by the way he presented himself (and helped the young chicks there that were drooling over him, in between barbell rowing 180lbs)

As I finish my dumbbell rows, I think "bro, the dude looks jacked and also natural. I wonder for how long has he been working out". So I go up to him and ask:

"Sir, I wanted to ask you. How long have you been working out?"

He looks at me with a big smile and says:

"Son, I can't remember that clearly. But I can tell you how old I am. 59"

My jaw dropped as he started laughing. The fucking dude looks 40, and looks better than 99% of the 20, 30 and 40 year-olds. And he's almost fucking 60! I congratulated him on his level of fitness and we both got back to working out.

After we both finished our workouts, we talked a bit more about diet and fitness, but the conclusion is this:

If this dude, who can easily be a grandfather, has built such an impressive body his whole life, you should too. There's no excuse about it.

Also, let it be a lesson to you that if you take care of your body while young, it'll end up taking care of you later on. Stop saying that you're not 8"5' with a titanium jawline and start talking to the Iron. Lifting and being active is literally your well of longevity and attraction (of course, among other attractive traits).

Once again. As said hundreds of times here:

FUCKING LIFT.

Or don't, and let others reap the benefits.

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Comments

slackerdan • 430 points • 6 June, 2018 12:31 AM

As a fifty year old guy who's been lifting for only a few months, this post is most... uplifting to my spirit, thank you! :)

IvanReilly • 38 points • 6 June, 2018 10:44 AM

Well all the best. Who knows maybe when you're 59 you too can be helping the chicks at the gym while they drool over you

Dennis__Reynolds • 305 points • 6 June, 2018 01:29 AM

Joe Rogan looks like he's 35 and hes over 50. Exercise and diet are so important

Itshighnoon777 • 131 points • 6 June, 2018 02:56 AM

Let's not forget Joe's on TRT but yes, you still gotta work your ass off

writewhereileftoff • 33 points • 6 June, 2018 06:26 AM

Thanks for this. Let's not pretend the man in op story is on try too. Natural? Lol

EqualResponsibility • 37 points • 6 June, 2018 01:23 PM

Define natural.. TRT keeps you within natural ranges. If someone's genetics keeps them at 300ng and someone's else's keeps them at 900ng, is it so bad if the first guy gets on TRT to increase his levels? I don't believe it is.

The idea that someone is natural never made sense to me as the range for "natural" is all over the place.

PuppetAndTheDwarf • 11 points • 6 June, 2018 06:43 PM

TRT = minimal fluctuations in T levels, slowly descending through the week (or barely at all if you pin twice weekly).

Natty = daily fluctuations depending on stress, diet, sleep, exercise, so forth; replenished when you sleep at night.

I'm on TRT and while my levels are on the upper end of natural, I am stronger, bigger, faster, need less sleep to feel OK, can hack two a days with BJJ and lifting, more even keeled, etc. I even have "juicy" looking traps.

I was borderline low T and the difference between old me and TRT me is huge. The difference between my similarly aged, active peers, is also huge.

lhatemoi • 5 points • 7 June, 2018 03:16 PM

I am 25 and thinking about TRT when I get to be 35 years old probably. I live in a third world country and doctors here dont know shit about it.

I ask you, how expensive it is?, it is possible to get on TRT by your own accord (without consulting with a physician?) ? I plan to be jacked my whole fucking life but depending on natural T is a pain in the ass.

PuppetAndTheDwarf • 3 points • 7 June, 2018 03:37 PM

Sure, people DIY. But you would need a steady, accurately or at least consistently dosed source, access to labs for bloodwork, and ability to interpret bloodwork. Potentially you might want ancillary drugs to control estrogen or maintain fertility. You would want to be able to donate blood every two months.

Test is super cheap on the black market, and if you live in a country where it is available over the counter probably similarly inexpensive and worth buying pharma grade.

writewhereileftoff • 26 points • 6 June, 2018 03:19 PM

A man almost 60years old isn't going to be jacked natty okay. Your natural test drops of a cliff from 35-40 years old. If you inject exogenous hormones fabricated in labs that's not natural. Let's please not call this anything other than it is. Juice all you want just don't hamster about it please lol. I might juice when I'm that age too idgaf.

msammy_is_back • 7 points • 6 June, 2018 09:28 PM

Of course you are going to juice when you get older. LOL. Every dude making cash is.

hot_rats_ • 8 points • 6 June, 2018 01:56 PM

In bodybuilding and powerlifting circles you are not considered "natty" if you juice at all regardless of whether you stay under what is naturally possible for someone with different genetics. There's a reason it's banned in pretty much all professional sports. It is not just about evening out the levels of one hormone, there are all kinds of downstream effects that happen when you introduce exogenous hormones that vary quite a bit on the individual level. It is possible and maybe even probable that someone that juices from 300 to 900 could have an athletic advantage over someone who is naturally 900 due to genetic and body composition differences in how they process the available testosterone.

amekooky • 19 points • 6 June, 2018 03:06 PM

yeah good luck finding a body builder whos natural. realizing body builders arent natural is another redpill youre gonna have to swallow kid.

EqualResponsibility • 3 points • 6 June, 2018 02:00 PM

I understand what you're saying and appreciates the explanation. I've always wondered how many pro players and body builders are actually clean. There's a whole industry around "no for real, I'm actually clean" for body building and it shows.

The idea that humans can get as big and strong as some of these players really distorts our perception of reality.

hot_rats_ • 6 points • 6 June, 2018 02:10 PM

For bodybuilding no one, and fortunately a lot more people nowadays are willing to admit that, though it's still a stigma some hold onto.

NFL linebackers though? I'm not so sure. I'm equally willing to accept that there are genetic freaks out there, and naturally they will gravitate to contact sports. But the cynic in me also knows that where there is big money there is politics, and where there is politics there is corruption. So I certainly wouldn't rule out individuals paying for clean test results or experimenting with currently undetectable substances either.

Captain_Save_A_Hoe_ • 6 points • 6 June, 2018 04:19 PM

Natty or not discussions are retarded. The pros can tell you what gear they take. If you took the same supplements they're taking and come back in 10 years you won't even be at half way point that they are.

hot_rats_ • 2 points • 6 June, 2018 04:28 PM

I won't argue with your last point but I don't think it supports the claim "Natty or not discussions are retarded." Whether or not I personally have the drive, commitment, and genetics to match the results of the greatest BBers (I don't obviously) is irrelevant to the discussion of whether TRT is natural (it's not).

askmrcia • 7 points • 6 June, 2018 02:40 PM

Most of the players in the NFL juice or on some type of gear. They only test once during the off season randomly and usually it's before training camp starts.

The time they get tested multiple times is if they got caught once. You can look up all this stuff up yourself. I can't speak on the NBA or other pro sports, since I don't follow them as closely.

But majority of the players are def on something. Same with the track athletes. And I'm sure others can comment but there are ways you can hide your levels from testing. Like taking estrogen to balance your hormone levels around testing periods.

[deleted] • 2 points • 10 June, 2018 12:02 PM

TRT keeps you within natural ranges.

TRT jacks your T up and keeps it up at the highest range. Whereas the majority of men's T level fluctuate over the course of the day, depending on a lot of variables.

[deleted] • 1 point • 18 June, 2018 08:44 PM

My try dose keeps me at like 1500 ng/dl

iamanalterr_ • 1 point • 26 June, 2018 09:14 AM

Yeah that's my plan. All natty while young, and then start juicing when I get older

petechamp • 1 point • 6 June, 2018 03:55 PM

He's also very open about steroid use in the past

EqualResponsibility • 16 points • 6 June, 2018 01:21 PM

There's no reason to NOT be on TRT once you hit 35-40.

trees_away • 1 point • 6 June, 2018 06:56 PM

It's not like it's even hard or expensive. I do SubQ EOD at .3ml and it's damn near painless and completely covered by my insurance. I was doing 1.5ml 1x/week IM but switched to self injection and didn't want to do IM myself. I had to lower my dosage with SubQ EOD because it was so much more effective. I went from 800ng/dL to 1236ng/dL in a month and my doc asked me to drop down from .4ml to .3ml.

The only downside is the acne, but it's becoming more manageable with the right skin care treatment.

xSiNNx • 15 points • 6 June, 2018 04:40 AM

Really? You know of any episodes where he talks about this by chance? I've been listening to him since like 2011 and never heard this.

Reynaldo7 • 29 points • 6 June, 2018 06:11 AM

Most people over 40 can easily get a TRT prescription from a doctor. You'll see this mostly on people that still lift at that age.

banthrow • 2 points • 6 June, 2018 11:13 PM

What do you mean, still lift at that age. I'm 40 and started last year.

Reynaldo7 • 1 point • 6 June, 2018 11:19 PM

I'll rephrase that. If you started lifting, let's say at 20 years old, and you keep on lifting naturally, when you reach the 40 year ballpark, your test levels start depleting or aren't as high as they used to be, so as an avid lifter it would be in your best interest to get a TRT prescription, and is easy to talk to a doctor and express your reasons why you think you need it. If you just started lifting I recommend getting your T levels checked. If they're low, look into TRT. However for you I'd abstain from them for a year since you've yet to get your noob gains. Cheers.

sircomeseyesd • 22 points • 6 June, 2018 05:24 AM

I think he talked about it with Dan Bilzerian but yeah he said he's been doing it for over ten years

lastdumra • 13 points • 6 June, 2018 10:24 AM

I remember one time that someone asked why he would not try in a professional MMA fight. He said that he would not because the anti doping test would be off the charts. It was a cheeky comment, like half joking, half truth, so you get the idea.

He is also very into anything that can give you a better quality of life, like testosterone replacement.

SMR11 • 13 points • 6 June, 2018 05:31 AM

He literally has done ads for testosterone companies. Just look on YouTube

[deleted] • 6 points • 6 June, 2018 01:29 PM

Yeah youtube a clip where he admits to being on TRT for 10+ years. It surprised me too.

magx01 • 3 points • 6 June, 2018 01:14 PM

He has mentioned this several times as well as being on HGH. He even joked about "melting USADA piss cups" a few times lol

Spezs_Douch3 • 2 points • 6 June, 2018 04:40 PM

He subtly brought it up on the Michael Chandler episode. He said, and I'm paraphrasing, "if you were tested for the supplements I'm taking, you'd fail big time."

lasteem1 • 3 points • 6 June, 2018 11:24 AM

I don't remember the episode(s), but he has talked about being on TRT before.

HPLOveshack • 1 points • 6 June, 2018 03:44 AM [recovered]

Diet and hormone replacement are much more important than lifting or exercise for looking young.

Lifting, especially as you age, has to be carefully rationed. Look into all the injuries powerlifters and bodybuilders and male gymnasts have. Almost all of them have some combination of fucked up shoulders, backs, knees, wrists, elbows and most of their lifting was done in their 20s and 30s. By the time they're in their 40s most of them are very careful about how they lift and how much they lift, if they lift at all.

Even the big names that aren't shy about gearing up (which can massively increase healing ability) and have plenty of money to hire PTs etc, all have chronic injuries from lifting.

I'm not saying don't lift, I'm saying it should be third or fourth priority. Nutrition is number 1 by a mile, sleep is an easy 2nd. After that it's lifting if you're sub 40. If you're over 40 it's managing hormones THEN lifting.

halfgreek • 13 points • 6 June, 2018 03:59 AM

Serious question. What do you mean about managing hormones?

TheEagleAndTheSnake • 11 points • 6 June, 2018 06:41 AM

Read this TRT guide by IM.

<https://illimitablemen.com/2017/08/31/a-mans-guide-to-testosterone-replacement-therapy/>

VapeBrahhh • 6 points • 6 June, 2018 04:21 AM

Yes please explain this more.

EqualResponsibility • 5 points • 6 June, 2018 01:25 PM

Managing your Testosterone and Estrogen levels. Studies are showing that Men, in first world progressive leaning countries, have severely reduced Testosterone levels. I'm not confident they know why this happening, whether it's mentally induced by society and stress or if it's diet based. Either way, every man should have his Test checked after 30 and not hesitate to get on TRT if you are ok with the *chance* of never having more kids.

halfgreek • 1 point • 6 June, 2018 08:04 PM

I'm 42 and I have 2 kids. And don't need to have more. Looks like there may be other benefits based on what is shown in that article above. Off to do more research.

EqualResponsibility • 1 point • 8 June, 2018 05:15 PM

There are numerous benefit. I just wanted people to be aware of one of the more serious side effects. It's well worth it to me.

ApexmanRP • 10 points • 6 June, 2018 08:47 AM

"Nutrition is number 1 by a mile, sleep is an easy 2nd. After that it's lifting if you're sub 40. If you're over 40 it's managing hormones THEN lifting. "

As a 49 year old, I would kind of agree with this. Its very easy for your T levels to drop. I am trying to improve my T naturally (see my other comment) and I am seeing encouraging results so far.

I think Hormones and lifting go hand in hand.

thatbrofoshow • 1 points • 6 June, 2018 04:40 AM [recovered]

Could you share more knowledge/experience on the cortisol? Been having some health issues both physical/mental. My stress/anxiety is through the roof lately. And all my lifts are down between 5-10%. I've majorly reduced lower body volume to reduce the overall stress my body is taking atm. It makes sense to me that the body kinda buckets all stress to at least a similarly. I feel increased cortisol is likely playing a role here.

PaulAJK • 1 point • 6 June, 2018 07:00 PM

Try meditation and make sure you get enough sleep.

ApexmanRP • 1 point • 6 June, 2018 08:48 AM

Are you on a low carb diet? If so, this may be a factor.

Flintblood • 5 points • 6 June, 2018 12:13 PM

What does a low-carb diet have to do with rising cortisol levels?

ApexmanRP • 2 points • 6 June, 2018 03:16 PM

Its thought that low glycogen levels (a possible effect of low carb diets) trigger excess Cortisol production.

That said, I had also possibly cut out too much saturated fat, so it could be a mix of the two.

Martel_732_Tours • 2 points • 6 June, 2018 03:54 PM

Most people's motivation for low carbohydrate eating stems from the desire to lose stored fat. When dietary carbohydrate intake is restricted and blood sugar becomes low, the body becomes stressed and will turn to backup fuel sources to get cells energy using two primary processes. One such mechanism is called lipolysis in which the adrenal hormone adrenaline (and other lipolytic stress mediators) signals the liberation of fatty acids from stored fat to be used for energy. This means that you will indeed use stored fat for energy, resulting in fat loss.

The other mechanism that works in conjunction with lipolysis is called gluconeogenesis. During this inefficient process, another adrenal hormone, cortisol, attempts to raise blood sugar and flight inflammation by converting the body's own tissues (thymus, liver, muscle, skin, etc) to make glucose to fuel cells. This conversion occurs in the liver. A seemingly good sign, a loss of scale weight, can occur as a result of the loss of protein containing tissue, like muscle.

Flintblood • 1 point • 6 June, 2018 10:01 PM

Thank you for the informative response. I'm familiar with gluconeogenesis. However, I thought it was more of a long time scale adaptation found in certain populations that eat high fat and high protein low carb diets like the Inuit.

I was able to lose about 3 to 4 inches off my waist in stored fat over the last two months by going keto and by doing some mild intermittent fasting. I think I'm at a good 'cut' size and now I need to go back to eating normal but healthy, so I don't overdo the keto and start losing muscle. Now's the time to start hitting the iron more seriously.

Wise_Kruppe • 1 points • 6 June, 2018 02:24 PM [recovered]

When on a low carb diet, some protein gets converted to glucose. This process is partly controlled by cortisol, so it may follow that low carb diets contribute to higher levels of the hormone. However, I don't think that there are any scientific studies supporting this, or at least I couldn't find any. The best thing for u/thatbrofoshow, or anyone in his situation, to do is see a doctor and get blood work done. That way there is no guessing or bro science involved. Know what's going on and what you need to do to fix it.

Flintblood • 1 point • 6 June, 2018 09:42 PM

Thanks! I'm inclined to get some blood work done now.

reluctantly_red • 11 points • 6 June, 2018 05:04 AM

Lifting, especially as you age, has to be carefully rationed.

BS!!! Fifty something guys can lift heavy and often. Obviously most of us are not world class competitors but we can (and should) push ourselves to our limits. I'm 53 and have been lifting at least 4 times per week since January with great results. Neglecting myself for the prior decade was the biggest mistake of my life. I'm really happy that it seems I didn't do permanent damage. The risks associated with not lifting are far far greater than those associated with lifting.

PaulAJK • 2 points • 6 June, 2018 09:33 PM

Mate, if you've been lifting for 6 months, then going 4 times a week is ok, you're still getting noob gains. In 2-4 months you'll find those gains start getting much harder. And you'll be in danger of overtraining going 4 times a week. After a couple of years there's not much benefit (as an older guy) to going more than twice a week.

All this only applies natty though, I don't know shit about cheating.

Edit, ought to add I'm 47 and been lifting 3 years.

Trenned_out • 1 point • 8 June, 2018 02:13 AM

you will absolutely not be in danger of overtraining going 4 days a week.

Volume, frequency and intensity all must be managed. Three sides to a triangle. Sure it's possible to over train going 4 days a week (over reach is the better term, true overtraining won't be hit by anything 99% of people do), but it's definitely not certain.

Martel_732_Tours • 2 points • 6 June, 2018 03:56 PM

It will be interesting how your opinion may change in a few years time.

Captain_Save_A_Hoe_ • 3 points • 6 June, 2018 04:27 PM

It will be interesting how your opinion may change in a few years time.

Do they have a lunk alarm in your gym?

Martel_732_Tours • 1 point • 6 June, 2018 06:07 PM

I built my gym, faggot. Get back to me when you can dead lift over 500.

Captain_Save_A_Hoe_ • 2 points • 6 June, 2018 11:12 PM

found some unchecked power levels

bipedalsentient • 1 point • 6 June, 2018 10:18 PM

mate you've only just started...

dongpal • -6 points • 6 June, 2018 09:38 AM

I'm 53 and have been lifting at least 4 time per week since January
cute old man. first talk when you have experience. thanks.

FOldGG • 2 points • 6 June, 2018 01:38 PM

It would appear one might consider "working out" and developing other parts of your being. And, sad news, there ain't no pills for this...

reluctantly_red • 1 point • 6 June, 2018 01:57 PM

one might consider "working out" and developing other parts of your being.

This should be self-evident. BTW I have three degrees and a professional job so I think I have this covered.

FOldGG • 1 point • 6 June, 2018 07:44 PM

Not entirely sure how casting shade at someone that has made a change in their fitness in their most recent 5 months is exhibiting an appropriate level of evidence of self awareness. Nor the resume...

Maybe the resume indicates a developed EQ, just missed this opportunity is all.

reluctantly_red • 2 points • 6 June, 2018 01:55 PM

first talk when you have experience.

A reason I'm making such good progress today is that I did indeed workout a lot when I was younger. Muscle memory is a beautiful thing!

dongpal • 0 points • 6 June, 2018 02:31 PM

Yes it is. But stop giving statements like "*Fifty something guys can lift heavy and often*" when do don't even lift for a year. Common.

reluctantly_red • 1 point • 6 June, 2018 02:42 PM

No one is going to magically bestow wisdom on my fifth (or whatever) anniversary back at the gym. I feel I've learned enough over the years both in and out of the gym to be able to intelligently express an opinion -- based on my experience, observations, and research.

BTW I took several advanced physiology classes at university (including a rehabilitation medicine class in exercise physiology). I'm not pulling shit out of my ass.

dongpal • 2 points • 6 June, 2018 02:55 PM

your first comment above reads like " i lift for 5 months and you absolutely can do this !"

Ozu • 1 points • 6 June, 2018 07:18 AM **[recovered]**

Lifting really heavy weight is overrated in general. Sure, it makes you feel good when you push yourself like that, but look at any lifter who lifted big for a sustained period, and they almost inevitably have injuries that required surgery.

My advice would be to lower the weight and either 1) do more reps/sets, or 2) work out more frequently. Unless you're competing, there's no good reason to risk your body like that.

[deleted] • 2 points • 6 June, 2018 08:51 AM

That's bullshit. Getting stronger is the best way to get big . Focusing on strength is what made me look like i actually lift . Cookie cutter perfect form 8-12 reps shitty bodybuilding programs Never done anything for me . Most guys won't even get past the novice strength phase (around a 2 plate bench, 4plate deadlift ,) on that shit and will all hit a Plateau.

I've lifted bitch weight for 2 years and squeezed the muscle at the top and done all the crappy pump work bodybuilding shit , couldn't bench 2 plates for 5 and wondered why I had a small chest , what got results in half the time was strength programs, mostly upper lower (heavy light setups) and concurrent full body 2x a week.

Get strong to get big

Ozu • 1 points • 6 June, 2018 04:29 PM **[recovered]**

You don't need to be territorial about your weight lifting routine. Most dudes don't want to get huge, they want a good looking, healthy body that isn't crippled from powerlifting.

[deleted] • 2 points • 6 June, 2018 05:04 PM

1)I don't powerlift because I think their squat is retarded and I refuse to do it .

2) you will never get too huge because you're natty , that's a retarded bullshit excuse and I'm not even sure what's your point? You don't want results? Cool but then you should stfu when people are arguing about the optimal way to get results. Nobody cares if you don't want to "get huge" , I never said you have to.

3) Powerlifting form , in both the bench and deadlift is by far the safest way . You see bodybuilders flaring their elbows , benching without an arch or any sort of upper back tightness and shitty half reps because of better chest activation. That type of stuff is what will tear your shoulders and pecs up . The only unsafe thing about powerlifting is the act of maxing out in competition, which is incredibly overrated if you actually perfected your form . I could go to failure on deadlifts, bench and Olympic ass to grass squats with 0 fear of injury any day. Just keep good form and don't worry unless you're pulling in the 600lbs + Range you won't get injured..

You're just spewing random bs my man.

Sunny_07 • 8 points • 6 June, 2018 12:53 PM

Moving heavy weight from point A to point B is not the same as recruiting the right muscles or having proper muscle activation.

Proper form is so much more effective then pushing heavy weight. Your muscles don't know the weight they are lifting. They simply know stress, fatigue, recruitment/tension and react accordingly.

You don't need to lift heavy to get bigger. In addition most times when you go through strength programs you don't work enough on strength curves or different angles and variations. You

couldn't bench 2 plates for 5 because you didn't train for it.

[deleted] • 2 points • 6 June, 2018 02:33 PM*

I couldn't bench it because I was a weak average bro, and that's also why I had a weak average looking physique.

You could do all the curls you want with perfect mind muscle connection and squeeze at the top and all that stuff for 10 years and you won't gain any size if you don't get stronger at the movement.(if you're somehow still curling the same weight) . As long as you're natty at least..

And getting stronger is all about perfecting form , getting a stronger bench doesn't mean cheat at the movement and get your but off the bench , or round your lower back when pulling and risk injury. Powerlifters are almost always more efficient and have safer /better form.

The only way for a natty to gain size is progressive overload, or simply more weight on the bar or more reps . The only problem is you don't get strong just doing 3 sets of 12 and eating on a surplus unless you're a beginner . The biological law of accommodation will show up and straight fuck you in the ass and you simply won't make gains .(strength or size)

Sunny_07 • 2 points • 6 June, 2018 03:44 PM

Getting stronger at a movement is completely different to strength training. Progressive overload is instilled in any workout regimen even in the traditional hypertrophy routine bodybuilders use (8-12 reps).

Correct me if I'm wrong but your previous post supports power lifting regiment as opposed to bodybuilding? If that's the case then getting bigger doesn't mean lifting heavy weights. If you want to get strong go ahead and follow a power-lifting regiment.

I also feel like powerlifting and bodybuilding don't place emphasis on secondary muscles, functional muscles, mobility and abs. Personally to look the best you can and also be fit/healthy it should be a combination of bodybuilding, power lifting, and functional training.

[deleted] • 1 point • 6 June, 2018 05:28 PM

For the love of god there's more to strength training than powerlifting. Hell strongman is way more interesting imo and it's the most functional strength sport on earth.. A strong core is s core that allows you to squat heavy weights without collapsing don't you agree? Not crunches to get a 6 pack although you definitely should aim for a 6 pack.

You won't make progress in the "hypertrophy range "(that's a myth , the only thing that matters for hypertrophy is total volume , number of reps in a set is irrelevant . $10 \times 3 = 3 \times 10$ from a hypertrophy standpoint). Every natural non beginner lifter will stall there and you'll eventually hit a point where you're gonna be lifting the same weight for months and years . If getting stronger was that simple everyone who put in the time would be pulling 600+ lbs natty.

And please explain how is training to get a bigger deadlift not strength training?

Sunny_07 • 0 points • 6 June, 2018 05:51 PM

The post you responded to literally says there is no point lifting really heavy weight unless you are competing which is what I have been trying to get across the

whole time. You do not need to lift heavy weight to get bigger! I can go into the science if you want or send you studies.

Jesus...No a strong core is not one that simply allows you to squat heavy. One of the functions of a core is to stabilize yes but you have to analyze the different movements of your "core"; you have the trunk flexion (bringing your pelvis and the ribs, rotation of the torso, compression. All these movements need to be incorporated to make sure your have a "strong core" and no doing heavy squats or dead-lifts won't give you those.

10x3 \neq 3x10. Volume is a variable for hypertrophy but it is not the only thing that matters. The rest time between each set, the total time under tension, muscle failure all matters. The "hypertrophy range" is where we have yielded the most results which is why many workouts center around that. GVT training encompasses this with it's 10x10.

I don't understand what you mean by stalling? The whole point of is you to reach failure at the end of you range with the maximum weight you can lift. Once you achieve this you either add on more weight, change up your workout so you are exhausting the muscle in other way, increase the time under tension, create stress in other manner.

Never said getting stronger was that easy...nor did I say training for a bigger dead-lift is not strength training...??

[deleted] • 1 point • 6 June, 2018 07:27 PM

“Getting stronger at a movement is completely different to strength training “.

We’re going in circles right now, why the fuck are you assuming 10x3 has less time under tension than 3x10 or that you cannot go to failure on 10x3. We know for a fact that 10x3 is superior for performance and it’s the same volume (you’re just able to progressively overload a lot faster , that’s the whole reason I m recommending focusing on strength) so other than the fact that it might take a bit more time to finish it s superior in every way to the “ hypertrophy range.”

magx01 • 2 points • 6 June, 2018 01:17 PM

Strength and size are achieved in different rep ranges.

[deleted] • 0 points • 6 June, 2018 02:39 PM

It’s not about rep ranges it s about total volume or total workload , I’m sorry but you don’t know much about programming or lifting do you ?

10 sets of 3 is no different than 3 sets of 10 from a hypertrophy standpoint.

TheShearerComplex • 2 points • 6 June, 2018 04:01 PM

That’s not true in terms of hypertrophy it’s about time under tension. Which is why higher rep ranges are generally advised. I think at least 40 seconds under tension each set is the optimal amount.

There’s a reason bodybuilders have bigger muscles than powerlifters, although powerlifters are stronger.

[deleted] • 1 point • 6 June, 2018 05:08 PM*

Natty bodybuilders aren't bigger than power lifters it s actually the complete opposite. Powerlifters have shit arms and calves and lagging backs and delts because all their training is focused solely on getting good at the 3 movements. But powerlifters usually always have bigger glutes, quads and hamstrings, bigger traps, bigger chests too... it's unfair to say they're smaller they just look blocky and weird but the size is there . Either way it's an unfair comparison that doesn't have anything to do with my points . Powerlifters do less volume , I'm not saying do that . All I said was focus on strength Anyways more volume almost always equals more time under tension bruh . Those time under tension reps have the same effect as a pause bench , bench with chains or bands , a close grip bench or a spoto press compared to normal bench. You're making the reps harder (by creating moment arms , making certain parts of the lift harder or in this case reducing stretch reflex at the bottom, just like a pin press) instead of increasing weight, but you still have to get stronger or you're time under tension won't do much for you.

TheShearerComplex • 1 point • 6 June, 2018 05:15 PM

I think if we are talking about aesthetics then bodybuilders obviously look bigger. For example, I'm 5ft8 and been doing natty bodybuilding for 5 years and everyone mentions I go to the gym. I have a 6 ft 1 friend who's in it power lifting for 2 years, he's strong as fuck but unless he has his shorts on you can't really tell he hits the gym to be honest.

[deleted] • 1 point • 6 June, 2018 05:33 PM

I've already said that powerlifters look weird and have multiple lagging areas did you even read my comment?

Sunny_07 • 1 point • 6 June, 2018 05:57 PM

You are kidding right? Bodybuilders are for sure bigger than power lifters (their whole training is based around aesthetics). Powerlifters are stronger for sure but their bodyfat is also easily in the double digits (upwards of 20%). Are you familiar with the different muscle fibers and their function? If you do we shouldn't even be having this conversation if not please look into it.

More volume equals more TUT? Seriously? Literally no one is arguing against progressive overload. Bodybuilders work towards increasing the weight they move as well! It is not black or white.

[deleted] • 2 points • 6 June, 2018 07:15 PM

I said focus on strength not go do powerlifting dude. All I'm saying is focus on numbers and the size will come. And squeezing the muscle and isolating it won't give you superior results. I m not telling you to go on a Bulgarian light setup and max out everyday stop taking shit out of context holy fuck.

And yes I do believe natty powerlifters are just as big as natty bodybuilders in the areas they do not neglect (chest , legs and glutes ..) but you can't expect them to have big biceps and symmetrical muscles.

barb9212 • 0 points • 6 June, 2018 02:40 PM

Wrong, wrong, wrong. You are always supposed to lift heavy. The heavier you lift the more calories you burn and more lean muscle you can add. Obviously there is a limit. If your chasing a new 1 rep max and your still fat that is a problem. It's not a lifting heavy problem but a nutrition problem. If you want to get bigger your lift heavy. If you want to maintain or get leaner then sure you can up the reps but you still should be lifting heavy. Key is know what your limit is and lift with proper form. If you don't believe any of this remember that google is your friend.

TheShearerComplex • 1 point • 6 June, 2018 04:02 PM

Not true look up Dorian Yates, it's about time under tension and form if you want to get bigger. To increase time under tension, generally it's better to go lighter. Doing 40 seconds of slow pain staking barbell curls will get you bigger than 3 heavy reps of barbel circle.

That's why they say leave your ego at the gym door.

barb9212 • 1 point • 6 June, 2018 07:00 PM

If compared doing 40 seconds to 3 heavy reps as the end all be then yes that would make sense in theory. But lifting a regular 5x5 even or even 10 reps (heavy of course) is still better than time under tension. The actual science does not support time under tension. According to studies doing the reps at normal equals more strength and muscle gain.

Time under tension just makes you feel the burning sensation more. That's why people still believe the myth lower the weight and do more reps makes you cut. The only benefit is that it can(not will) help you see issues you may have in your form.

Ozu • 1 point • 6 June, 2018 04:31 PM

Everyone has their own opinion about "the only right way to lift" but the fact is that many different ways work, but lifting heavy - powerlifting - will wreck your body in the long run.

[deleted] • 1 point • 6 June, 2018 08:23 PM

I would argue it's safer for seasoned lifters who built a strong base and have perfected form. While doing high reps fatigue kicks in and form suffers , you can't brace as well (valsava for high reps sucks). I could go to failure on deadlifts without any sort of rounding or hitching and I definitely grind reps through too. Heavy lifting only becomes a problem when you achieve elite natty strength and are pulling 600+lbs for rep work .

Lifting heavy is not maxing out though .

Captain_Save_A_Hoe_ • 0 points • 6 June, 2018 04:26 PM

Nutrition nr 1 advocates think they are talking to obese landwhales when in reality this forums main audience is 18-22 old people. So no, lifting is nr 1, diet nr 2.

BRAINGLOVE • 12 points • 6 June, 2018 03:18 AM

Damn, he's over 50? Wouldn't have guessed

IllHornet • 12 points • 6 June, 2018 07:27 AM

Alex Jones is younger than him lmao

RxCubed • 10 points • 6 June, 2018 09:23 AM

This is a red pill all on its own.

Greek-God-Brody • 5 points • 6 June, 2018 09:14 AM*

He looks more like 40-45 tbh, but still.

juliusstreicher • 5 points • 6 June, 2018 04:27 AM

Unbelievable! I wouldn't have put his age even close to 40!

Vic336 • 3 points • 6 June, 2018 05:14 AM

what the fuck!? Seriously?? wow

[deleted] • 7 points • 6 June, 2018 03:42 AM

No he doesn't He looks like a strong and in-shape 50 year old guy who does TRT.

magx01 • 2 points • 6 June, 2018 01:14 PM

TRT and HGH also, let's be honest.

AstralAeonSoul • 2 points • 6 June, 2018 07:00 PM

Don't forget that Alpha Brain he's on. ONNIT, that's O-N-N-I-T, use code ROGAN for 10% off!

PuleaSpataru69 • 1 point • 6 June, 2018 08:48 AM

Oh my god! I always watch his podcast and I am good at guessing people's age and I can't believe he's over 50!

amekooky • 1 point • 6 June, 2018 03:03 PM

"let me just pop my shirt off" name checks out.

Dennis__Reynolds • 1 point • 6 June, 2018 04:38 PM

My body was sculpted to the proportions of Michael Angelo's, David.

youcanhandlehelie • 1 point • 6 June, 2018 07:12 PM

JR looks a little odd to me

amedeo_modigliani • 1 point • 6 June, 2018 08:32 PM

He would look 35 if he would have hair. Without hair, he looks like, well.. over 50.

banthrow • 1 point • 6 June, 2018 11:09 PM

Joe Rogan looks like he's 35 and hes over 50.

WTF! just checked, he's 50, it's true.

No way. It also helps that he's bald. Being bald hides age a lot.

Problem with people over 40 is that they are half-bald. You either need a full head of hair, or shave it all. No in-between.

Me? I spent lots of money in a hair implant. Best decision ever, I look 10 years younger. But I also look good completely bald. But in-between? I look like a cancer patient.

I bet the 59 year old guy in this article had all his hair.

[deleted] • 98 points • 6 June, 2018 03:47 AM

FUCKING LIFT.

I mean, yeah, no shit. But i also see 30-50 year old gym rats in phenomenal shape who literally do nothing else noteworthy with their lives. Live in a shitty place, work a shitty job, etc. Remember that lifting is a piece of the puzzle.

reluctantly_red • 31 points • 6 June, 2018 05:38 AM

Remember that lifting is a piece of the puzzle.

Yes!!! Getting an education and a good professional job allows (if the they play their cards right) middle aged guys the time and money to take care of themselves -- which of course includes lifting.

anonumaus • 5 points • 6 June, 2018 05:10 AM

Yeah but achieving something when you don't have enough power could be hard

BewareTheOldMan • 6 points • 6 June, 2018 01:59 PM

This - exactly. Remember - it's the "whole-man" concept.

Like the older guy in the Summary Posting, I've been into fitness since the teen years and early 20s, 30s, 40s, etc., no recreational drugs, no excess drinking or tobacco use and like the young man says "it pays off." I gave a bit of exercise and life advice to a young man who is eager to build a better physique just the other day while at the gym. I happily obliged.

I also hit the other general life areas - finances, academics/intellect, knowledge of local, national and international event and issues, health, travel, life-experience and wisdom, etc.

I recently completed a semester of college enroute to another degree. In doing so, unfortunately, I've witnessed and confirmed much of the female behavior and nature so well-described on TRP, but that's a story for another day.

Back on topic - basically...the whole-man effort and effect.

Aggressive_Beta • 1 point • 6 June, 2018 06:02 PM

It's easier to get a job when you lift because potential employers respect you more when they see you

metallicdrama • 1 point • 24 June, 2018 05:20 AM

So this. I know a powerlifter guy who is ~45 and lives in a shitty studio apartment and can't even afford a car. Doesn't even own a computer or a decent set of clothes.

[deleted] • 62 points • 6 June, 2018 12:42 AM

Man I know a few guys like this and they give me hope for the future.

I'd add that the guys who really look good at that age take care of themselves in other ways too. The old adage that you can't out-train a shitty diet becomes more apparent as you hit 35, 40, etc. Even if you hit it hard at the gym, too many pizzas and too many long nights at the bar will just make you look...old.

OPdopy • 17 points • 6 June, 2018 02:02 AM

I'm forty and this is absolutely right. Once I started eating right I lost 80 lbs. I workout like crazy now too.

Doing shit I haven't done since I was twenty.

Original_Dankster • 3 points • 6 June, 2018 02:39 PM

too many long nights

This.

I look ten years younger than my age - even looked younger before I started taking care of my diet and lifting. the main reason I attribute it to is that I get lots of sleep

LotBuilder • 56 points • 6 June, 2018 02:57 AM

There is a dude at my gym that is 72 and jacked. He wears a flat bill baseball cap and looks about 40 until you get right up to him. His girlfriend is a pretty hot Asian chick in her early 40's but she looks late 20's. She's not a complete smoke show but she is damn good for a 72 year old guy that isn't throwing money at her.

It's amazing what a bunch of effort can do. These days with exercise and diet knowledge combined with supplements, TRT, HGH, etc can shave 25 years off your physical age.

I'm 40 and let myself go to shit through a combination of a shitty marriage, stressful and sedentary Job and heavy untreated clinical depression. I put myself 5th and let it happen. I changed everything (partially due to TRP) and I will look way younger and more fit at 50 than I did on my 40th birthday.

reluctantly_red • 17 points • 6 June, 2018 05:18 AM

let myself go to shit through a combination of a shitty marriage, stressful and sedentary Job ... I put myself 5th and let it happen.

Been in this situation. I worked my butt off trying to satisfy a wife for whom more was never enough. I didn't realize it at the time but her dumping me for a much richer guy was the best thing that ever happened to me. For the last year I've been putting myself first. I've lost over 100 pounds. I can lift almost as much as I could in my early 20s and I can do more pushups than at anytime in my life. I will turn 54 shortly and I now look a hell of a lot better than I did a decade ago (not really saying that much but I'm very happy with the improvement).

LotBuilder • 5 points • 6 June, 2018 02:11 PM

Good for you man. We were married to similar women. Mine was a black hole that could just suck down any amount of energy, effort, Love, money, etc and never be happy. It was a problem within her and I was the idiot trying to fix the problems that I had no control over. I was the willing beta buxx. No longer. I put myself first everyday and everything else fills in around it. I am happier than I have ever been and in a year I'll be healthier than I have ever been.

reluctantly_red • 3 points • 6 June, 2018 02:21 PM

I was the willing beta buxx. No longer.

Exactly!!! One of my friends once noted that I never spent any money on myself. I was actually proud of that.

LotBuilder • 2 points • 6 June, 2018 02:26 PM

Yep, "I don't need anything, I'm a guy with simple needs". What do you do for fun? "Fun? I really just work and take care of my family"

Listening to No More Mr. Nice guy changed my view and how I handle everything. I was a

textbook “Nice Guy” and I was miserable. That led me here where I agree with about 80% of it. There is a bit of puffery and trying too hard but I think that’s the age range. I am slightly jealous that these younger guys discovered this information early, I wish I had.

reluctantly_red • 2 points • 6 June, 2018 02:46 PM*

I was miserable.

I was actually blissfully happy -- at least until near the end. I loved my family (still love the kids). I was sure my hard work meant something. I was mistaken.

LotBuilder • 1 point • 6 June, 2018 03:04 PM

I hate to be spiteful about it but I do get some sick satisfaction that my life is going so much better and her life is facing some harsh realities as a 38 yo single mom with Little education and fading looks. She is 5’10, thin and was a contract model for Wilhelmina 22 years ago. She slutted it up for about 6 months but now she has refocused on landing another wealthy provider. I pray she does as it will save me some money. I would feel bad for the guy but it’s not my problem. She is starting to feel the lifestyle crunch even with a big alimony and child support check.

reluctantly_red • 3 points • 6 June, 2018 03:14 PM*

she has refocused on landing another wealthy provider. I pray she does as it will save me some money. I would feel bad for the guy but it’s not my problem.

My ex is living with the clueless millionaire she cheated on me with (I've nick named him SuperBeta). She's burning through his money at a fever pitch but he doesn't seem to mind. I'd feel sorry for the guy but it's not like he didn't know what he was getting into.

I was able to use the fact that she really wanted to get divorced fast so she would be free to marry him to my advantage. I negotiated a pretty decent settlement (I got a chunk of her pension and she is obligated to put almost all the child support into a college savings fund for the kids). Which of course means SuperBeta is the one subsidizing her day to day expenses not me. :)

LotBuilder • 3 points • 6 June, 2018 03:16 PM

Great situation for you. I hope mine can land a rich chump soon.

reluctantly_red • 3 points • 6 June, 2018 03:21 PM

The only downside is that I'm worried our two little girls will imitate their mom rather than their big sisters.

riverraider69 • 6 points • 6 June, 2018 06:30 AM

I occasionally find an old facebook photo of me. I'm pushing 40, and I'm looking way better than at 30, not even a contest. And still moving up.

Inariiii • 96 points • 5 June, 2018 11:57 PM

Another tip: if you're still in highschool, take a damn fitness /weightlifting class. Take it seriously! You have to

be willing. If you take it seriously, you can instill some really good habits since you'll be lifting/active almost everyday.

finelicks • 53 points • 6 June, 2018 12:49 AM

I was accidentally placed in a weight lifting class in high school. Didn't think much of it at first, but I'm pretty sure I'd be fat as fuck if it wasn't for that class. Surrounding yourself with motivated & confident people will change your life.

[deleted] • 6 points • 6 June, 2018 10:20 PM

My friend in 9th grade was doing cross country and told me to join the team. I had never done exercise until that point, but I joined to hang with him. That was the best decision of my life. It instilled such good habits in me, having to run every single day.

I never realized how fat I was in middle school until I saw a picture of myself at graduation. I owe my current health to that sport and my old friend.

[deleted] • 6 points • 6 June, 2018 01:45 AM

Very true. That's how I got my basic knowledge and lifts.

[deleted] • 15 points • 6 June, 2018 01:52 AM

Or get into sports like football. It gives a wealth of competition as well as a base in fitness, a healthy dose of social skills and teamwork, and the easiest social circle you can possibly build.

Source: just graduated, will probably have friends from football that I respect for the rest of my life

FARTBOX_DESTROYER • 5 points • 6 June, 2018 03:09 AM

Football was the only reason I lifted in high school.

[deleted] • 63 points • 5 June, 2018 11:34 PM

Dude is a legend. Glad I got into lifting while young.

Diogenes-- • 35 points • 6 June, 2018 02:31 AM

I've been a heavy smoker, heavy drinker, super stoner... I should look older than my age. I've always lifted though, and I look young for my age. I get carded buying alcohol in middle age ffs, and I'm not a woman so it's not some white knights trying to make me feel better about my collision with the wall. And I'm tall so it's also not short stature causing the perception of youth.

I think there's some scientific research about the anti-aging effects of resistance training, but shit these days there's research on everything. I'm all the proof I need. Not to mention how goddamn good lifting makes me feel, and how much muscle affects peoples' perception of you without even having to look at your face.

Anyone who doesn't lift is fucking crazy.

shinolas • 5 points • 6 June, 2018 07:44 AM

How old are you?

Heavy drinking and smoking can only be kept at bay for so long. That shit will catch up to your looks no matter how much you workout.

Diogenes-- • 2 points • 6 June, 2018 11:50 AM

I don't want to give out much personal info on reddit. I don't do that stuff anymore though. I've gotten

really conscious of health.

shinolas • 1 point • 6 June, 2018 11:52 AM

lol you don't have say your exact age. Whatever. If you're below thirty you can get away with it but if you keep the heavy shit up all the time you can't lift that shit away.

Diogenes-- • 2 points • 6 June, 2018 12:25 PM*

40s. Yeah I don't do that shit anymore, I live clean now. I have a drink or two and that's it. And only a few times a month on average.

metallidrama • 1 point • 24 June, 2018 05:19 AM

This. I've partied my ass off but have always trained at a minimum to be a very capable hunter. A lot of my friends around my age look a lot older than me now. And some of them used to be better athletes than me but stopped training.

[deleted] • 41 points • 6 June, 2018 02:56 AM

So you're saying I should lift? I've never seen that mentioned here before.

le_wolfe • -17 points • 6 June, 2018 03:12 AM

Read the sidebar and top posts.

teeteeoubleyoudee • 15 points • 6 June, 2018 07:06 AM

I think there may be an element of sarcasm in the post you responded to.

le_wolfe • 9 points • 6 June, 2018 09:53 AM

Excuse me, I am a reforming social retard. Thank you.

CrispyChicken69 • 1 points • 6 June, 2018 01:05 AM **[recovered]**

Lets be honest, OP is right with the message, but that 59 yr old with 10% bodyfat is probably on testosterone, HGH or some other steroid. Nothing wrong with that but that is the majority of the result.

It's still hard work obviously- but the drugs obviously encourage your body to pack on mass, cut fat, stay learn, give you energy to train harder and fully recover for the next day.

purduered • 20 points • 6 June, 2018 01:35 AM

It takes a whole lot of work to get there, but if the dude looks as OP described and is an absolute monster, he is 100% roided out.

__ROOSTER__ • -6 points • 6 June, 2018 02:38 AM

"roided out" you mean probably on moderate TRT to be normal.

purduered • 11 points • 6 June, 2018 02:45 AM

You don't barbell row 180 at 59 with 10% body fat without being on a regular schedule of blasts and probably regularly using anavar.

MarcosDomingues • 1 point • 6 June, 2018 09:07 PM

Dude, 180 is not even that heavy lol.

jvgkaty44 • -5 points • 6 June, 2018 03:24 AM

Thats not that much to row

purduered • 5 points • 6 June, 2018 03:26 AM

Yeah to some extent. It's a fug ton for a 59 year old though haha

SpecialSpnk • 5 points • 6 June, 2018 03:38 AM

Dumbell row?? That is a shitload to row. Seated on a machine 180 is not very crazy.

MormonRedPill • 3 points • 6 June, 2018 03:54 AM

I'd like to take this opportunity to link this video of Dr. Deadlift rowing 500x5 then 550x4.

ich_bin_doch_geil • -1 points • 6 June, 2018 01:44 PM

Yea I dont know why they are down voting you. 180lbs is good, but not unheard of. I guess these guys just wanna sit around and make excuses for themselves.

SunnysideMorales • 6 points • 6 June, 2018 02:56 AM

I think the "top 10%" was a subjective description. It's like "that guy is def up there!", and who knows what kind of gym OP goes to, it might be top 10% of planet fitness lol

reluctantly_red • 4 points • 6 June, 2018 05:28 AM

but that 59 yr old in the "top 10%" is probably on testosterone, HGH or some other steroid. Nothing wrong with that but that is the majority of the result.

No doubt TRT works. However, **if** your testosterone levels are still decent 50 year old guys can make good progress with TRT. My testosterone levels are right in the middle of the normal range -- decent for a 53 year old guy and about double the level at which most doctors would prescribe TRT. I've been working out hard and I'm seeing results even at my age without TRT. Indeed given my presently kind of out of control sex drive I'm think that heavy lifting is increasing my testosterone levels naturally.

SunnysideMorales • 6 points • 6 June, 2018 01:19 AM

where did OP say his body fat was 10%?

CrispyChicken69 • 6 points • 6 June, 2018 02:07 AM

Meant to write top 10%, my bad, I corrected

seanwilliams35 • 4 points • 6 June, 2018 01:39 AM

Could well be the case (TRT) but why not at that age? Can't blame the almost 60 year old when he's got younger girls swooning around him.

[deleted] • 3 points • 6 June, 2018 09:15 AM

He is on TRT, and so should most RP men be in that age

vandaalen • 4 points • 6 June, 2018 06:38 AM

Lets be honest, OP is right with the message, but that 59 yr old in the "top 10%" is probably on testosterone, HGH or some other steroid.

So what?

Also HGH isn't a steroid.

xgozax • 1 point • 6 June, 2018 03:16 AM

I think setting the bar high though helps people reach their personal best

blacklightsleaze • 1 point • 6 June, 2018 10:20 AM

Yea agree. The title of this post must be "Why you should hop on TRT and HGH after 50" As you said nothing bad about this, I am planning to do it too when I get older.

PaulAJK • 1 point • 6 June, 2018 09:43 PM

Wtf, top10% is FUCKING EASY NATTY. 91% of Americans are fat or skinny fat FFS. It's not much better in the rest of the anglo-sphere. i've got a top 5% body and I don't even know *where* I could get roids.

metallicdrama • 1 point • 24 June, 2018 05:21 AM

Nah bro. I know a guy like this. All natty. If you've been consistent your whole life it adds up just like eating junk and living on a couch does.

FeralRed • 1 points • 6 June, 2018 02:01 AM [recovered]

So?

He chose his goals. What he does to achieve them are none of your fucking business.

At 60, you should be on TRT.

reluctantly_red • 4 points • 6 June, 2018 05:34 AM

At 60, you should be on TRT.

You should be on TRT when and only **if** your testosterone levels fall to an unacceptable level. Mine are still fine at 53 without TRT.

FeralRed • 1 points • 6 June, 2018 05:52 AM [recovered]

What's unacceptable?

What's wrong with TRT?

What's "fine" to you? What's your body goal?

You in the 1000 club? Or you ok with manboobs and a gut?

TRP states you should be striving to be that 5% man, and sex, energy, and fitness are huge chunks of chasing that goal. Guess what TRT improves?

It's called Testosterone *replacement* Therapy. Won't turn you into the hulk, won't cause a stroke or a heart attack...just brings you up to a level where you were when you were younger.

Who wouldn't want to feel 30 again at 53?

PocketSizeDemons • 2 points • 6 June, 2018 01:51 PM

Most doctors won't prescribe to guys who are in the low normal range, regardless of symptoms...."300 testosterone and you're depressed and your dick doesn't work? Here, take this cialis and an anti depressant, your T level is fine"

reluctantly_red • 1 point • 6 June, 2018 06:39 AM

TRT has the greatest effect on guys with low testosterone. If a guy's levels are normal the effects won't be as dramatic. Even without TRT I've got rid of my gut and manboobs. I'm currently 212 pounds at 6'4". I'm still seeing monthly improvement without TRT. When the improvement stops (as it inevitably must) I'll reconsider TRT.

FeralRed • 1 points • 6 June, 2018 06:58 AM [recovered]

TRT SHUTS DOWN your balls. You stop making test because the homeostatic regulation sees this extra testosterone floating around, and sends the shut down order from your hypothalamus/pituitary.

Therefore when you go on trt, your dose has to reflect that fact.

None of it is you. That's why it's called replacement therapy. That's why you run the risk of shutting down your own production permanently.

The reason that the range of "normal test" is so wide is that you respond differently than I do, and that response is primarily subjective. TRT is symptom driven, not number driven.

I could have a test level of 800 and still have low T symptoms.

Dude, congrats on the huge weightloss.

MormonRedPill • 2 points • 6 June, 2018 08:14 AM

The reason that the range of "normal test" is so wide

Another reason is that the "normal range" includes men of all body fat levels from 19-60 years old. Being fat decreases your T. Being old decreases your T. Those are big factors going into the oft quoted 270 to 1070 ng/dL number.

blacklightsleaze • 2 points • 6 June, 2018 10:23 AM

I am interested how is possible to have 800 ng/dl and have low T symptoms?

daringdeviljackass • 3 points • 6 June, 2018 12:33 PM

High SHBG, low free test, low Estradiol but high total Testosterone could cause this.

[deleted] • 5 points • 6 June, 2018 10:23 PM

Ha. Did he cum in your mouth or in your butt?

Gurisito • 34 points • 6 June, 2018 12:21 AM

I hope to be like that man. Also that's why my son will start lifting at 13

Umgator • 4 points • 6 June, 2018 06:47 AM

Start him with bodyweights, pull up, push up, dips, squats, wall sit, plank, leg lifts, sprints, burpees.

Gurisito • 1 point • 6 June, 2018 03:22 PM

that's how i started at 17, good idea.

Umgator • 1 point • 6 June, 2018 03:33 PM

Yep, master body weight first then move on to the other lifts

lee4333 • 22 points • 6 June, 2018 12:49 AM

Do your homework on that first, I've heard that starting too young can mess with your growth plates

VapeBrahhh • 5 points • 6 June, 2018 04:27 AM

I don't think that's true. Anecdotaly, I've been in and out of the gym since 14, and I've grown from 5'1 to about 5'11 at 19 (and still growing). If anything strength training helped me sleep deeper and longer which contributes to growth and increased growth hormone secretion.

Ivan_The_Reddish • 3 points • 6 June, 2018 02:40 PM

Nah, that's an urban legend. The risk is supposedly that you'll break along your growth plates and it'll fuse early and cause one limb to be shorter than the other, but in reality that's not how it works. Kids playing sports like soccer and football frequently break bones across their growth plates, and there's no epidemic of lopsided former kid athletes, because the growth plate doesn't fuse when you break it.

blacklightsleaze • 2 points • 6 June, 2018 10:12 AM

Citation needed. First do your research.

Gurisito • 2 points • 6 June, 2018 03:27 PM

it should start easy, but benefiting from ragging testo and growth hormones

Impulsive666 • 1 point • 6 June, 2018 03:38 AM

I agree, do your homework and find a good coach. But the homework will show that the whole growth plate issue is a myth from the 80s. If supervised by a good coach (which it should be), lifting for kids is perfectly fine.

daringdeviljackass • 1 point • 6 June, 2018 12:36 PM

Been lifting since 11, now 19 years old and 6'3" tall, cannot confirm this rumour. But also never broke a bone in my life though and never had any lifting accidents, started with high reps and less weight, which is probably the best.

VapeBrahhh • 2 points • 6 June, 2018 04:58 PM

That's fucking sick bro, have you been consistent since 11?

daringdeviljackass • 1 point • 6 June, 2018 05:42 PM

Yes, except for the flu and 1-2 weeks of holidays a year (in which I'm generally very active tho).

Consistency and not overworking is key. Basically started first 1.5 years 2x a week and now at 4x a week. Got accused of steroid use plenty in high school.

VapeBrahhh • 1 point • 6 June, 2018 05:49 PM

You're a beast bro, I have so much respect. I've been pretty inconsistent thanks to a pot habit and just sloth in general. It's great that you realized this is the life for you, so young. I also think I over did it when I did train (6/7 days w/ a PPL leg split and arm day on the 7th).

Guys in high school can be pussies, and just love to hate on the more alpha guy.

What are your maxes? (OHP, Bench, Squat, Dead)

daringdeviljackass • 1 point • 7 June, 2018 03:36 PM

Thanks man. Starting now is always still earlier than later. I hope you gain the consistency and patience to start slow and work your way up, improvement is an exponential curve after all.

My maxes are:90, 240, 130 (OHP, Bench, squat)

VapeBrahhh • 2 points • 7 June, 2018 03:47 PM

Are those in kilos or pounds?

And yeah, I've gotta start slow and be in it for the long haul. Good shit though bro—it's inspiring.

daringdeviljackass • 1 point • 7 June, 2018 04:08 PM

Pounds, cinverted from Kilos though. All the best in your lifting journey, noobgainz are some of the sweetest that you'll have and remember years down the road in your lifting career

abstaininggaming • 1 point • 14 June, 2018 06:07 AM

Something doesn't seem right here-most male lifters can hit a plate on squat off the bat, and 2 plate bench within a year or two.

daringdeviljackass • 1 point • 14 June, 2018 11:53 AM

Yep, never put much emphasis on it and its not part of my weekly routine.

rapeturd2006 • 25 points • 6 June, 2018 02:09 AM

So, at what point did you drop on your knees and rim his anus?

Rares5555[S] • 18 points • 6 June, 2018 11:13 AM

I had to get a few girls off of him, but eventually i snuck in there.

phenethyljammin • 3 points • 6 June, 2018 10:34 AM

Ah yes. That was in the sauna after their workout, for that extra sweaty asshole.

metallicdrama • 1 point • 24 June, 2018 05:16 AM

Nothing is worse than a bland asshole

lookoutitscaleb • 4 points • 6 June, 2018 01:16 AM

My dad is 57 and looks 35. Works out every day.

Ozu • 1 points • 6 June, 2018 07:23 AM **[recovered]**

Remember that it's not just lifting that will keep you looking younger, it's a combination of things. In fact, people have brought things up like nutrition, sleep, etc, but a huge one was totally neglected: sunscreen. Yes, if you want younger looking skin, you have to wear sunscreen every day no excuses. Sunscreen is not just for the summer, it's for every day because the sun exists every day of the year and is constantly damaging your exposed face and neck. Get a 'once a day' sunscreen SPF 30 and wear it every day.

[deleted] • 3 points • 6 June, 2018 03:14 PM

So true. A good skin care routine is critical, and sunscreen is the cornerstone of that. Here in Florida, people who don't take care of their skin typically have faces resembling catcher's mitts by age 40. Don't be one of them.

[deleted] • 1 point • 6 June, 2018 05:15 PM

Depends where you live. Here in the UK the sun is so weak during most months that you couldn't get a tan even if you sat outside all day

Ozu • 1 points • 7 June, 2018 09:14 AM [recovered]

Where you live is irrelevant. UVA and UVB rays don't disappear in the colder months, they simply get weaker. They're only doing tiny amounts of damage to your skin, but it's cold 8 months of the year in the UK, so take 8 months of the year unprotected x 50 years. Noticeable damage. This is not my opinion, every respectable dermatologist agrees.

[deleted] • 1 point • 7 June, 2018 10:43 AM

Of course they don't disappear, that would be a completely ridiculous thing to think. While this may cause some damage, it's negligible. Dermatologists may say you should wear sunscreen all year round but their perspective is that of protecting skin at all costs. That is their profession. Dermatologists also say that your skin should remain the same colour all year round, which, while that may be true in order to maintain maximum skin health, it's not really practical. Likewise, you should also consider that it's probably not worth even the 5 minutes it takes to apply if you live somewhere like the UK (during winter months).

Ozu • 1 points • 7 June, 2018 11:34 AM [recovered]

I think I'll stick with the dermatologists on this one.

[deleted] • 1 point • 7 June, 2018 11:48 AM

If you listened to the advice of every doctor and dentist in the world you'd never live your life because you'd constantly be protecting your body from negligible harm.

Ozu • 1 points • 7 June, 2018 07:49 PM [recovered]

I use a 'once a day' sunscreen. I put it on in the morning, it takes 2 minutes.

[deleted] • 1 point • 7 June, 2018 08:20 PM

Sure, but it just seems strange you've picked up on this one weird piece of advice and not all the other weird pieces of advice that medical professionals give

LaJhin • 5 points • 6 June, 2018 12:54 PM

I had this one gym teacher in high school that was good looking. We went to this Canoe Camping trip as a class and it was so warm that one day and he took off his shirt and all the girls were on his tip talking of how good looking he is with an amazing body. Later that day he mentioned of how he was about to retire next year.... he was 64 years old.. He rowed more than everyone on the canoe that fit at least 10 people. 64 years old...
Inspiration to all

TrenCobra • 3 points • 6 June, 2018 06:10 AM

Sunblock, retin a, and looking after your hair.

And lift obviously.

bojsihtekat • 1 points • 6 June, 2018 07:24 AM **[recovered]**

8"5'...just trying to imagine what that looks like.

_TheRP • 3 points • 6 June, 2018 01:54 PM

If he's 59 and completely shredded, he is not 'natural'. He is 100% on TRT.

There isn't anything wrong with it, and when I hit 40 I'll absolutely get on TRT as well, but don't hold this guy up as some achievable paragon of fitness. He's no different than a chick with fake tits and a fake ass - it looks great, but they weren't born that way.

RightNeedsMight • 3 points • 6 June, 2018 06:52 PM

I get discouraged being mid forties and only new to lifting. This post made me say to myself, "self, stop being a fucking pussy!"

saltyafrican • 8 points • 5 June, 2018 11:55 PM

I wouldn't call that the "ultimate proof" but we all agree time and time again when someone posts about the importance of lifting.

So did you game ol' HB10 pops after giving him a sniff and a stare?

bettrue2thysel • 4 points • 6 June, 2018 03:57 AM

Good post!! I'm 56 and working on getting into the best shape of my life. It's only too late when you're dead. Never give up!!

killsonicme • 5 points • 6 June, 2018 11:12 AM

It is actually Nofap that makes you look young.

NotDeadJustBroken • 4 points • 6 June, 2018 12:00 AM

Fitness is extremely important and yet I feel it is overlooked a lot

[deleted] • 4 points • 6 June, 2018 12:16 AM

I think it has to do with how much length of life can still come with poor physical health. Our bodies are resilient and we are no longer scared of predators. This current age of humanity doesn't see the value in exercise from a subconscious level. Or.. instinctually if you will.

[deleted] • 0 points • 6 June, 2018 03:44 AM

lol. Every other post in tRP is "LIFT! FUCKING LIFT!"

bruiser18 • 2 points • 6 June, 2018 07:44 AM

Similar experience yesterday. Got talking to a guy in the gym about the heat, then about lifting and shit. I hit the pool after and met him again in the changing room where we again get chatting and he tells me he lost his wife of 25 years to cancer about 20 years ago and has been seeing women on and off the last 10 years.

A couple minutes after I think wait, what the fuck? You got married 45 years ago? He laughs and says he will be turning 70 in September.

My man literally looked about 50, my dad is 48 and I swear to god they look a similar age and my dad doesn't look old at all.

So yeah, take care of your body while you're young and your future self will thank you for it.

pudyi • 2 points • 6 June, 2018 10:19 AM

I can attest to this. The strongest guy at my gym is a 41 year old gent who has the physique most guys in their 20's and 30's could only dream about. I see women half his age ogle at him and checks him out. Lifting really does wonders. Never skip your workout, guys.

[deleted] • 2 points • 6 June, 2018 05:49 PM

The comments have turned to bro science per usual.

[deleted] • 2 points • 6 June, 2018 08:03 PM

I used to go to Crossfit with a 56 year-old Judge. He is a former Marine (once a Marine, always a Marine) and is now a criminal law judge. The guy has kids in their teens and works quite a bit. I'm usually the stud in my moderate-level class. I'm 6' tall, 200 lbs, 20% bf (coming down, I know) and well into the 1000 pound club. This guy comes in and kicks my ass at all the plyometric stuff, and then proceeds to hang right with me when we pick up the weights, even though I'm much bigger than him, 20 years younger and 30 lbs heavier.

TL;DR Age is what you make of it....get out there and kick ass. I'm looking forward to working my way UP to what he is.

Huntingprobs • 2 points • 6 June, 2018 08:48 PM

Then afterwards we jerked each other off in the locker room.

ApexmanRP • 3 points • 6 June, 2018 08:44 AM

A great reminder for all those "Life ends at 40" doomsayers.

I am 49, 6'1 200lb lowish body fat. I lift 3 times a week and eat well. People think I am 40.

I have toyed with the idea of TRT but so far have discounted it, because I wanted to explore natural options first.

My T dropped last year, when I tried to go low carb, so now have moderate carbs and eat a lot of fat, saturated (bacon, butter, red meat) and unsaturated (nuts, avocados olive oil).

I am starting to see signs of my T levels improving so will keep on this and will get my T retested over the summer.

If you are having low T issues, I would say try the natural route first.

BewareTheOldMan • 3 points • 6 June, 2018 02:07 PM

As a similar-age dude (age 50) I've had the same thoughts on TRT, but docs say I'm doing fine with the regular good diet, exercise, weights, and generally avoiding bad things.

I've been into fitness since the teen years and early 20s, 30s, 40s, etc., no recreational drugs, no excess drinking or tobacco use and like the young man says "it pays off."

Like you - any major changes I would try the natural route first.

ApexmanRP • 1 point • 6 June, 2018 03:19 PM

I have lifted for most of my adult life, although not always seriously, so like you have a good foundation.

The jury is still out on whether my natural testosterone boosting is definitely working, but I feel better for it and the signs are good. Will get retested over the summer and then decide what to do..

kareemgoat69giggity • 4 points • 5 June, 2018 11:58 PM

I needthis haha. But fuck i just increased my bench and felt a sharp pain in my right pec. Its not torn but if i dont take a week or two off from benching i will tear it. Feels bad man, havent increased it in like 2 months or so
Also 3 ppl are shadowbanned

Leonidas_79 • 2 points • 6 June, 2018 01:24 AM

That's the key. Lifting today is what ploughing the fields was for our great grandparents, except lifting is much more aesthetically pleasing lol

greyseal494 • 2 points • 6 June, 2018 03:34 AM

I can guarantee you he has good genetics. I know guys who have lifted most of their lives and they look good, but they aren't model-perfect or even close. To build great muscle requires good genes, good nutrition and a lot of time.

ssr401 • 2 points • 6 June, 2018 02:36 PM

Which specific genes do you think he has? Because most of what you hear about genetics is pseudoscience bullshit by people looking for excuses about why they're fat and weak.

ElijahBurningWoods • 1 point • 6 June, 2018 06:13 AM

Also, you shouldn't be smoking or drinking in abundance.

[deleted] • 1 point • 6 June, 2018 10:30 AM

This guy sounds like mentor material tbh

PIQAS • 1 point • 6 June, 2018 10:59 AM

all this story and no sneak pic? why u do this to us :)

U-94 • 1 point • 6 June, 2018 11:17 AM

Been exercising non stop since 15, am 32 now. No reason to stop. Will work in testosterone or HGH into routine when I get into my 40s and 50s. I also have always alternated every other day with cardio via running and will work in more swimming as the knees go.

Rares5555[S] • 2 points • 6 June, 2018 11:21 AM

I really have to learn to swim lol. I've been so caught up in lifting and bjj that I just had no interest in it.

[deleted] • 1 point • 6 June, 2018 03:16 PM

You should def learn to swim, for many reasons. But for low-impact conditioning, I find the rowing machine to be superior. If you've never tried it, I'd recommend it. Do some high intensity interval work on there and you'll get a killer full-body workout in less than 20 mins.

JJ3314 • 1 point • 6 June, 2018 11:43 AM

Have definitely known people who are serious about fitness and lifting looking 15, even 20 years younger once getting well into middle age and beyond. There's no downside to living like this if done correctly, apart from time and effort—which of course is the challenge. But anything worthwhile involves this.

Flintblood • 1 point • 6 June, 2018 11:59 AM

I agree with the sentiment. We have to work with what we got and lifting and staying in shape is a great way to enhance whatever we're given at birth. But how was his face, his hair, and his clothes? Do you think women would still be drooling if his face was a four or five out of 10, and he was balding, and dressed like he dgaf?

Rares5555[S] • 1 point • 6 June, 2018 12:07 PM

He had a shaved head, clean shaven face and overall a strong boned face. Clear jawline and all that.

uwey • 1 point • 6 June, 2018 01:03 PM

calisthenics and diet to get the ultimate result: keep Mass and low fat.

If you do lots of gymnastics and actual functional fitness (like HIIT) injury will be a lot less.

Minimize injury, personally, I love kettlebell, it can make you pretty big if you get diet down you need mass.

Age will become number if you safely lift and do your maintenance, I know lots of dude in their late 40 or early 50 not massive but the tone, like Bruce Lee physique when they take off their shirt at the side of pool and girls just throw IOI at them constantly.

Get big by lift correctly, IF to get down the fat, and learn how to keep it for 10-20 years, that is the really hard part of the game.

FOldGG • 1 point • 6 June, 2018 01:34 PM

Thanks for sharing!

I too am a 59 year old; I just have to share this... While I am not as fit as the guy you described above, I am 215# and 5'9" tall; bench 260# and squat 350#, arms are about 18" and I bicycle 50 miles every week.

I walked into the fitness center and I ran into a 23 year old that went to high school with my sons. He was benching 115# and asked if I wanted to work in with him. After determining he was 5 minutes away from finishing I said I would just row to warm up.

When the kid is done he asks if I would like the weights off and I said "yes." Then I put 45s on each side and he asked if I was maxing right away. It gives special joy to a 59 year old to tell a 23 year old, "no, I am warming up first." Then, when I topped out at 260# he comes up to me and says, "wow, that is impressive." And I got to respond, just think kid, if you keep working in 36 years you can be as strong as me.

My youngest 2 sons, one just graduated high school and the other in his last year of college, that are extremely fit and despite significant high school sports success just discovered the weight room in the last 9 months. They are really starting to show the results and they are trying to catch their old man in the weight room.

BewareTheOldMan • 2 points • 6 June, 2018 02:12 PM

Similar-age dude...minus some years (age 50).

Docs say I'm doing fine with the regular good diet, exercise, weights, and generally avoiding bad things.

I've been into fitness since the teen years and early 20s, 30s, 40s, etc., no recreational drugs, no excess drinking or tobacco use and like the young man says "it pays off."

Cool story and awesome display of "older man" strength. I like that.

Sureshot1013 • 1 point • 6 June, 2018 01:59 PM

59 year old in that kind of shape is on gear for sure, but doesn't make it less impressive to me.. hours in the gym and maintaining high value to women is what it's about

brideboy • 1 point • 6 June, 2018 02:43 PM

This is fake. Girls don't drool over anyone at the gym. They may look, but not drool. Shit men rarely drool over women at the gym.

What gym are you going to?

Rares5555[S] • 1 point • 6 June, 2018 02:50 PM

That was um figurate speech. Heard of it?

brideboy • 0 points • 6 June, 2018 03:02 PM

Yes.

Tell me what else is figurative in your little anecdotes.

LuckyCriminal98 • 1 point • 6 June, 2018 02:53 PM

What about his diet? Was it just high carb low fat organic foods or what?

Rares5555[S] • 1 point • 6 June, 2018 02:54 PM

More like a lot of chicken and beef salads, along with lots of fruits and moderate carbs.

99% clean eating from what he described.

[deleted] • 1 point • 6 June, 2018 03:28 PM

To me, the differentiator is simply staying disciplined, rather than relying on motivation. We all have days we're tired, over it, and just want to bail and enjoy the additional 2 hours at home. What I've noticed is, if you get your tired ass to the lab and start changing into workout clothes/start warming-up, you'll typically get in the zone and grind through a lift. Pre-workout or edibles can help too.

AuntieXhrist • 1 point • 6 June, 2018 03:57 PM

Sorry Raw5555, but genetics and dumb luck are more than likely against you. You'll more or less progress to 'The Dating Game' or 'The Bachelorette'. Groovy!

genuine_destructive • 1 point • 6 June, 2018 04:13 PM

I think this is more than lifting...

Since I've been considering it too, have any of y'all dropped alcohol entirely? How has this effected your game?

EnragedParrot • 1 point • 12 June, 2018 01:01 AM

Do it. Alcohol blows out all sorts of metabolic changes (as I sit here with a gin n tonic in hand)

djh860 • 1 point • 6 June, 2018 04:53 PM

Key thought to keep in mind at the gym. You are not there to work out. You are there to change your body into something attractive. Sometimes this is fairly dramatic change. This is hard work. It should hurt a little. You should feel sore in between workouts. If your muscle mass isn't changing you aren't doing enough or you are doing it wrong. Keep learning and adjusting and working harder until change begins to happen. Some women will flat out tell you "I love a man with big shoulders". You love child bearing hips and they love family protecting muscles .

msammy_is_back • 1 point • 6 June, 2018 09:26 PM

Wealthy travelling business man? Lifts in the gym? Looks jacked?

He's got a Dr. feeding him scripts - giving him injections on the regular.

Just about every dude I know over 40 and making decent money is going to the "men's health clinic". We're all getting "TRT" which is a euphemism for Dr prescribed cycles.

kingbraderz[] • 1 point • 6 June, 2018 09:43 PM

Never get tired of these posts

GrandmasterHurricane • 1 point • 7 June, 2018 11:38 PM

" (and helped the young chicks there that were drooling over him, in between barbell rowing 180lbs)"

Curious. Do you consider 180lbs to be a lot weight for barbell rows?

Ronaldo-CR7- • 1 point • 8 June, 2018 04:28 AM

He didn't tell you he was on TRT right?

[deleted] • 1 point • 10 June, 2018 12:00 PM

Big back, huge arms and forearms, built legs, tight skin all over his body

GAY.

metallicdrama • 1 point • 24 June, 2018 05:16 AM

Yep. One of the best mentors I have ever had was like this. Is 55. Looks 35. Seriously. Runs to work everyday. Works 10 hours. Runs home. Does Calisthenics everyday. Naked in his basement because he's a crazy Greek mofo trying to be Spartan. Lives mostly off oats, sweet potatoes, cabbage, beets and venison. Swears on not eating bread and dairy. Sleeps on a floor with only a sheet. Takes only cold showers. Main hobby is archery and bow hunting. Is still in an adult soccer league, still wrestles and boxes and would honestly beat the fuck out of most dudes half his age. Toughest most energetic SOB I've ever known. Man has had more ass than a toilet seat in a mall. His girlfriend is the same. She is 50 and looks 35. Hot as fuck for her age. She's a marathon runner and can do 20 pull-ups. Take notes boys.

wiffofass • 1 points • 6 June, 2018 10:22 AM **[recovered]**

Steroids are the single best thing I've discovered. I know that shit gets frowned upon on TRP but imagine having 5x amount the testosterone in you. You become an alpha automatically and girls pick up on it. It's possible to do it without any negative effects on your health. I take regular blood tests, my diet is ridiculously perfect and my health is better than most naturals my age (28) and I have been on high dosages of steroids for 2 years straight without coming off. I never will. I will just drop down to a lower amount of test (trt) which will still be double any other male has naturally. Talk about cheat codes in life. People pick up on high hormone levels. Just like pheromones. Suddenly all the guys wanna be your friends and girls just happen to work out next to you every single time you are in the gym. You can't be big and shredded naturally. Period.

That old guy was definitely on hormones. Why wouldn't he be. It's healthier to have high-normal levels than low levels. I'm actually even prescribed testosterone by a doc because I had very low test naturally at 20 years of age. Life got ridiculous after I fixed that. Even got my first gf then.

ich_bin_doch_geil • 4 points • 6 June, 2018 01:49 PM

Most people frown upon it because improper use is known to cause internal health problems. Being shredded

and strong is great, but if you die at 40 without accomplishing anything outside of the gym, most guys would view it as a wasted life.

wiffofass • 1 points • 6 June, 2018 02:24 PM **[recovered]**

That's the thing. I don't know anyone who's had serious health problems from it. People use steroids for 30-40 years and live to an old age. It's not like pro bodybuilders are dying at 40. They are not. Monitor your blood pressure and bloods and you're fine. Predisposed heart issues etc are another story.

ich_bin_doch_geil • 1 point • 6 June, 2018 03:03 PM

Everything is not meaningless. That nihilistic attitude can be very dangerous if you actually follow it down the rabbit hole to its obvious conclusions. Nietzsche was quite clear about that. I doubt you really believe that statement, unless you are actually planning a mass shooting or terrorist attack in between your Reddit comments.

Perhaps those steroid guys are fine. Perhaps all the health issues are all just hype. I'm no MD, so I can't actually attest to the validity of the scientific literature. I mean, look at Arnold, to my knowledge, he hasn't had any health problems uncommon to people his age.

But see, there's plenty of natural ways to increase your testosterone or to keep it at normal levels. Our modern lifestyles and diets depress it so much that even taking simple natural steps can make a huge relative difference. So many guys don't see the point of juicing, because they have so much more T via simple lifestyle and diet changes, and therefore are more open to believing the hype about steroids.

Anyway, the whole point of RP philosophy is to develop the entire man. Lifting, and a good physique, is only part of it. Though certainly an essential component. Die Grundlage, if you will.

Without it, you have nothing. Once you've got your lifting on lock, it's time to develop other aspects of your life.

Khiv_ • 1 points • 6 June, 2018 03:34 PM **[recovered]**

Heya, I'm a beginner steroid user (27 yo, started 1 month ago with test). Just out of curiosity, what gear and doses do you use?

I'm asking this because I want to know the difference in dosages between someone who does it for quality of life like you and people at the steroids subreddit (my previous reply got deleted because I referred to the actual subreddit, sorry about that.). Feel free to PM me if you don't want to talk about this in here.

wiffofass • 1 points • 6 June, 2018 03:46 PM **[recovered]**

I'm using bodybuilding dosages. Currently on 400mg test, 500mg eq - very good and mild combo for quality gains over a long period. Added 350mg tren ace this summer.

Between growing phases I would only use 150-300mg test depending on how much muscle mass you carry and are trying to maintain. I'll be honest I probably won't be dropping below 400mg for a while. If you can afford HGH then you can use much lower steroid dosages because they work great synergistically. 5 IU daily for growth. 2 IU for health.

PwnGU1N • 1 point • 6 June, 2018 07:30 AM

Is it possible to do bodyweight fitness instead or is lifting in particular mandatory?

abudun79[] • 2 points • 6 June, 2018 08:37 AM

If you can't lift for any strange reason, calisthenics is better than sitting on a couch.

Although I'd say, if you have the chance to lift, treat bodyweight exercises as a sport that you train for by lifting weights.

Khiv_ • 2 points • 6 June, 2018 02:09 PM

Scientifically, weight lifting is the best for muscle growth.

Realistically, whatever exercise you enjoy is the best, because what matters is that you do it consistently for the rest of your life and that you give 100% of yourself while doing it.

Metalageddon • 1 point • 6 June, 2018 12:24 PM

Definitely yes.

My uncle Vietnam vet, (went at 19, do the math yourself), is a 6'3 Jarhead ex Marine who still hits the gym 5 days a week. All Natural.

Now he has the genetics definitely, before he left he could've gone into football, but still, the sheer age he is vs what he looks (barely 40), is insane. He's a muscle bound slab of fucking concrete, tight skin with his Jarhead high n tight and wears fitted clothing. Biggest giveaway is silver hair with crows feet lining the eyes. Never dates since his wife died but I know he fucks whenever he wants to. Usually (from what I've seen) late twenties early 30s, and *hott*

I'm not saying everyone can do that, but I'm saying definitely if you take care of yourself as a full priority, you can do pretty fucking close.

UnrealKnite • 1 points • 6 June, 2018 12:06 AM [recovered]

do you guys wear gloves or something to avoid the calluses and blisters that come with working out? I miss having soft hands

rocknrollchuck • 9 points • 6 June, 2018 12:19 AM

Use gloves when you first start out. After a couple of months, ditch them and use your bare hands. If you start getting blisters, then use the gloves until they heal. Your hands will toughen up over time.

For calluses, use a callus shaver.

EuropeanAmerican420 • 8 points • 6 June, 2018 01:50 AM

do you guys wear gloves or something to avoid the calluses and blisters that come with working out? I miss having soft hands

Why lol rough hands kick ass

[deleted] • 1 point • 6 June, 2018 03:45 AM

Girls/ Women don't like rough, cut up hands. They don't like soft, feminine hands either but no woman wants bloody scabby hands

EuropeanAmerican420 • 5 points • 6 June, 2018 04:23 AM

Lifting doesn't give bloody scabby hands

[deleted] • -1 points • 6 June, 2018 04:55 AM

I guess you've never deadlifted like an animal or done any sort of olympic lifting. Ha. City hands. You been counting money. If you had a \$5000 net and \$2000 worth of fish in it, and along comes

Mr. White, and makes it look like a kiddy scissors class has gone to work on it and made paper dolls. If you'd ever worked for a living, you'd know what that means.

EuropeanAmerican420 • 1 point • 7 June, 2018 02:43 PM

What the fuck did you just fucking say to me, you little bitch? Ill have you know I graduated top of my class in tje navy seals and I am fully trained in gorilla warfare.

send_it_for_the_boys • 1 point • 10 July, 2018 08:36 AM

Right, cause it's "Guerrilla warfare"

send_it_for_the_boys • 2 points • 6 June, 2018 06:50 AM

You covered them all. This guy has it. Women just don't like hands.

Final_Pantasy • 3 points • 6 June, 2018 12:40 AM

Started with gloves but it hampers your grip strength so I ditched them. Best to not use them and just get used to it.

dotwav2mpfree • 3 points • 6 June, 2018 01:35 AM

Gloves will hinder your ability to lift, but you need to be careful with pull type excersizes. The bar knurl can rip your callouses off if you don't use the correct grip. Mark Rippetoe has a good Youtube video on this technique.

Merwebb • 5 points • 6 June, 2018 12:10 AM

Hearty masturbation helps with that.

94savage • 1 point • 6 June, 2018 12:14 AM

Use lotion at home and night time

Dontneedflashbro • 1 point • 6 June, 2018 04:39 AM

I personally started lifting with my dad around 13 and he introduced my to gloves. I been wearing gloves for the past 10 years. I recommend personally wearing gloves, but if not your hands won't be a battered mess.....you'll have that workers man hand lol. Just make sure to do compound lifts and ask someone for help if need be!

Sumo94 • 0 points • 6 June, 2018 05:27 AM

What are the effects of playing basketball?

ssr401 • 1 point • 6 June, 2018 02:44 PM

Blown out knees if you do it wrong.

Sumo94 • 1 point • 7 June, 2018 12:02 AM

How does someone do it wrong?

ssr401 • 1 point • 7 June, 2018 05:16 PM

Get knocked down and have your knee move in a way it's not supposed to. Bro do you even hoop? Knee injuries are pretty common even in rec leagues. And once you damage a joint it's never really

the same again.

Sumo94 • 1 point • 7 June, 2018 06:36 PM

I play at my local park and I only play with scrubs lol I do have knee pain but it comes and goes.

anabolic92 • 0 points • 6 June, 2018 06:29 AM

Hard to say without pics and not trying to take importance off lifting, but at 59 year old the last thing your body wants to keep on is muscle and your testosterone levels are low.

Most likely he is on TRT or steroids if he is as jacked are you saying to be, there is like two or three of this "grandpas" in my gym, all of them are at least on TRT but blow off physiques from 90% of the gym disregarding the age.

the_real_lunch_box • 0 points • 6 June, 2018 07:43 AM

Your post motivated me, however for the betterment of the community here I would have loved to hear some of his tips or recommendations concerning lifting or diet. Especially for the older guys here in that range.

S-Blaze • -1 points • 6 June, 2018 03:16 AM

Speaking of youth try out Spirulina and Chlorella. These 2 superfoods algae will boost your health and glow.

DannyLovesDerby • 1 points • 6 June, 2018 12:15 AM **[recovered]**

He's not old enough to collect social security, I'm not impressed. Your argument is invalid.

saltyafrican • 2 points • 6 June, 2018 12:32 AM

What has that got to do with the importance of lifting? And it's more of an observation, not an argument...