

Why do we lift?

August 23, 2018 | 779 upvotes | by [KeffirLime](#)

I recently stumbled across a question on ask/TRP:

"Why do we lift?"

The responses were a bit of a mishmash, mostly that women find it attractive, build strength, people think you're a bad ass. The majority of the answers centered on an improved perception of you from **another persons perspective**, and for a sub centered on this philosophy seemed to miss the point entirely.

None of those answers were wrong per se, however, the benefit for me is the change an individual sees in themselves over their lifting journey. The way you view yourself in relation to the world is where the true value lies.

There's not much to answer that question on the sidebar, and as one of the core concepts of TRP I feel it's worth expanding on. So my reply has become a post.

Here's the journey:

Over the course of 7 years I went from: An ironing board 6ft1 67kg 8% bf to a fairly beefy peak of 87kg 5-6% bf.

The physical changes are obvious but the mental changes are far more important, and therein lies the answer to *"Why we lift?"*

I started out about as far down the spectrum as you can. I was athletic, but skinny. Abs on skinny guy is like tits on a fat chick, In clothes it meant nothing. If you looked at me from a side view you might have missed me entirely. I got by fine like this in high school but stepping out into the wilderness, beside men, I was aware my timid appearance needed an upgrade.

The beginning

At first you feel like a bit of a tool at the gym, feeling your way through equipment, being one of the smaller guys there next to these seasoned gorillas. Watching guys pump out heavy sets of 50kg dumbbell chest presses was all the motivation I needed. I immediately respected these guys, in this environment, they were the Alphas and I wanted to get there. The first 6 weeks is the hardest in terms of dragging yourself there. Building your gym routine into your life. Once you get that out the way, going to the gym becomes second nature, after a while it was so core to my everyday life I couldn't think of going without it.

Appearance

In the beginning the gains are quick. You put on a decent amount of size in a pretty short amount of time. You notice the differences and the scale agrees too. Other people notice too, friends and family comment on your gains. The validation feels good, it leaves you wanting more.

Mood

At this point you're sleeping better due to increased work load during the day. Your moods are better with increased serotonin and endorphin output. You've got a solid outlet for all the stresses in you life. Your testosterone levels are increased and your libido steadily rises. Physically and mentally your body starts feeling a whole lot better.

Phase 2

Diet

This was a few months into my lifting career. I had made steady gains but diet started to become much more of a feature. I started eating cleaner foods. Cut out all processed goods and stuck to whole proteins and whole veg. 90% of my diet was strict and 10% was a little leeway to pig out and enjoy a meal. The combination of exercise and a clean healthy diet made me far more energized. I had more mental clarity than I had experienced in years. A previous smoker, my breathing was clearer than ever too.

Supplementation

Now that I had the foundations waxed I started adding supplementation into the mix. As a hard gainer I got a carb heavy protein shake and started drinking it daily, supplementing my diet. I added in Creatine, BCAA's and L-Glutamine. I picked up weight fairly quickly, most of it muscle some of it fat.

Strength

My strength gains were gaining momentum. My lifts were increasing slowly but surely week on week. From where I had started I had doubled a lot of my lifts. This spilled out into all aspects of my life. When you get stronger you feel stronger. The feeling of being strong is far more important than being strong. You back yourself more. Your internal strength starts to express itself outwardly. You're more confident in interactions. The sub conscious primal nature of increased strength is projected outwards into interactions.

Phase 3

By this point in my Iron journey I had made leaps and bounds. I was much stronger and much bigger.

Health

I had been to the doctor before I got into this to see how I would compare further down the line. Upon my follow up appointment the results were nothing but positive. My blood pressure had come down. My Lung capacity had gone up. My resting heart rate was at it's lowest point ever. Overall I was sleeping well, felt energized, moods were positive. Then due to these factors there's also the long term benefits of increased life span and reduced risk of cancer.

Fashion

My skinny face had filled out. My body had filled out too. Pecs, Biceps, quads were all noticeably bigger. Even in clothes it was evident that i lifted. Instead of swimming in my jeans and shirts like i used to, normal shirts were tight, jeans were tight, I had to replace my entire wardrobe to accommodate my new size. My body fitted clothes so much better. Fit is half the job when it comes to fashion.

Attraction

By this point I had noticed that I was getting far more attention from women. As I package I looked a lot more attractive. When I would go out, walk the street or go to the beach I would get a ton of looks. Woman would sneak a peak out the corner of her eye. I'd also get approached by woman quite often, commenting on my physique. Once again the validation feels good, it builds your confidence. With increased IOI's from woman you feel far more calm and confident going into encounters with them. Physical prominence also puts you on the front foot. A woman feels more timid encountering a bigger guy. I noticed they would submit far quicker than before. See [u/Heathcliffs](#)'s post on woman wanting to feel small.

Phase 4

At this point I was pretty jacked. I stood out in a crowd. I was one of the bigger guys at the gym and in most situations the biggest guy in the room(in terms of muscle mass)

Respect

Both men and woman have a completely different level of respect for you. Men would be somewhat intimidated by my appearance. Fairly cocky guys I knew previously would be so tame speaking to me, often looking down to avoid eye contact. In business meetings the tone I was approached with was very different, polite and respectful. When I spoke people listened. From women, where I would get the occasional bitchy rejection before, was almost non existent now. They were mostly giggly and even if it wasn't a positive outcome, they would be sweet, cute and shy in the way they dealt with the interaction.

Discipline

Through hard work and tireless dedication you've built something that you carry with you everywhere. Dieting, constant lifting, supplementation, getting enough sleep. You've made sacrifices in terms of lifestyle in order to achieve this. It's a project that takes day in, day out commitment over a very long period of time in order to achieve what you want. The value of this lesson could not be quantified. It ingrained in me a work ethic that spills out into all aspects of my life. In bodybuilding results don't come easy and more often than not they don't come easy in life either. You learn to push yourself. There's many days you don't want to lift, there's many times you want to cheat on your diet, there's times you just want to let loose and have a party. Resisting temptation and pushing yourself to do the boring and monotonous tasks well for long term gain is often what separates success from failure. Patience and trusting the process. These lessons can be applied to any goal worth achieving.

Biology

Despite being the most advanced beings on this earth and having advanced exceptionally fast, Our biological evolution doesn't quite happen as fast. We still have our cave brain biology. And our cave brains still register the biggest, strongest guy as a good potential mate. If she were to select a prime mate to pass on her genetic material, the biggest and the strongest would be a great option as her offspring would obtain these big strong genes to survive in the wild.

He would also be the best protector during her vulnerable state of pregnancy. From other predators or other tribes. After birth while she has to care for and nurture her young, a big strong Alpha would be able to look after her and his child and provide food and shelter for them.

In today's terms a female brain still sub consciously registers these factors when she sees a big, strong, well built man.

Summary

The above factors are a profound catalyst for the change in the way you view yourself especially with regards to how you interact with other people. You feel strong and powerful going into any interaction. Your size commands a presence. People notice you when you walk in a room. When you talk to people, your physical dominance leads to emotional dominance of the interaction. I used to be skinny. walking into interactions I always felt I was on the back foot talking to bigger guys, almost like a boy speaking to a man. With increased size and strength I felt confident. I felt like I had the upper hand in the power play. Talking to women you know you have a physique they find desirable. They automatically respect you. They notice you first. Opening and conversing with them on the front foot lubes the interaction more than

you could know. Your abundance mentality is internalized by the vast amount of increased attention you get from women. You feel more sure of yourself. You feel more energized. Your moods are better. You sleep better. These factor have a profound impact on your interactions with other people.

Progress is slow, it's steady, but it's certainly worth it. If there's one piece of advice on here that you shouldn't skimp on, its **LIFT**.

Archived from theredarchive.com

Comments

[deleted] • 272 points • 23 August, 2018 02:38 PM*

I started lifting because womens.

I kept lifting because I noticed the more I work out the happier I am. That serotonin kick really does it for me. It makes me happier and more confident. It puts a skip in my step and I am just more alive and engaged with the world.

Now I do it because if I skip more than a day I slip back into my lower mood. I am naturally quite a depressed person and I have become addicted to the good mood that working out gives me.

Lifting changed my life. I got into it out of a desire to increase my SMV. What I found was something that improved my life immeasurably in a far better and more important way. Being in that good mood makes *everything* else in my life easier.

Also, the more I see my body changing and morphing into a shape I never imagined myself achieving, the more I smile at the mirror and think "holy fuck, it's actually working" and then leave the house feeling great.

KeffirLime[S] • 54 points • 23 August, 2018 03:04 PM

Was my primary goal to begin with too, and I think ultimately it's the most motivating reason for beginners.

Although the effect it has on almost every other aspect of your life is where the true benefit lies. None more than getting you out of that entitled mentality that the blue world pushes on you as a kid.

You cant have a good body because you want one, there is no shortcut, you have to work for it.

JimmyRat • 7 points • 23 August, 2018 09:47 PM

I started back in the gym this week after about a 2 year feel sorry for myself hiatus. The change in my internal attitude about myself has done a 180 in 4 days.

hackintoshguy • 3 points • 23 August, 2018 06:11 PM

What is a good lifting program? I read somewhere trp suggest some old school way of lifting. I never found that old school way. So recommendation? Skinny-fat here

Lontar47 • 12 points • 23 August, 2018 06:29 PM

StrongLifts or any basic program that emphasizes the big three (Squat, Bench, and Deadlift) is a great place to start.

Throwaway-242424 • 3 points • 28 August, 2018 01:56 AM

Don't forget the other big 3 - overhead press, row, and chinups.

[deleted] • 0 points • 24 August, 2018 01:08 AM*

Mate I just go and make sure I work hard, that's all. That's more important than any program or diary you might bring to the gym. It also helps that I have very little in my life except for my work and the gym.

My weekdays are wake up, work, gym, eat protein and veg, sleep early, repeat. I have no life outside of that or time for one. If you commit to the gym you will need to turn other things down. My weekends involve gym too, but no work so that's when I am free to do other things.

I see so many guys going and hanging out at the gym doing 1 set every 10 minutes or so. I work out more

in 30-40m than they do in 2 hours. If you go, don't go there with friends to hang out with. Go alone and just get lifting. Don't be worried if you come and go quicker than others, or if you only go for 30m, just go and get that work done. If you go for just half an hour and work out constantly during that time you'll probably get a better workout than a lot of guys get in 1/2 hours.

I divide it into 2 days.

Day 1: chest, stomach, arms Day 2: legs, shoulders, back

I'll do 4 sets of 10 reps for each exercise. I find my comfortable weight where by the 3rd set it's really tough to reach 10 reps (which I very rarely make it to, a good rule is to not punish yourself and be good to your body), then for the fourth set I'll set to a lighter weight and do about 20 reps while feeling the burn on my tired muscles. I don't lift super heavy because the recovery time is longer if you really push yourself. That's just a personal preference because I like to be able to go 5 times a week. Don't be that asshole who's trying to impress everyone by lifting more than he can handle. You look like a jack ass, nobody is impressed, and you'll get a lot more out of your workout if you are sensible and realistic about what you can lift. You're competing with yourself, not the people around you.

Look at the guys who are jacked. They're calmly lifting weights with GOOD FORM, not making much noise. It's only the guys who aren't jacked who groan and scream while pumping weights too quickly and then let weights bang back with a loud BANG when they're done. I think they're trying to copy what they see on TV, I'm not quite sure but you never see them come back often and improve.

Also, you'll notice my day 1 is the vanity muscles. Both days are equally important to one another. Never act like day 2 is OK to miss. If anything I work harder on day 2 because I don't want to be that asshole who only works his vanity muscles. Shoulders are incredibly underrated in how jacked they make you look if you work on them a lot.

I do maybe an additional 10m on the bicycle machine for cardio because I don't enjoy the treadmill. Again, I pump those pedals good the whole time, unlike people who lazily cycle the pedals at 5kpm while texting on their phone for 30m.

My advice is enjoy yourself.

Celieni • 7 points • 24 August, 2018 02:21 PM

The whole "just making effort is enough" can only get you so far...like maybe up to 1/2/3/4 if you have good genetics. After that you're gonna be stuck on the same weight for a long long LONG while if you're not eating like a fucking cow and putting on a shitload of fat at the same time, or you follow a good program.

riggedved • 2 points • 25 August, 2018 10:20 AM

I hit the gym 3 times a week instead of 5.

2 days my workout is high rep (15 per set, 3 sets), low weight.

1 day, my work is low (5 per set, 4 sets), high weight.

I try to keep the weight constant, unless I am struggling.

Pestilence1911 • -1 points • 24 August, 2018 02:58 AM

We have a bodybuilder at work who went overboards on "vanity muscles", hes.....not as strong as he looks to be, and id even go so far as to say im more work strong than he is; when he lifts easily double what i do at the gym.

[deleted] • 2 points • 24 August, 2018 03:58 AM

I think it's embarrassing. I see some guys who are stacked on top with chicken legs and it just looks weird.

Pestilence1911 • 1 point • 24 August, 2018 04:47 AM

Yeah i dont understand that either, And they all wear those pant...things that are skinny.

Something else i noticed is women do leg day three times a week.....who could ever be that sadomasochistic.

Throwaway-242424 • 3 points • 28 August, 2018 01:57 AM

90% of the aesthetic benefit of lifting for women is going to come from the lower body, so it makes sense.

Sumsar01 • 0 points • 24 August, 2018 07:47 AM

Do "the bridge" by Barbell medicine. It's not really a beginner program but can be used as such. It has more volume and exercise variation than other programs which Will both help your gains now and set you up for Long term progress.

mubee94 • 1 point • 24 August, 2018 04:26 PM

Yeah after an elbow injury, I got so depressed as I couldn't lift for some time

Laconique • 0 points • 23 August, 2018 07:59 PM

Same as you. I'm a very depressed and anxious 20 years old man. Started going to the gym 3 week ago, already addicted to it because of the endorphins.

Doing 1h of mildly heavy cardio beforehand +1h-1h30 lift on my sessions. It is truly an anxiety killer. Give it a try if you haven't started yet !

KnightestKnightPeter • 21 points • 23 August, 2018 08:32 PM

2.5 hours at the gym is too long.

Put cardio on off days or you're gonna burn out, either from lack of will or because you won't be able to fit a whole 2.5 hours every gym day into your schedule. 1 hour of 'mild heavy' cardio probably isn't doing your muscles a favour either. Overworking is a common problem among enthusiastic beginners, there's a toll to be paid for it.

Laconique • 1 point • 23 August, 2018 09:07 PM

Actually, I go to the gym every two days. What would you advise me to do? Go to the gym every day and alternate between cardio and strength training or continue my program with one day of full recovery? Also, I'm working a menial job.

downvotedbylife • 5 points • 28 August, 2018 04:49 PM

What worked for me was moving cardio to the end of the workout.

My train of thought for this is that we lift heavy to tear muscle apart, and we do cardio to burn excess fat, right? You walk into the gym with a bunch of fuel already on your blood, which is easily accessible to muscles, which you need to work to the max in order to see strength/size

gains. Once you deplete that easy energy, your body has to scatter and try to make some extra fuel out of fat. In this state, your muscles can't work as hard, but you can still go all-out on cardio (where the intensity depends more on a mental resolve to keep going, than a biochemical limitation to the work a muscle can do when lifting) to maximize fat loss.

I'm not a sports scientist, or a doctor, nor a dietician. But I used to do cardio before weights like you, and switching them out made a huge difference for me, in both gains and fat loss.

SipSmashRepeat • 1 point • 24 August, 2018 12:47 AM

I would recommend doing cardio on rest days, as in, lift 4-5 days and do HIIT/cardio 3-2 days.

Gobravess44 • -4 points • 24 August, 2018 02:03 AM

Get a stationary bike and watch Netflix at home and go to gym 2 times week for weight lifting (what I do)

Pestilence1911 • -3 points • 24 August, 2018 03:04 AM

Fuck.

Went 2h-2.5h x 6 days a week the first three months, then had (personal issues, women troubles) and stopped for three weeks and ate out every day.

The price to pay is real. The crash burns, also i havent made eye contact with anyone at the gym, go alone and never smile.

Just ask yourself "who" your going for when your headed there,

Also leave your cellphone in the locker and bring a watch. I can do the 2h routine in 1h15m.

freestyler2k1 • -2 points • 24 August, 2018 10:50 AM

Stop doing cardio! Sex is the only cardio workout you need!

KarmicPrism • 1 point • 1 September, 2018 03:02 AM

I'm sure my hand viciously jerking about isn't as good cardio as biking, no matter how good of shoulder pumps I can get

Throwaway-242424 • 1 point • 28 August, 2018 01:59 AM

Doing heavy cardio beforehand is a bad idea. It will at best reduce your intensity in lifting, at worse leave you at higher risk for injury.

Keep the cardio either post-lifting, or segregated into separate workouts. Generally I think 1hr is overkill for cardio, but if you really enjoy that long-distance stuff, I'd suggest leaning towards the latter option of separate sessions.

aesu • -2 points • 23 August, 2018 04:38 PM

I started, continue, and will not finish purely because TOFI(thin on outside, fat on inside) diabetes runs in my family, and my blood sugar was already bad by the time i was 25, despite being very thin.

I don't want to die young. That's my only motivation. It definitely doesn't put a skip in my step, but I feel about 25% better. Not sure if that would have been worth it on its own. i have also not noticed much more attraction from women. Again, maybe 25%.

Pestilence1911 • 0 points • 24 August, 2018 03:06 AM

Read the sidebar and dont stop until your at the gym....

General_Shou • -2 points • 24 August, 2018 06:04 AM

That and there are so many things the lessons from lifting carries over to. Goal setting especially. Find a routine, stick to it and see progress. The same framework can be applied to other aspects of your life. It helped me be a better student in school.

30fretibanezguy • 103 points • 23 August, 2018 07:14 PM

"6'1 87kg 5%"

You're either injecting, competition ready, or have no idea how to measure body fat.

zinarik • 68 points • 23 August, 2018 07:42 PM

Yeah i instantly ctrl+F'd to see if someone else had called him out on it. OP has no idea what he is talking about and is setting unrealistic expectations. Professionals have 5% body fat maybe once or twice a year when competing or doing a photo shoot.

anabolic92 • 31 points • 23 August, 2018 08:52 PM

87 kg at 5% is unattainable as a natural, and I cant imagine keeping those numbers all the year.

OP your message is right but you might be setting unreachable goals to some newbs around here.

KeffirLime[S] • 17 points • 24 August, 2018 07:42 AM*

peak of 87kg 5-6% bf.

if only people would read the post correctly

Obviously I don't sit at that year round, no one does. Thats after a 12 week prep. That's why i specifically stated it as a **PEAK**.

Also never claimed to be natty at those numbers, however I was very close.

BrownGummyBear • 10 points • 24 August, 2018 02:08 PM

You were close to what? You were close to being natty? You're either 100% natty or you're not, there's no in between lol

KeffirLime[S] • 9 points • 24 August, 2018 02:10 PM

close to the numbers not being natty haha

satlinrabbow • -9 points • 24 August, 2018 03:11 PM

You know what brown gummy bear

youre right.

dont lift. eat like crap and dont listen to anything op says,

in fact, dont listen to any red pill advice.

trp is not for you. better for you to accept that youll forever be blue pilld, get married have a few kids, enjoy that juicy steak. just forget, you dont need to lift or have a good life. just sit on the couch doing nothing.

Itll all be over soon anyway.

BrownGummyBear • 2 points • 24 August, 2018 07:42 PM*

why are you trying to make a fuzz where there's none? I thought OP said he was "close to being a natty" and he explained he meant "close to the numbers" and not "close to being natty" like I initially thought.

I personally wouldn't juice unless I was competing in a bodybuilding contest or unless I was a professional athlete. It doesn't take steroids to be in the top 10% of males (when it comes to physiques), hell it's easy being in the top 20% of males if you actually make some effort. Most guys nowadays let themselves go and don't develop their potential as men, it's pathetic; all of my relatives are fat and always have excuses to their shitty habits.

I personally started lifting when I was 16, (I'm in my late 20s now) although I was bluepill then I was very into bodybuilding and wanted to be like Ronnie Coleman or Serge Nubret. Now I'm content with pushing my body to the limits and seeing how far I can go naturally, I just recently started commuting by bicycle and my vascularity is off the charts now (bitches love veins).

You in the other hand just came off like a keyboard warrior with this comment...

Jon_Tren_Yin • 2 points • 24 August, 2018 08:02 PM

You need to read more about bodyfat and what's realistic, or just don't reply. Your post is passive aggressive (covert woman-speak), and even worse, not justifiable because you're calling out someone who's completely correct.

Celcni • 2 points • 24 August, 2018 02:23 PM

Yeah like holy shit. The dude at my gym that's a natural (I would think) is like 90kg at 10-12% body fat. And that's just insane to me. I had to drop to 75kg skelly mode to get abs (so that was like 10-12%). I'm back to 85kg now and the abs are nowhere to be seen, just a soft belly (you can still feel them underneath, but it's not like anyone will touch, just look).

KeffirLime[S] • 1 point • 24 August, 2018 07:42 AM

peak of 87kg 5-6% bf.

if only people would read the post correctly

Obviously I don't sit at that year round, no one does. That's after a 12 week prep. That's why I specifically stated it as a **PEAK**.

Cavannah • 6 points • 28 August, 2018 03:36 AM

You peaked at 5-6%?

This is 6.75%, as confirmed via DEXA scan. And you were more lean than that?

Unless you were on sizeable amounts of diuretics and AAS, you were nowhere near that.

Celidion • 13 points • 24 August, 2018 02:20 AM

This.

You're not 5-6%, I don't believe you for a second. Post pics and prove me wrong. I'm around 14% and I imagine I'm bigger than most people on this sub. 5'8" about 200lbs

<https://i.imgur.com/SrEOK6S.jpg>

<https://i.imgur.com/kMRZVza.jpg>

I didn't bother reading most of this because answering this question doesn't take this much fucking text. We lift because we're men. If you don't do some form of physical activity, you're not a man in my eyes and you certainly won't look like one. Lifting should be the bare minimum for any guy. Not everyone needs/wants to be massive and that's fine but you should have some foundation and should definitely not be fat, regardless of how much muscle you have.

Out0fC0nt3xt • 10 points • 24 August, 2018 03:36 AM

Out of curiosity, by what measurement method are you around 14%? You look closer to 10-12% to me tbh. I'm around 13% myself and I have pretty good muscle definition but without a pump my veins aren't popping and my muscles aren't rippling.

Mobilesosa • 5 points • 24 August, 2018 03:49 AM

Some men are just more vascular

Out0fC0nt3xt • 5 points • 24 August, 2018 03:52 AM

I am both saddened and jealous.

PresidentTingles • 1 point • 24 August, 2018 06:30 AM

Try a few different body fat measurement methods, and get the average. This will give a more true account of your body fat. The methods can vary up to 15%.

Ardgarius • 4 points • 24 August, 2018 06:08 AM

what's your cycle? looking joocy brah

KeffirLime[S] • 2 points • 24 August, 2018 07:45 AM

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Obviously I don't sit at that year round, no one does. That's after a 12 week prep. That's why i specifically stated it as a **PEAK**.

Will gladly send pics to your inbox

bluesnsouls • 2 points • 26 August, 2018 04:56 PM

Forget about them, no need to provide proof to people who care more about some numbers than one of the best inspirational lifting posts I've read, I already sent this post to a friend who was skeptical about lifting and he went to the gym almost immediately. Thanks OP

thetotalpackage7 • 2 points • 24 August, 2018 05:58 PM

rain biology. And our cave brains still register the biggest, strongest guy as a good potential mate. If she were to select a prime

You're not claiming natty, correct?

Celidion • 4 points • 24 August, 2018 06:10 PM

Considering you can see me talking about gear in my recent post history, no lol.

htbf • 9 points • 23 August, 2018 09:44 PM

Probably just a typo and he's missing a 1 in front of that 5.

360_no_scope_upvote • 7 points • 24 August, 2018 01:40 AM

Last time I mentioned this I got down voted to hell, not this guy in particular but people REALLY over estimate their fitness level. Even a dexa scan our most accurate measuring tool available still isn't that accurate

ackso • 1 point • 24 August, 2018 05:08 PM

It seems possible I'm 6'3, 21y and have done multiple body fat tests all putting me in the 22% range at 264, only have been lifting for about 2 years with a 6 month hiatus due to surgery. My lean body mass is around 205, so I would be around 230 and entering the sub 10% zone of body fat. Seems like those numbers are attainable naturally at a peak but not sustainable by any means.

Jon_Tren_Yin • 2 points • 24 August, 2018 08:04 PM

Did you do "multiple body fat tests" aka use the machine at the gym where you hold handles and get "tested"?

Or did you use a bodpod DEXA scan to get that fat%

Recognize that the general populace (including the average TRP individual in here) doesn't know what realistic "body fat percentages" or methods of calculating are, it's the "be yourself to get girls" spread of misinformation on the topic of bodyfat.

ackso • 1 point • 24 August, 2018 08:26 PM

I used a accu-measure and took the measurements of different fat areas in my body. Still, my point stands that many people want to sit back and be a critic of someone's work. The mindset that helped me the most is focus on myself and try to help others if they ask. Paying minimal attention to others really brought my lifting to the next level.

Jon_Tren_Yin • 1 point • 24 August, 2018 08:45 PM

More accurate than the hand-held consoles for sure.

I agree that most want to be critics, but in this scenario with something that has steep diminishing returns (difficulty to lower bodyfat increases exponentially with less fat available), it's very easy for people to exaggerate their numbers which paints a very different (and unrealistic) picture to others.

The big issue is that the "integrity" of the value people give, such as being "10%" bf, always has room for being skeptical due to the variety of information people have received.

KeffirLime[S] • 1 point • 24 August, 2018 07:30 AM

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stated it as a **PEAK**.

griz3lda • 7 points • 26 August, 2018 06:09 AM

no need to repost this comment 100 times dude.

-Fidelio- • 66 points • 23 August, 2018 02:28 PM*

Every day I lift, I find it much easier to work, endure hardship, focus. I think "mood" still undersells the mental effects of lifting.

Anxiety reduces. Confidence increases, even before the appearance effects kick in.

I lift because it gives me a winner mindset.

blkMGTOU07 • 37 points • 23 August, 2018 02:08 PM

I can attest to everything that's said here. Only downfall is my diet. I'm jacked as F but need to lower body fat. Still get lots of attention though.

Guys it's so important that you lift, I can't stress this enough.

General_Shou • 3 points • 24 August, 2018 06:07 AM

People take you more seriously when you do. I get way more people calling me "sir" now.

blkMGTOU07 • 0 points • 24 August, 2018 01:02 PM

Even women call mr.sir sometimes. Gives me the tingles lol

LiveAFTSOV • 24 points • 23 August, 2018 03:21 PM

Always question the physique of people you meet here on TRP

Most are dad lifters stuck on 65lb squats

moltenw • 8 points • 23 August, 2018 08:05 PM

Isn't that like... a bar and a half?

lmao

[deleted] • 4 points • 24 August, 2018 12:54 AM

Maybe he means 165 which is still novice (me sadly)

Throwaway-242424 • 1 point • 28 August, 2018 02:02 AM

My lifts are babby-tier compared to most stats you see posted online, yet I'm routinely the biggest, strongest guy in most normie gyms I go to.

Admittedly there's some selection bias here, but I also feel there's a bit of lift inflation going on.

Ronaldo-CR7- • 16 points • 23 August, 2018 09:36 PM

You went down to 5% body fat? Pics please.

Cristiano Ronaldo just got tested by Juventus and it was revealed he was 7 percent body fat. Pics or I'm claiming not natty. Not that being natty matters

KeffirLime[S] • 1 point • 24 August, 2018 08:02 AM

Never claimed to be natty, although my natty stats weren't far off.

I'll inbox you a natty pic, it's very attainable.

HumanSockPuppet • 13 points • 23 August, 2018 05:33 PM

Here's why I lift.

No matter how shitty the day gets, no matter how rough life becomes, there's nothing quite so painful or awakening as the feeling of being imminently crushed beneath several hundred pounds of metal.

And when you can walk away from that not only unscathed but **stronger**, few other victories feel as sweet.

drkinferno72 • 24 points • 23 August, 2018 04:15 PM

Cause fat chicks are heavy

f4gs2de4th • 5 points • 24 August, 2018 02:28 PM

Yeah man I'm sure you're 87kg 5% body fat, can't wait to see you on the Olympia stage

Drumcode-Equals-Life • 11 points • 23 August, 2018 03:08 PM

I've had like twenty different women compliment me and tell me I look great/jacked ever since I started taking my lifting seriously. I've also started getting laid a lot more. I also feel great about myself for the first time in a while..

This shit works.

liberty1127 • 11 points • 23 August, 2018 09:23 PM

Sorry, but you were not 8% bf and you are not 5-6% bodyfat. No method of finding your bodyfat is even remotely accurate. If you are not juicing and you are lean you are probably around 10-14%.

You can be 5% on a bunch of drugs for maybe 2 weeks out of the year.

KeffirLime[S] • -3 points • 24 August, 2018 08:00 AM

Never claimed to be natty when I hit those numbers.

But your statement is also incorrect, I have friends who compete naturally(tested) and regularly get below 6%, possibly even 5%.

liberty1127 • 1 point • 24 August, 2018 12:19 PM

It can be done, I didn't say it's not possible I just said you aren't walking around for more than 2 weeks at 5% BF because it's awful for your health.

You said before you lifted you were 8%...so you were on a cycle before you even hit the gym? The part I am definitely correct about is the fact that it is nearly impossible to get an accurate estimated BF%. I wanna see pics of you at 5 I don't believe it...

KeffirLime[S] • 2 points • 24 August, 2018 01:35 PM*

Of course not, the only reason I dropped to those numbers is to compete.

You said before you lifted you were 8%...so you were on a cycle before you even hit the gym

Certainly don't need to be on cycle to get around there, I was doing high cardio, skinny as hell like I said between 5-6%, because as you said, it's never accurate

I'll inbox a pic

liberty1127 • 1 point • 24 August, 2018 01:36 PM

I appreciate your honesty. There is a lot of misinformation about training, competing, bodybuilding and powerlifting in these threads that's why I jumped on you.

Dmva100 1 points 23 August, 2018 02:54 PM* **[recovered]**

Lifting is very important but it isn't some panacea to physical success. You need the diet and lifestyle aspects in tune to make it all worth it.

Most blow lifting way out of proportion. You really only need to be on a good program for 8-10 months and thwb its all about maintenance.

I broke my dominant hand and couldn't lift for 3 months (use your hands in pretty much every exercise). Had surgery, kept my diet in check and did no cardio etc. Went back to the gym after all this time and got back to my max lifts in one week and didn't lose any size or strength and all those regular fuckers are still in the gym everyday and made no progress since I last saw them.

Take a week or two off from the gym and if you pack on bf% or you bitch out on your workouts when you return after a hiatus, you know it isn't your workouts that's the problem, it's your diet, lifestyle, and soym that you were fucking up.

KeffirLime[S] • 28 points • 23 August, 2018 03:12 PM

only need to be on a good program for 8-10 months

That's about right if you want a decent shape. 1.6 - 2 year mark if you wanna turn heads.

think more weight, more muscle, must get YUUGGEE, then get injured.

Can't stress this enough. Slow and steady. I've had my fair share of injuries and lay offs. I seldom lift heavy any more.

diet

Without this everything else is useless

LiveAFTSOV • 6 points • 23 August, 2018 04:48 PM

Went back to the gym after all this time and got back to my max lifts in one week and didn't lose any size or strength and all those regular fuckers are still in the gym everyday and made no progress since I last saw them.

How is it possible you broke your hand and didnt lift for 3 months, yet those "regular" fuckers made no progress in 3 months lifting!

According to you 8-10 is all you need, 3 months is a third of that - how could they have made no progress?

WiseBeardy 1 points 23 August, 2018 05:01 PM* **[recovered]**

He's just expressing his overconfidence. What are the chances he actually remembered people's lifts from months ago and had any idea whether they progressed? Do you spend YOUR time at the gym tracking how much weight everyone ELSE is lifting?

LiveAFTSOV • -1 points • 23 August, 2018 05:02 PM

I remember what people look like and notice when the regulars get bigger / stay the same

Dmva100 1 points 23 August, 2018 04:59 PM [recovered]

Idk I'm not their mommy but they're doing something wrong obviously

LiveAFTSOV • -2 points • 23 August, 2018 05:01 PM

How hard is it to not eat mcdonalds and lift heavy shit?

You make it seem so easy, there's alot of complexity to lifting

DevD00d 1 points 23 August, 2018 03:27 PM [recovered]

Is it "easy" to keep muscle after you get it? Could you elaborate more on how you go about doing maintenance after you hit your goal?

Do you spend less time in the gym?

Neal_Armstrong • 12 points • 23 August, 2018 04:04 PM

you do lose gains but it takes about double the time you gained it before it can be even noticed on the body. But you also gain the lost muscles very fast if you go back on schedule.

Zech4riah • -1 points • 23 August, 2018 05:45 PM

You really only need to be on a good program for 8-10 months to get results and then its all about maintenance.

Depends what the "results" are you are looking for. Newbie working out for 10months with optimal program and diet may gain about 3kgs of muscle mass. From visual perspective, most likely no one notices (unless someone sees you without a shirt before and after 10 monts but not between) but you will feel better and more energetic

This is pretty much bullshit. No one gets back to the max in one week after 3months break (ok, maybe a total newbie with insignificant gains could).

Broke my dominant hand at work and couldn't lift for 3 months (use your hands in pretty much every exercise). Had surgery, kept my diet in check and did no cardio etc. Went back to the gym after all this time and got back to my max lifts in one week and didn't lose any size or strength and all those regular fuckers are still in the gym everyday and made no progress since I last saw them.

SoA_MC • 10 points • 23 August, 2018 02:23 PM

One reason: to look better. And I can't say I even like it, but the benefits I do like, making it a requirement.

rshanlon • 3 points • 25 August, 2018 03:28 AM

I lift because I don't want to be fat.

I don't want to look in the mirror and not be happy with myself.

unclequavo • 2 points • 27 August, 2018 06:39 AM

Especially when family members start calling you out for gaining weight. Was always the tall lanky guy and then started eating horribly and began putting on weight too fast.

Been going 5 days a week since March and now im well respected by everyone. Lifting is the best thing I have ever done as i can now look proudly every time i am topless. Still got some weight on me but i cannot wait to cut for summer & feel even better than i am.

Narcopath • 5 points • 23 August, 2018 04:04 PM

I'm fairly new to weight lifting considering I thought I was a special snowflake that didn't need it for the longest time. Needless to say, OP knows what he's talking about. Honestly, the psychological aspects I saw a month in got me more addicted than anything physical. I'm grounded, calm, collected, clear. Oh the clarity. The clarity it gives is irreplaceable, especially for guys like me who have a very ADD-esque mind. Do yourself a favor, fellas. Lift. You'll feel it change the way you put thoughts into words and actions from week 1.

ThrowMeAway8952 • 5 points • 23 August, 2018 04:05 PM

i've been lifting for 5 years. at first, it was looks, now its sanity - i couldn't imagine my life without lifting. the confidence, the exertion of stress/energy, the feeling of power and strength i have when i have the pump from lifting - its more addicting than anything i've done - if i go a few days without lifting i literally start to get depressed.

lifting is the best anti-depressant i've ever encountered.

FullOfShiznit • 5 points • 23 August, 2018 04:12 PM

I started long time ago because i noticed that my life style was making me sick so I adjusted my life style towards our grandfather's life style: Hunt to eat, hunt to fuck, be on top of the food chain in any way you can. After 7 monts of dedicated lifting, high protein diet and hunting I was forever changed

[deleted] • 6 points • 23 August, 2018 04:29 PM

I lift for strength. Not really into the beefy look, I just want to look athletic. I like cardio intensive shit like rock climbing, boxing and swimming so I just do a basic routine to keep strength.

PM_ME_BIG_DUCK_PICS • 2 points • 24 August, 2018 11:44 PM

Which is fine also. Imho this subreddit is focused a little bit too much on lifting itself, there are multiple ways to build a masculine physique and mind. I would love to get into boxing at some point myself

Zech4riah • 2 points • 27 August, 2018 09:08 AM

It's hard (or really slow) to build masculine physique with boxing alone and I'd say you hit the ceiling very fast. There isn't exactly resistance when you punch which would make the muscle grow.

[deleted] • 1 point • 25 August, 2018 01:33 AM

Extremely fun, you should try.

Throwaway-242424 • 1 point • 28 August, 2018 02:05 AM

The thing is that lifting is by far the most effective and efficient way, and is by far the most easily generalisable.

Whether you can get your exercise fix from grappling, striking (though I feel that some sort of martial art is #2 in terms of generalised benefits), swimming, climbing etc. is a bit more personal and subjective, and at any length, if you are serious about performance in a specific athletic endeavour, you ought to be lifting anyway.

WayneForever2Wheels • 10 points • 23 August, 2018 04:11 PM

I'm mutha-fuckin 50 years old and I do a very rigorous five day a week training program between weight lifting and heavy bag training. My heavy bag days take up more of my training days and last from thirty to one hour in which I practice my snaps, Japs, kidney shots and foot work. mmy weight training is geared towards an Ecto-Meso body frame. I've learned in bout twenty years of lifting that at my age im not gonna suddenly transform into the ideal blocky mesomorph frame whichbis the ideal. I've long ago accepted that so I tailored my training for my body type which is more ecto than Meso. I've developed a lean panther type musculature which is ok for me as I've learned that cardio is vastly under rated in training programs. The point is... I fuckin love working out. Guys my age are falling apart while Im kicking fuckin ass, pulling numbers from these ratchet no good hoes and riding my Harley ... Fuck these blue pill simps. Take the muthafuckin Big Red. Work, save money, bang bitches and do your own thing. MGTOW all day every day

five_eight • 1 point • 23 August, 2018 04:28 PM

At 50, do you think you can see 'muscle mass' decrease a little? Do you think sometimes you have to do twice the workout just to maintain? (As a youngster seems it was all quite a bit easier for me).

WayneForever2Wheels • 9 points • 23 August, 2018 04:55 PM

No..your body gets used to a certain state of muscular size if you work out long enough that it becomes more of a Natural State..than it would be in its slothful lethargic state. I'm the only guy in this south Florida gym NOT sticking a needle in my ass....at this age I don't care much bout "getting BIG" as much as being healthy and fit...more of an aesthetic appeal too...the point is...keep at it and kick fuckin ass,man!!

five_eight • 1 point • 23 August, 2018 09:17 PM

lol thank you! I've always been a pushup/pullup guy but last couple years my wrists/shoulders are getting my attention. I'll try to hang, though.

WayneForever2Wheels • 3 points • 23 August, 2018 09:21 PM*

If you can just condense all the squandered energy going through all the multitude of exercises and just return to the basic building blocks : of fundamentals like Pull Ups (WITH WRIST STRAPS), BENT OVER ROWS, SQUAT OR PREFERABLY INCLINE LEG PRESS AND SIMPLE BENCH PRESS WITH OVERHEAD SHOULDER DUMB BELL PRESSES you will do fine....try doing the weights routine once or twice a week then the cardio Heavy Bag thing for three or four days.... ideally, the bag work two or three times for every one time u do the weights thing....your body will experience newfound explosion...also, eat a clean diet...best luck, Bro Stay Red Pill.. remember...what good is being able to bench press a Buick if you can't defend yourself in a parking lot..Heavy Bag work is the best . Also, BEST to train on a fasted state.. your Growth Hormones will skyrocket. Every Red Pill man should know how to fight or throw a punch . Embrace your core primal Male Energy. Peace out

five_eight • -1 points • 23 August, 2018 09:23 PM

Thanks very much! Same to you!

NormalAndy • -1 points • 24 August, 2018 03:35 AM

Legendary stuff. I'd love to be back on the heavy bag. Only got the poxy standard punch bag just now. Still, it's better than nothing...

I use the gym alright but despite the fact I live in most boring suburbia, there are plenty of

opportunities to get out there and get busy building yourself up as a man.

TehJimmyy • 2 points • 24 August, 2018 03:57 PM

People asking this question simply dont realise that life is a game competition amongst men.

riggedved • 2 points • 25 August, 2018 10:21 AM

Btw, I notice very few people here doing the Leg Press. It is a nice compound exercise.

Care to elaborate?

unclequavo • 2 points • 27 August, 2018 06:42 AM

I have a terrible left knee that has a sharp pain when squatting. I find that machines like the leg press and standing squat machines are great substitutes for squatting with a bar.

However many men also skip leg day as they always look at upper body muscle for progress rather than their entire body, including legs.

Throwaway-242424 • 1 point • 28 August, 2018 02:03 AM

Inferior to squats and deadlifts from an overall body development perspective, and its higher safety is questionable.

Really no need for it in most routines.

Gl0weN • 4 points • 23 August, 2018 03:14 PM

No I lift to be in the best shape possible for the sport I play.

The2xChamp • 4 points • 23 August, 2018 11:04 PM

5% yikes. You might want to pick a reasonable number to lie about. Or at least learn to calculate BF more accurately

KeffirLime[S] • -2 points • 24 August, 2018 08:01 AM

5-6% 5.8 on calliper. Please enlighten us with how it's supposed to be done then?

The2xChamp • 1 point • 25 August, 2018 07:42 AM

So you can lie about a more reasonable stats, go google it. I'm not your PT

never_since • 4 points • 23 August, 2018 03:48 PM

Lmao, I only lift because I need to bunny-hop higher on a bmx bike. Everything else that comes with the gym are just perks.

Snazzy_Serval • 4 points • 23 August, 2018 05:51 PM

Why do we lift?

The only reason I lift is because I'm 5'5 and getting muscle is the only I'll ever be remotely physically attractive to women.

[deleted] • 3 points • 23 August, 2018 06:55 PM

I got two words - South America. Two more - Southeast Asia. The girls are all shorter there

Snazzy_Serval • 1 point • 23 August, 2018 07:00 PM

Thinking about it.

But it's a shame that I have to leave my home because of the idea that the women here are shallow and there is nothing I can do about it.

[deleted] • 2 points • 23 August, 2018 07:51 PM

Sorry man. I found my wife down in Ecuador. It turns out a 5'7" short guy in America is pretty tall down there ☐

Snazzy_Serval • 3 points • 23 August, 2018 08:11 PM

Hmm. Then I wonder if it's possible to go down for a bit meet somebody and take her back here?

positivecrystal • -1 points • 24 August, 2018 07:44 AM

be careful, if you are from the first world you will find women easily come into your life and she will see opportunity being with you over actually liking you as a person. Marry up not down.

WayneForever2Wheels • 2 points • 23 August, 2018 07:19 PM

I also find that as a former law enforcement officer having worked several Max status prisons as well as Rikers island jail in NYC that SIZE means absolutely little (other than being visually daunting)..but many BIG guys in the gym and on the streets cannot fight to save their own lives in a situation where shit goes from zero to sixty in a fuckin heartbeat. I'd rather have good cardio and have a good knuckle game than be a gigantic Brontosaurus tiring out after five minutes of swinging... Food for thought .

stirringlion • 2 points • 26 August, 2018 06:44 AM

Brontosaurus motherfuckers can tire in 30 seconds if they panic in a fight. A big part of having a good nuckle game is staying calm and keep breathing.

[deleted] • 2 points • 23 August, 2018 07:39 PM

I'm lifting cause I can actually say it creates discipline, builds strength that you can use in real life application, and yeah it helps your SMV. I got a crap car and the window got stuck far down. If I didn't have the strength I have now, I don't think I could've pulled it back up.

Jaereth • 0 points • 23 August, 2018 03:09 PM

For me after starting a few years ago it's just the body. I can really notice that tasks that used to be hard work now feel trivial in comparison. Things like moving furniture, bringing in the softner salt, moving equipment at work. Things that used to be an absolute beast are now totally manageable.

To me, everything else is gravy. A man's body has so much potential if you just work at building it up.

That and I think it's a subconscious confidence booster bigtime. Like you can only get so much stronger, from all your muscle groups and core, until there's just no chance someone is going to be able to physically fuck with out in public.

Timo823 • 0 points • 23 August, 2018 03:29 PM

At first you feel like a bit of a tool at the gym, feeling your way through equipment, being one of the smaller guys there next to these seasoned gorillas.

I remember the first day I went to the gym I was so nervous and felt inferior but its been nearly two years now, and the results are real, it was hard going and pushing myself through but as you said

The first 6 weeks is the hardest in terms of dragging yourself there.

but once I overcame that I started to love the gym like a second home almost, however recently I have been slacking and put on some weight but that's another story.

NorthEasternNomad • 1 point • 23 August, 2018 03:37 PM

To feel good. To clear my mind. To relieve stress and improve health.

Sure, there are other reasons. But those are bonus side effects.

opper-hombre1 • 1 point • 23 August, 2018 04:21 PM

What program did you start out with?

KeffirLime[S] • 1 point • 24 August, 2018 08:14 AM

I lifted for aesthetics, not strength.

5 day split. looked something like this.

Monday - Chest + Bi's

Tuesday - Back - Tri's

Thurs- Legs

Fri - Shoulders

Sun - Deadlifts, Squats, Clean + Jerk, Core work

Zech4riah • 1 point • 27 August, 2018 09:12 AM

Well that's a beginner unfriendly program but I guess if you started lifting right now with your current knowledge, you wouldn't use this one?

KeffirLime[S] • 1 point • 27 August, 2018 09:42 AM

Definitely not, I encountered alot of injuries down the line because I didn't build a solid foundation.

If someone was starting out I'd recommend building a slow and steady foundation using compound movements.

throwawayclarkken • 4 points • 23 August, 2018 05:32 PM

Everyone lifting just please take care of the diet. Avoid all the junk food eat lots of veggies and fruits. It makes a hell of a difference in the progress. I have experienced the benefits of lifting go up manifold on a clean and deciplined diet. Its like you are on a cheat code for life

LiftBodyUpThenDown 1 points 23 August, 2018 04:48 PM **[recovered]**

The feeling of being strong is far more important than being strong. You back yourself more. Your internal strength starts to express itself outwardly. You're more confident in interactions

I can't re-iterate how true and significant this is for me.

I'm 6'2 190, <8% bf with my life in order. It's like, all the sudden I can speak the damn truth without fear.

Yesterday at the supermarket parking lot a dude who just got out of prison came up to me asking for money. He

fakes a stutter and a handshake in doing so (the pity vibe) and I call him out on it. "You think I'm lying?" he says in borderline-combative tone. This is a dude with his pants at his knees and a face totally covered in tats who told me he just got out of prison. I'm like "yeah, I do" and tell him to just be honest. He kindly confesses that he's just doing what he has to do in order to get some cash, I empathize and help him out.

Beta male skinny me wouldn't have said anything in the first place and then would've been submissive if I did say something, having felt threatened by his threatening tone. But I felt calm, cool, and collected. He could tell by my demeanor that hostility wasn't appropriate and that escalating to violence wasn't a good idea with me. We're men.

Not exactly a heroic moment or some breakthrough, just an observation at how drastically my demeanor has changed for the better.

Also, don't @ me about how stupid I am and how he may have had a gun. I'm trained in martial arts and he was within reach, nor did his pulling a gun seem like much of a possibility judging by his actions.

josephstephen82 • 1 point • 23 August, 2018 04:52 PM

Why do we lift? Because we were built to move, strive, and overcome obstacles. We need reach beyond ourselves, progress through hard work, and achieve goals. Being whole as a person is a mental and physical pursuit. Lifting stresses both of those.

Lifting is masculine to the core not just because it makes us look masculine, but because of how we tick by nature.

csawyer86 • 1 point • 24 August, 2018 01:22 PM

I'm on my third week of my body transformation so to speak. For me I am doing it because I was letting myself become a fat , lazy couch potato. I got in contact with a trainer who has put me on a personalized diet and workout plan. So far I'm already down 10 lbs in two and a half weeks and I can see results . This is all great but the thing that I'm really taking away from this is the discipline I've had to find within myself. I have to wake up early enough to get my supplements in. I'm also eating every two hours and drinking AT LEAST a gallon of water every day. This is easier said than done for most people. These things alone have given me so much more confidence in myself . And with this confidence I am so much happier than I was when I was binging on beer and junk food .

[deleted] • 1 point • 24 August, 2018 06:47 PM*

I'd be a liar if I told you I'm doing this 100% for me and not to seek validation from women.

At least, that's how it started.

I starting hitting the gym just about the time I decided to take the red pill, I was and still am in self-improvement mode.

My intentions at the beginning were to increase my SMV, I used to tell my self though that it is to build a more perfect me, however due to my objective I was not very motivated to go, with the only thing making me lift weights is that \$64/month I'm paying not to go to waste.

What I used to tell myself made me change my objective. I now lift in order to challenge to my will and to make my body obey my soul's commands. The change in mindset had me wanting to go more and more to the gym, as it presented a new challenge everyday.

Any objective you set that needs a third-party to validate, ipso-facto you'll fail at reaching it.

Whatever you do, make sure it's for your own sake, regardless of what other people may think.

[deleted] • 1 point • 24 August, 2018 09:33 PM

To be stronger and faster. It feels good and it fuel my heroic fantasies. Nothing quite like looking at your progress, shredded body and self mastery. I just don't understand how some men can be satisfied with skinny.

-- notfunny -- • 1 point • 24 August, 2018 11:16 PM

I lift because even though it's been two years and I havent made much progress (SL 5x5 is a meme), I think it's the only border between me and the worse, former version of myself. If I don't go, I regress internally.

riggedved • 1 point • 25 August, 2018 09:48 AM

I was a pretty fit and active person, albeit without LIFT.

2 weeks ago I started LIFT.

Now, I find myself day dreaming about LIFT every single day.

wbyrd2 1 points 25 August, 2018 07:29 PM [recovered]

Would you mind sharing what your routine is? I've been lifting consistently for the past 8 months and did Starting Strength. My lifts are currently 325 for squat, 215 for bench, 300 deadlift, and 150 for OHP.

What are some programs that I should follow to actually look like I lift? I love starting strength but to be honest you end up looking the same while being a lot stronger. So how do I look like a lifter?

KeffirLime[S] • 2 points • 26 August, 2018 06:59 AM

Strength and aesthetics require different routines.

Not that you don't build strength while training for aesthetics, just not as effectively with strength.

I work on a 5 day split, it looks something like this:

Day 1 - Back + Tri Day 2 - Shoulders + Abs Day 3 - Rest Day 4 - Legs Day 5 - Chest + Bi's + abs Day 6 - Rest Day 7 - Compound (Deadlift +Squat + Clean + Jerk)

I do any particular routine for 10 weeks, same exercises every week, adding weight each week(if possible).

Then I'll switch the routine up to keep shocking the body with different excercises that work different muscles differently.

Diet is imperative throughout.

Laconique • 1 point • 2 February, 2019 02:44 AM

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V 0k. V'p0 0b. 0 kj 0k

showerdudes9 1 points 23 August, 2018 04:56 PM* [recovered]

I dont care for attracting women as much as I care for intimidating other men. Thats why I lift.

LurchingDeath • 0 points • 23 August, 2018 06:08 PM

Many do this and honestly it makes more sense. If anything mass scares most women away from the desire of fucking. As someone who's been everything from super obese, to twig thin, to 250 pounds of solid lean muscle *6'4 btw. The most pussy I've ever gotten was when I was a twig thin pretty boy type. Liftings fun and all but I'd rather just do a shit ton of cardio to stay in shape and get higher quality pussy.

PatsFever • 1 point • 23 August, 2018 06:13 PM

I'd like to see pics for these types of romantic crazy gain lifting posts. A lot of other subs like gain it, etc have pics required and it gives some great context on that persons gains journey. Good write up though.

blysol • 1 point • 23 August, 2018 08:03 PM

Lifting for me has been the number one source of continuous challenge, growth and the mindset that comes with both.

The discipline, research, form technique, unique body challenges, guidance filtering, PR chasing all build in a a second nature of confidently pursuing goals.

It's a daily reminder that I can get mostly anything I put in effort for.

IIDUNN • 1 point • 23 August, 2018 07:37 PM

I definitely don't lift to be attractive for women. I lift because it makes your boiiii feel good.

Zippy1776 • 1 point • 23 August, 2018 07:43 PM

Dead on. I think the reason a lot of people missed the "for themselves" part, is because so much of society is geared towards making men believe that anything done for themselves is selfish. I've always ran under the perspective that "It's my life, I'll do what I want with MY time and if you don't like it then get the F out of MY life." It goes into the whole control thing with others. I don't allow people to get control / leverage over me and I have very few friends and next to no family because they all desire only to control me. The friends I do have, understand freedom & respect and then share at least one common interest or hobby. I have lost count of the number of people I have had to cut out of my life because all they ever want is to control what I spend my time and energy on, without ever simply being happy for MY accomplishments on my chosen path.

Reynaldo7 • 1 point • 24 August, 2018 06:08 AM

All supplementation is garbage except for creatine, vitamin d3 and protein powders (only for the convenience). Dont waste your money.

Great post, however i very highly doubt youre at 5% BF at 87 kgs.

KeffirLime[S] • 0 points • 24 August, 2018 08:29 AM

That was my peak after a 12 week prep. at the moment I'm sitting mid eighties, can't say bodyfat, definitely under 10

RoastedDuckinator • -2 points • 23 August, 2018 05:21 PM

to become swole for the inevitable rayc war

Pestilence1911 • 0 points • 24 August, 2018 03:17 AM

Rae hoe ahhhhhhh. Dey took our jerbs!

[deleted] • 0 points • 23 August, 2018 07:30 PM

Men who lift for women need to re-evaluate themselves.

You're seriously destroying your body nearly every day in the gym to impress an expedient pleasure who'll jump on the cock of a Chad in five seconds if given the chance?

Do it for yourself! Embrace your inner Chad. The more you care about what women think the more desperate you'll seem and the more you'll turn them off

TheLanternFlame • -1 points • 23 August, 2018 02:53 PM

Some people need motivation to do this, but we as men focus on our discipline to get little things out of the way by having it become part of our life. This is what separate us from those boring guys, we are what we do.

flapjacksrbetter • -1 points • 23 August, 2018 05:18 PM

What advice do u have for a hardgainer since u went thru the process. Im 6ft and skinny.

KeffirLime[S] • 1 point • 24 August, 2018 07:35 AM

Eat, eat, eat and when you're done eating, eat some more.

I was eating around 5000-6000 calories a day early on.

crypticbiscuit12 • 1 point • 24 August, 2018 11:25 AM

Just Google 5x5 stronglifts and put the work in. Lift Heavy, Be Heavy.

[deleted] • 0 points • 23 August, 2018 06:51 PM

EXCELLENT post. Thanks for taking the time to write!!

6ftclub • 0 points • 23 August, 2018 08:27 PM

Good read definitely hitting gym today

MarcosDomingues • 0 points • 23 August, 2018 08:46 PM

The answer to this question is "Why would we not lift"

weezyonfire • 0 points • 23 August, 2018 09:11 PM

excellent post, the break down on why we lift. is much needed. yet not at all elaborated on until now. thanks!

FatmanO • 0 points • 23 August, 2018 09:20 PM

How old are you? Whats your heigh and face? For how long are you lifting? Im 18 and just started lifting

KeffirLime[S] • 1 point • 24 August, 2018 08:42 AM

28, 6 ft 1, been lifting 7 years

reubenc98 • 0 points • 23 August, 2018 09:25 PM

Because anything else is dependent upon someone or something - lifting is the most intense relationship you can have with pushing yourself. 200kg on a bar is always going to be 200kg, and your ability to move that bar is solely down to you.

liberty1127 • 0 points • 23 August, 2018 09:27 PM

I lift to get strong AF and compete in powerlifting competitions. The gains are a side effect. They are nice. Strength and exercise allow you to reduce all cause mortality and live a longer and hwalthier life. Who doesn't want that?

wadsworthsucks • 0 points • 23 August, 2018 10:30 PM*

I don't lift, but several years ago I went from a portly 240lbs down to a "skinny fat" 160. I say "skinny fat" because I'm 5'8" at 160lbs. 5'6" at 240... Anyway, I never felt more self confident in my life when I hit 160. Women approached *me*. I went from getting laid once or twice every few months, to fucking 2 different women

in a day. I guess it might have helped that I had full mutton chops, and people would say I looked like a latino Hugh Jackman. . . But, the point is, My personality hadn't changed, but my self-confidence increased substantially. And, to me, that's the best reason to be in shape, other than the obvious health benefits that come with not being a lard ass...

Yeah, thanks for the no reason downvote, dick.

garfields-right-nut • 0 points • 23 August, 2018 10:43 PM

Can I just lift because I enjoy it?

thatkidyoshi • 0 points • 23 August, 2018 11:16 PM

Hit the fucking nail perfectly!

WingManThunder • 0 points • 23 August, 2018 11:58 PM

I lift to improve myself physically and during that couple of hours at the gym all I can focus on is the task in front of me. I'm just thinking about that weight bar in front of me, or putting one foot in front of the other on the treadmill. I'm not thinking about anything that's stressing me out. Or that irritating ass bitch. I'm just focused on that task at hand, and it carries over to other aspects of my life. That's why I lift.

Philosfy • 0 points • 24 August, 2018 01:00 AM

I've recently started lifting. This post is all the motivation I needed to go beast mode in the gym! Thanks OP.

deivid2525 • 0 points • 24 August, 2018 01:16 AM

Women like good shaped men because in the prehistoric times, men used to go hunt and feed the family. The healthier the man, the better chances it had to hunt a prey and feed them. However, that has changed through times and with economy, I believe that today's attraction is not just about physics but wealth. Yes, the more money you have, the more chances you get to feed a family and that makes you attractive.

blacktao • 0 points • 24 August, 2018 01:46 AM

To look good naked □□♂□ tf

NormalAndy • 0 points • 24 August, 2018 03:39 AM

It's sure good to focus on the positive.

Remember that you are building that discipline and persistence above all. After 2 months you are in newbie gains high, after 8 months you are just putting in the time and staying focussed. It's challenging and it stays challenging.

Strong is above all a mindset. Stay strong and you will get where you are going, no matter how old you are or how long it takes.

pt141_anhedonic • 0 points • 24 August, 2018 04:34 AM

Im trying to go to the gym more these days but tbh I don't get any of these endorphins people talk about. It fucking sucks.

Idk whats wrong with me but also I tend to get nausea even when I don't push myself that hard. Also working out makes me feel even worse mentally sometimes.

This was NOT the case a couple years ago but ever since my brain chemistry got fucked up a year ago it has been even though I did potent AD treatments like ECT to restore my mood.

Im not sure how to fix this issue. Lifting intensely will not be an option until whatever in my body that is fucked gets fixed.

yammyha • 0 points • 24 August, 2018 05:03 AM

I wanted to lift my feelings up and put them down learning how to control and push through the tension lol.

LuckyLuke23 • 0 points • 24 August, 2018 06:23 AM

man this is such a great post. someone back in the day on sosuave forums just kept screaming at me to lift. I didn't understand why.

after 2 years of lifting, I understand why now. EVERYONE needs to read this.

skad00sh_meh • 0 points • 24 August, 2018 07:53 AM

So we can learn to pick ourselves up, Master Wayne.

TheHayha • 0 points • 24 August, 2018 08:13 AM

An other argument for exercising that isn't mentioned is that people usually say " i don't have time for that", but the productivity gain after a workout (around 20%) and the additional lifespan induced by working out results in a huge GAIN of time, so it's not that you don't have enough time to do it, you probably don't have enough time NOT to do it.

TheStoicCrane • 0 points • 24 August, 2018 08:53 AM

I lift because I **love it!** I **love** the sensation of bulging bicep veins and the iron grip. I **love** the feel of fatigue and the mental voice in the back of my head prodding "**One more set!!!!**" I **love** the feeling of overcoming physical adversity. The adversity that parallels the struggle of life itself. The struggle of becoming a fully developed man in an age of perpetual adolescence. **I lift because I love it!!!**

SKRedPill • 0 points • 24 August, 2018 09:05 AM

Girls are usually the place where we all learn about strength and fitness. But the day you say you will lift even if girls aren't guaranteed, is when you've got your own frame and understanding.

Zech4riah • -4 points • 23 August, 2018 05:24 PM*

The key thing here is this:

Over the course of 7 years I went from: An ironing board 6ft1 67kg 8% bf to a fairly beefy peak of 87kg 5-6% bf.

If you go from normal to good shape (let's say 75kg with BF 17% to 87kg BF 12%). You won't be noticing too much difference in reaction of women.

Good physique in getting women is overestimated and this comes from a dude who is really in shape so no excuses here.

I've been:

85kg with somewhat athletic body

Bulked 110kg

Shredded 90kg (current situation)

I've barely noticed any difference in IOIs. Only thing which has changed is how the other men react to me and

usually it's only men who compliment me.

Usually girls compliment my body only after sex and after the first time sex good body start to have a bit more value. Everyone should be lifting for themselves.

PS. I guess you work out with midgets if you are one of the biggest guys in the gym/room with ~90kg weight :D And good job on that 87kg with BF 5-6% that's really high level achievement assuming that your height is somewhere between 180cm - 190cm.

EDIT: Am I getting downvoted by midgets, chubbies or generally by people who haven't been shredded and approached girls but who like to think that physique above normal body actually helps more than couple of percents?

The_Wicked_Wombat • -2 points • 24 August, 2018 12:05 AM

Over the course of 7 years I went from: An ironing board 6ft1 67kg 8% bf to a fairly beefy peak of 87kg 5-6% bf.

Hard to keep reading here after bro. Gonna need some pics or some shit. Don't think you really understand what 5-6% bf really is. That's stage comp, with cutter anabolics ready.

KeffirLime[S] • 0 points • 24 August, 2018 08:32 AM

as stated that was my peak, it was after a 12 week prep, cutter anabolics included. Obviously don't sit there year round.

sciroccomindrape0087 • -17 points • 23 August, 2018 03:22 PM

A benefit of lifting in a nutshell; You can get any 10/10 girl on lock regardless of relationship status. If they have a boyfriend who objects. Politely tell him to fuck off she is yours until your bored of her. If he refuses and it comes to blows, fuck him up and fuck his girl in front of him.

teeteeDOUBLEyoudee • 15 points • 23 August, 2018 03:47 PM

Unfortunately, I've seen a tank of a guy attempt this technique of yours before and start on a guy with a gorgeous girlfriend. This tank of a guy in question was subsequently jumped by about five rugby player friends of his target and now has minor brain damage due to attempting to be "alpha".

Doesn't always work mate.

sciroccomindrape0087 • -9 points • 23 August, 2018 05:00 PM

What is your point? In the US there is 2nd amendment and the right to self defence. If some bitch who likes doing someone's else's dirty work tried that I would continue using one hand for her head while she drains my nuts and the other for my pistol. They can have the sloppy seconds when I am done. LOL

The guy you were talking about had more bravado than brains. Are you sure he wasn't always brain damaged? If he's going to go around doing that he should be prepared for the fallout.

In the US that is easy. One of the benefits of 2nd amendment. The way I see it, It is a necessary conflict. Fucking women in relationships is the best. Most single women in the west atleast tend to be either feminists, or clingy. The highest SMV women are understandably in relationships.

circleofshit666 • 6 points • 23 August, 2018 07:36 PM

Dude you're retarded. If you really act like that (and I am certain you don't) enjoy your stint in prison. The 2nd amendment doesn't shield you from prosecution when you actively provoke a scenario.

sciroccomindrape0087 • -2 points • 23 August, 2018 09:25 PM

Are you special needs if you are going to quote law at least have statutory source or precedent to back your assertions up. The 2nd amendment allows me to use a gun, in self defence. This is stated as an "Inalienable right to self defence" Regardless of whether you provoked the situation if someone threatens your life, or intends to do serious harm you can shoot them under US Law as a matter of self defence. This applies in most states especially stand your ground states.

It seems that you are from the pussy UK. Where citizens are happy for the state to have all the guns, and have a very limited right to self defence and have to go as far as looking after the welfare of burglars trespassing and trying to steal property. Just because you have been brought up in a pussy cucked country it does not mean that someone who values their right to self defense. As far as I am concerned if she is a 10/10 and consents she is getting fucked regardless of relationship status. That is not illegal. Trying to harm or cause brain damage to someone else is. As such if some fucker came to me over some cheap thot I will do nothing and simply fuck their girl in front of the bitch. If they attempt to attack I am within my right to shoot them as a matter of self defense. My state had not been infiltrated by lefty gun control cucks. It is strictly stand your ground. If it is apparent that I shot some goons who were trying to jump me over some cheap fuck the police will do nothing. The furtherest it will go is questioning. LOL

circleofshit666 1 points 24 August, 2018 12:35 AM **[recovered]**

I'm a concealed carry permit holder from the United States and I've been working homicides for 18 years, and you, you're a dumb motherfucker. Frankly I think you're just a scared little boy who likes the idea of shooting somebody, but the reality is that you'd wet your fucking pants if you were facing a real scenario.

sciroccomindrape0087 • 0 points • 24 August, 2018 05:00 PM

Want to test that out.

You are In the U.S good.

I must ask then,

Is you're mom a 10/10 Milf?

In debt? Well I am willing to pay a good amount for you're wife partner if you have one.

You can post or pm the following,

Location

Date

If she consents it would be good to fuck her raw In front you, just for the lulz and to see the face of the cuck bitch who fights over disloyal hoes.

Concielled carry working homicides? Lol. If you worked in law enforcement you would realise that the law with regard to stand your ground using your gun differs at state level. If you're talking about Federal level, then I know you are some Walter Mitty bulshitter, there is no way the fbi will get involved over a dispute over a Thot.

If you are certain I will piss my pants in a real situation then I would really love to reach out to your mom or wife if you have one. As far as I am concerned all women have a price. And for the chance to piss off the Walter Mitty cop I am willing to pay a particularly high price for a threesome with your wife and mother and extra to take a dump in you're wife's mouth.

The payment for the agreed price can be placed in a regulated escrow of your choosing for "therapeutic services"

To avoid spamming this thread my response to any subsequent post is, take me up on my offer to truly prove who the real bitch is.