

# What do you people think of body builders in terms of physique attractiveness?

13 upvotes | 20 April, 2020 | by banned\_by\_cucks

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For me, I hate to say it, as I respect anyone who decides to lose fat and lift weights, but too many female bodybuilders look freakishly masculine (many of them are taking testosterone) -- also important to point out, this is damn near impossible to accidentally happen to a woman who lifts etc (to those who are afraid of lifting). It's a shame, because many of them actually have a very nice face. Are bodybuilders at the point of the uncanny valley and where you get negative returns of something that generally provides a lot of positive returns in terms of SMV? Or are male bodybuilders considered the ideal body-type for SMV optimization?

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## Comments

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mindsanitizer • 17 points • 20 April, 2020 09:17 PM

You can lift too much. But it's not gonna happen by accident, so it's not anything a normal dude should worry about. The best advice to give any man is LIFT LIFT LIFT.

DeuxPistolets • 5 points • 20 April, 2020 09:30 PM

The average male could have access to all healthy protein-rich food in the world, all the steroids his heart desires, and be allowed to focus on be a “bodybuilder” as if it were a full time job. Very few people have the genes that would allow them to look like bodybuilders.

On the other side of the coin... There are boxers that I train with that don't lift weights (boxers rarely do) or even do much in the way of calisthenics, and they are far more muscular (in addition to being incredibly lean, than most guys that do gear and lift weights. You can already guess what their race likely is. I could only imagine what they'd look like if they did lift weights. I've seen very rarely, some white boxers like that. I can't recall any Latino fighters that are like that.

AidsVictim • 9 points • 20 April, 2020 11:23 PM

Dark skin usually tends to "highlight" musculature which is one reason bodybuilders tend to use tanners although some groups of Africans do seem pre disposed to naturally having good bodyfat/musculature ratios. Size wise the biggest and strongest people typically come from Northern Europe around the Baltic sea area.

DeuxPistolets • 2 points • 21 April, 2020 12:18 AM

I was specifically talking about black boxers. In my experience, it's more common for them to have more muscle mass naturally. For example, there's one boxer I know that is my height 5'11". He fights professionally as a light heavyweight (175-184lbs). A week out before the fight, he'll be about 200lbs, with an incredibly low level of body fat. Before the fight, he drops 10-15lbs of water before the weigh in. By the next evening he'll be back up to just under 200lbs for the fight. It may not seem that big, but it's quite rare to be naturally muscular with no body fat at 5'11 and 200lbs. I've seen this with several black fighters I've trained with. As I mentioned I've seen a couple of white guys that were naturally that muscular despite not lifting weights. One of the was a Croatian fighter that moves to the states. The other was an amateur fighter I occasionally trained with 20 years ago.

It's kind of silly to think that there isn't a clear difference between Saharan blacks and whites when it comes to the amount of lean muscle mass they have, and are capable of achieving.

Size wise the biggest and strongest people typically come from Northern Europe around the Baltic sea area.

Yes, absolutely. Some of those men are absolute monsters. Large amounts of muscle mass, with a very thick and wide bone structure as well. A lot of those men are very tall too. Samoans are also close to being up there. They have a lot of muscle mass with huge frames/thick joints. However, like samoans, these guys generally aren't naturally that lean. They are born thick all around. They're also usually very tall in stature as well.

AidsVictim • 3 points • 21 April, 2020 12:44 AM

I'm not disagreeing with anything you said, just pointing out that darker skin typically helps

someone look more cut than paler skin at the same bodyfat.

mindsanitizer • 2 points • 20 April, 2020 09:40 PM

Yeah genetics matters a lot obviously. Some dudes are fucked. As long as we're being honest to dudes and not giving them a lot of "ACTUALLLY I prefer swimmer bods and lifting is a turnoff" noise I'm cool with it. It is good advice to not talk about lifting and diet tho. Women do NOT wanna hear about that shit. If you can hide your lifting it's like twice as valuable.

[deleted] • 1 point • 22 April, 2020 03:02 PM

As a tall lean dude I have closer to a swimmers body than a bodybuilders body even though all I do at the gym are compounds and accessories, and eat a very high protein diet

Because of genes and body structure I'll never look bodybuilder big. Women can tell I'm in shape but don't think "wow he must bench press 3x a week"

mindsanitizer • 1 point • 22 April, 2020 03:07 PM

Sounds like you're doing it right (lifting + protein).

usa\_foot\_print • 1 point • 21 April, 2020 10:37 AM

I am assuming you live in America. Black people tend to have the most diverse gene set. So when you say black people, you are getting extreme black people.

Plus you know, the breeding for slavery for the last 200 or so years probably contributed to it also.

[deleted] • 11 points • 20 April, 2020 09:30 PM

I think people like Arnold in the 70s and the people he competed against were the peak of bodybuilding. These guys were big, but they still looked human when they were not dehydrated. Modern day bodybuilders look like freaks since they take all types of human growth hormones.

I like some muscle on girls, like even when they look a bit shredded, but several of them do abuse the shit out of steroids.

AidsVictim • 6 points • 20 April, 2020 11:19 PM

Arnold would be a freak even by modern standards although he certainly wouldn't be the biggest around. His heaviest stage weight was around 240-250 and top heavy which would have made him pretty damn big. He cut a lot of weight for his acting career so the popular image of him is actually noticeably smaller than during his peak bodybuilding years.

[deleted] 20 April, 2020 10:37 PM\*

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[deleted] • 2 points • 20 April, 2020 11:01 PM

They took steroids, I know. But modern day body builders take all types of crazy shit, stuff that your body cannot ever do.

TrajanOptimus117 • 1 point • 21 April, 2020 10:06 AM

The steroids that the likes of Arnold and Frank took were a world away from the insane cocktail of drugs taken by modern competitors in bodybuilding

Sid\_Insidious • 1 point • 22 April, 2020 10:44 PM

Plus the copper paint they put on doesn't help either.

I know it's to give the muscle definition more "pop"... but just.... ick.

DeuxPistolets • 6 points • 20 April, 2020 09:03 PM

Men and women that “look” like bodybuilders and actually compete are an extremely small minority of the population. On any given day, I see a lot of guys that are on gear and lift weights. As far as female bodybuilders go, there are very, very few of those women out there. Most women compete in the fitness, figure, bikini shows instead. (I forgot what all of the names for them are).

I don't think female, or even male, bodybuilders do it to be “attractive”. I think they are just obsessed with the sport and really focused on winning shows. Obviously, women taking androgens is going to do a number on her skin and cause her to develop some masculine looking features. It's not attractive obviously. However, I think these women do it anyways because their passion for bodybuilding is most important to them.

As far as male bodybuilders go... I'm sure there are some women that really have a “thing” for bodybuilders. Any of the bodybuilders I've known, or would see at the gym, usually had wives/girlfriends that were bodybuilders or figure competitors themselves. I'm sure women that do those shows prefer male bodybuilders. However, the extreme appearance of professional bodybuilder's physiques is probably not very attractive to most women. I think a lot of women might even think they look “gross”. In terms of musculature, what most women probably find ideal would be guys like The Rock one Vin Diesel when they're in shape and using whatever drugs they use. I think going beyond that, it looks too extreme and unnatural to the point that it's unattractive. At the same time, I don't think these pro male bodybuilders really give a shit. They're concerned with winning shows and getting endorsements.

[deleted] • 13 points • 20 April, 2020 08:54 PM

Women will give you the politically correct answer that muscles don't matter but I guarantee you this is false.

I started getting way more IOIs and lays after I put on decent muscle

Speaker7 • 7 points • 20 April, 2020 09:28 PM

Is it really the muscles that trigger tingles? Or is it just a marker for the underlying mechanism "This is a dangerous man that can protect me, or kill me, GUSHHHHHHHHHHHHHHHHHHHHH"

[deleted] • 8 points • 20 April, 2020 09:40 PM

Or is it just a marker for the underlying mechanism "This is a dangerous man that can protect me, or kill me, GUSHHHHHHHHHHHHHHHHHHHHH"

Probably this subconsciously

[deleted] • 11 points • 20 April, 2020 09:33 PM

Woman tend to like muscles, but they dont care for the overtly shredded look.

I think the dad-bod "craze" was just a way for woman to prepare themselves to getting ready to settle.

usa\_foot\_print • 4 points • 21 April, 2020 10:39 AM

Awhile back I saw a post somewhere that compared what men and women thought dad bod was. Men thought it was a balding dude with a beer gut. Women thought it was a muscular man who put on some weight as he aged but was still strong.

Two completely different things and if that is what a woman imagined as a dad bod, I'd wager she would actually be attracted to that.

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[deleted] 21 April, 2020 01:07 AM

[removed]

couldbamage • 2 points • 21 April, 2020 02:19 AM

More/also a virtue signal. Had dad bod, now I don't, used to have to try, now I don't.

[deleted] • 1 point • 22 April, 2020 03:05 PM

Wrong. The dad bod craze was women rationalizing their attraction to status

banned\_by\_cucks[S] • 3 points • 20 April, 2020 08:56 PM

No doubt that muscle definitely helps, but it probably gets to that point of the uncanny valley for even most girls who are attracted to even super muscular dudes already.

LurkingLion26 • 2 points • 20 April, 2020 08:56 PM

I agree, you just need to look like you lift. A guy who's under 10% body fat and ripped will do better than a guy who is a bulk god.

LeadInfusedRedPill • 1 point • 21 April, 2020 12:28 AM

I think what comes to their mind when they think "bodybuilders" are Ronnie Coleman's and the like, which I can understand not being into.

Almost all women will be into a nice physique, despite what they say.

OpatUweKutSchimmele • 1 point • 21 April, 2020 06:20 AM

Women will give you the politically correct answer that muscles don't matter but I guarantee you this is false.

No, they will give you the answer that they think it looks disgusting, in general. They don't say "it doesn't matter" and that they are indifferent, but that it looks grotesque.

I started getting way more IOIs and lays after I put on decent muscle

And I since I got dreadlocks—that's not a case of dreadlocks being popular; that's a case of supply and demand.

[deleted] • 1 point • 22 April, 2020 03:04 PM

Visible muscles are big. You still need to be somewhat lean

[deleted] • 1 point • 22 April, 2020 03:08 PM

Definitely, skinny dude with a jawline will get more pussy than the fat power lifter. (If both were twins)

JohannesClimaco • 6 points • 20 April, 2020 09:39 PM

Very few women are going to go to a bodybuilding competition and get sexually aroused. I bet there are more gay men who would.

Also a lot of guys love female bodybuilders even when they look super masculine. Look up videos of female bodybuilders on youtube.

TheKarmicWoosh2 • 4 points • 20 April, 2020 10:18 PM

If you're talking about IFBB freak beasts who trained for 10 years, cycle a ton of compounds and then left humanity behind, then yeah to most people they look too freakish.

However, people underestimate the amount of PED use that is actively used today. From fitness gurus, to actors, to mainstream top level athletes.

A lot of the looks you see nowadays are simply not obtainable naturally for most humans in any reasonable timeframe. On steroids you can actually still look relatively normal, just really really good especially on certain compounds with a good diet.

Me personally, I got incredibly jacked (naturally) and it was a night and day difference in how Women treated me. Some girls really like buff dudes. For the average guy getting muscular can certainly be a game changer.

Nodoxxintoxin • 2 points • 20 April, 2020 10:38 PM

Not for me thanks. Swimmers are perfection, lean, well defined but not weird or too crazy bulky. But moderate muscularity is also very attractive as long as they are lean.

coffeemugstealer • 3 points • 21 April, 2020 01:05 AM

Classic bodybuilders vs. modern muscle monsters.

"Hercules" Steve Reeves might not win against Kai Greene today. Until 60s, drug free, natural bodybuilding without extreme conditioning are an ideal physique for most men and women.

[deleted] • 1 point • 22 April, 2020 03:07 PM

Look at Sean Connery - he used to be a bodybuilder before becoming James Bond. That body looks average by today's standards

coffeemugstealer • 1 point • 23 April, 2020 09:19 PM

Yes, I saw a photo of sean connery doing banana stands near some women. Average man got obese meanwhile.

yasee • 3 points • 20 April, 2020 09:33 PM

veins are spooky so if we're talking competition-level bodybuilding then I am not a fan. I don't think people who build to that extent are usually doing it to be attractive though

Barneysparky • 3 points • 20 April, 2020 11:10 PM

Those veins are disgusting. They are like an old persons legs.

reluctantly\_red • 1 point • 21 April, 2020 12:37 AM

Those veins are disgusting.

Good thing you'll only see them the few days they're in competition shape.

Barneysparky • 1 point • 21 April, 2020 01:17 AM

Very untrue, my son is a steroid and gym abuser.

Between mimicking varicose veins of the elderly and the stretch marks of a pregnant woman, not to mention the shrivelled balls and acne of adolescence gym rats become a turn off fast for all but their female counterparts.

Which is good, because they partner together.

couldbamage • 1 point • 21 April, 2020 02:29 AM

Veins are one of those things that are actually are genetic. I had spectacular arm veins at over 20 percent body fat. Goes over well in my field.

goatismycopilot • 3 points • 20 April, 2020 09:39 PM

Competition level body builders appeal to a very small slice of people mostly other dudes and a few women.

[deleted] • 3 points • 20 April, 2020 11:36 PM\*

What do I think it not as relevant as facts:

Scientific studies have demonstrated that guys are more obsessed with a muscular body than women are. Most women prefer around 15% BF in a partner, while guys would prefer 6%-7% for themselves

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

Since we are in the subject let's also talk about the "dad body" women **say** they like a dad body, but when it comes down to real life, they'll take toned/muscle any day.

In a woman I am attracted to 15%-20% body fat from lifting at the gym and it shows

<https://i.imgur.com/rKt0FX0.jpg>

I don't like bodybuilders bodies, I admire the dedication (it ain't easy) but aesthetically I just don't see it.

banned\_by\_cucks[S] • 1 point • 21 April, 2020 12:28 AM

I thought most women preferred 12 percent body fat.

[deleted] • 1 point • 21 April, 2020 01:56 AM

Well, that's what us guys think, and what we prefer. But there was at least one study (not just some bozo's article) about what women actually prefer.

banned\_by\_cucks[S] • 1 point • 21 April, 2020 02:09 AM

Can you link it?

[deleted] • 1 point • 21 April, 2020 02:11 AM

I can't find it. It was going around a lot a few years back both on /r/Fitness and TRP subs.

merlins-cross • 3 points • 21 April, 2020 03:32 AM

Without steroids, I do not believe it is possible to go "too far".

aahdee21 • 2 points • 20 April, 2020 09:07 PM

Bodybuilders as in those who attend competitions are a solid no. I just don't like them so large.

Those people who are toned/athletic? Hell yeah. I like to do active things so it'll be great if my partner could do it with me. My current partner is overweight and it does worry me a bit but he's a vet so I'm sure he can keep up.

Sekina7 • 2 points • 20 April, 2020 09:14 PM

I do NOT find the overly "juiced" look attractive AT ALL, give me a white-collar athletically built dude in a tailored suit ANY DAY.

[deleted] 20 April, 2020 09:54 PM

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usa\_foot\_print • 1 point • 21 April, 2020 10:42 AM

Drug tests are worthless. The science behind beating them is so well known to competitors that it is more of a thing done to appear "natural".

I mean even if they weren't easy to beat, I could juice for 5 years, and quite juicing for one year and compete. I would easily test negative but be in a much better position than if I never juiced.

findingfemininity • 2 points • 20 April, 2020 10:07 PM

I like fit men but not Jeff Seid level giant veiny definitely on roids muscle men.

For me the ideal body on a guy is similar to Francisco Lachowski, with a bit more of a v shape. Basically something any young man who goes to the gym 3 - 5 days would be able to achieve.

Mettaton0H\_YES • 1 point • 20 April, 2020 10:27 PM

welp that's in my history now... But hey, nice to know..

findingfemininity • 1 point • 20 April, 2020 10:31 PM

Lol what did you think "veiny roid muscle men" was going to be a picture of

Mettaton0H\_YES • 1 point • 20 April, 2020 10:53 PM

Oh no I meant the other one. That's gonna make the school think I'm gay...

Nodoxintoxin • 1 point • 20 April, 2020 11:35 PM

Example number two is probably not as easy as it looks, but yes, the broad shoulder v shaped torso is the pinnacle.

QuestionablePresenc3 • 1 point • 21 April, 2020 08:41 AM

I don't think I'll ever comprehend what you women here are attracted to lol. That second guy's body doesn't look particularly special to me in any way. Are you sure it's not actually him being like 6'3" and having model face that matters?

Bwar12345 • 1 point • 21 April, 2020 10:40 AM



Lol she is clearly attracted to his face dude is skinny

findingfemininity • 1 point • 21 April, 2020 02:30 PM

I mean Seid is also pretty tall and has an objectively nice face but I'm not attracted to him at all.

usa\_foot\_print • 1 point • 21 April, 2020 10:43 AM

lmao I think that body is achievable with using p90X ab ripper once a week.

crookedsummer2019 • 2 points • 20 April, 2020 10:27 PM

<https://ab-machinereviews.com/wp-content/uploads/2017/08/athletic-vs-bodybuilder.jpg>

Yes to the left. No to the right.

flamingoinghome • 2 points • 21 April, 2020 12:22 AM

As a woman, male bodybuilders are not sexually attractive. Athletically impressive, yes, but sexually they don't look entirely human to me, let alone fuckable.

couldbamage • 2 points • 21 April, 2020 01:40 AM

Top level bodybuilders all have bodies that can't happen without drugs. To me that makes them not worth thinking about.

poppy\_blu • 2 points • 21 April, 2020 03:49 AM

this is hot

this is not

OpdatUweKutSchimmele • 2 points • 21 April, 2020 06:19 AM

I hate to say it, as I respect anyone who decides to lose fat and lift weights

Bodybuilders loose so much fat that their basically like pro-ana models, but with muscles. Their fat percentage is just as low but because they're also muscular it shows muscle instead of bone.

[deleted] • 5 points • 20 April, 2020 09:40 PM

not sexually attractive, not a "cool" aesthetic, looks shit in clothes, no thank you

WastingOrchid • 4 points • 20 April, 2020 09:16 PM

I'll admit to liking a really muscular physique in guys. It's not really my ideal, I wouldn't say; that's reserved for muscles that look useable, like that kinda tubby muscular of guys who work in manual labor? Muscular but under a layer of fat, lmao

Despite my liking muscles, I look at body builders and want to vomit. That's not how a human body should look and I want nothing to do with it; it seems like it would hurt them if I touched them

I'm bi and the comparative thing with women is those massive, hard, fake boobs. Like yeah boobs are great, but *those* types of implants, the ones that turn a woman's boobs purple and are rock hard, make me feel physically ill to look at.

Nodoxxintoxin • 2 points • 20 April, 2020 11:27 PM

kinda tubby muscular of guys

I suspect a lot of guys are upvoting you right now.

WastingOrchid • 3 points • 20 April, 2020 11:31 PM

If they are they misunderstand what I mean, lmao. I highly doubt many guys here are the body type I'm describing, but they see "tubby" and think "hey! That's me! :D"

Nodoxintoxin • 2 points • 21 April, 2020 12:14 AM

For ideal body fat percentages based on age, Beth Israel Lahey Health Winchester Hospital gives the following guidelines for a healthy body fat percentage for men:

Age Percentage

20-39 8-19%

40-59 11-21%

60-79 13-24%

To me, up to 15% to 17% looks perfectly acceptable, 10 percent is the most attractive. Ymmv. But the average male in the US is 28%. No bueno

banned\_by\_cucks[S] • 1 point • 21 April, 2020 02:22 PM

Wow, 28 percent, really? That's fucking embarrassing.

WastingOrchid • 1 point • 21 April, 2020 02:31 PM\*

See, I like a body fat percentage that's a little higher, maybe above what's recommended, but only under the condition that the guy is also muscular underneath. I can't tell body fat percentage perfectly from appearance, but from scrolling through body fat charts on google I think (NSFW, this is from a gay porn sub bc it's the only thing geared towards the body I'm describing that I could find and he's clothed but dick outline is present) this guy would be closer to 20% body fat, but he's still clearly buff. That's the ideal I'm talking about. He's clearly jacked, but he doesn't have the stereotypical 6-pack because he's got a high body fat percentage. Idk why that specifically is so hot to me, but muscles like that seem more for actual use—strongmen usually don't have a six pack either, for example—than for show, like bodybuilders' are.

If that makes sense  ♀

pineapplelemon • 2 points • 20 April, 2020 09:49 PM

I love a man who makes muscle naturally. You know that gorgeous natural tone some guys get just from having a healthy T-level and maybe enjoying being active.

I'm in the minority with this but it's kind of a turn off to know that a guy toiled in the gym week after week for his body. I don't like huge muscles for this reason, they're obviously intentional.

CandleLess • 1 point • 21 April, 2020 05:26 AM

How common is this in your experience? I've met like 3 people like that in my life

AutoModerator[M] • 1 point • 20 April, 2020 08:47 PM

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OXOzymandias • 3 points • 20 April, 2020 10:28 PM

Why people think about Ronnie Coleman or Zyzz when people talk about gym goer, or body builder in general, like those dude are roids up, we talk about you average gym dude, often with 1 or 2 year of consistency he is gonna look like Reynolds in Amityville max and it is gonna be his body for the next 5 to 20 years depending on his will.

siberiansummer • 1 point • 20 April, 2020 10:05 PM

Ugh hate to admit it - I love that. Not like completely crazy looking ones from magazines. And I attract that type somehow. Talking to one right now, he used to compete in those body building contests and did steroids. Now he doesn't compete anymore but still lifts and looks so hot. My ex husband was lifting too, and a bf after my ex also was lifting and was doing steroids. I heard some women say that, but knowing how much attention they get, I believe the vast majority likes it

NockerJoe • 1 point • 20 April, 2020 10:13 PM

It depends on the aesthetic. I've hung around a few body builders and even the female ones look feminine enough in most categories except for the \*really\* muscular ones. But even then a few of them can pull it off. The male ones if they're willing to lean out a bit will look fine but most of them go a BIT too far IMO.

But even on the scale of bodybuilding and powerlifting at the amateur or lighter weight levels you're barely distinguishable from a joe blow on the street to me in your regular street clothes unless it's hot out.

throwaway64857 • 1 point • 20 April, 2020 11:51 PM

Bodybuilders bodies look terrible imo. Male or female. However what you see on the stage and in their promo shots is a specifically curated image where they eat a specific way, do not drink water, and basically are in q state of being extraordinarily unhealthy. It's fine for them as they do it willingly and only for a few days, but if you see movies with men with these crazy physiques, this way of life is forced on them for weeks or months at a time and is super bad for their long term well being.

On their "off season" (meaning when they are not competing and taking photos) they look a lot better. Some are still too muscular imo, but it is a healthy level where they drink and eat enough to sustain a healthy body.

I would much rather have someone less muscular but healthy than someone depriving themselves to get that definition.

garbageboob • 1 point • 21 April, 2020 12:20 AM

Indifferent. I admire their dedication and hard work, but they're not any more attractive than a guy who just hits the gym a couple times a week. I like when guys have a lil bit of chub, their bellies make nice pillows :)

obvi\_imnicklachey • 1 point • 21 April, 2020 01:47 AM

I'm a straight woman. The body builder aesthetic repulses me on both men and women.

My ideal physique on men is tall with lean muscle. My comfort spot (types of men I have dated frequently and found attractive) is tall chunky/chubby men with the extra weight properly distributed in a masculine manner (no fat pockets that would mirror feminine body shapes). I've even found concerningly overweight (but not obese) men attractive.

I've never found a bodybuilder type attractive. I logically get what it does for other women, but I personally don't like it at all. Always have and will take Lean, chubby or fat over body builder physique.

For what it's worth, I personally have an athletic toned curvy body and I've always been super self conscious about the muscularity of my arms so it's very possible I just have a complex in this area lol

CandleLess • 1 point • 21 April, 2020 05:28 AM

What does a masculine fat distribution look like?

obvi\_imnicklachey • 2 points • 21 April, 2020 12:09 PM

Whatever doesn't make a fat man look like he has feminine childbearing hips or breasts.

nosynobody • 1 point • 21 April, 2020 02:14 AM

Na I don't like bodybuilders at all. Skinny to lean has always been my preference, sure lean with some muscles would be idea. But if the choice is between a ripped guy and a skinny guy with no muscles am gonna go with the skinny one.

joeclark5 • 1 point • 21 April, 2020 07:21 PM

Bodybuilders who were around before steroids had a great physique without being freakish. Charles Atlas and Steve Reeves for example.

[deleted] • 1 point • 21 April, 2020 08:50 PM

When a handsome, charismatic guy is also muscular- not in a roid-swole way- it makes him that much more handsome. A trog is still a trog if he's muscular.

[deleted] • 1 point • 22 April, 2020 03:00 PM

Bodybuilding can look unnatural because it is unnatural. You only reach the gross stage as a male or a female with steroids

Also worth mentioning that when you see pictures from a competition it's with dehydration and tan - they normally don't look like that

Tealllane • 1 point • 22 April, 2020 04:53 PM

I don't really have much of an opinion to be honest. My younger brother is a body builder. If he had any confidence he could kill me in a fight, but he's a huge pussy so I have that going for me and I get away with roasting him on a regular basis

slavicgypsygirl • 1 point • 22 April, 2020 09:31 PM

Totally my type to the point that I date and have even injected many who cycle roids

Sid\_Insidious • 1 point • 22 April, 2020 10:45 PM\*

Female fitness, gym bunnies. Generally hot.

5% body fat, shredded, 8 pack. Meh. Not for me.

Can bench 300. Power lifter legs. Breasts hanging off big pecs. No neck. Yick.

I know one woman in particular I dated a long time ago and she had a near perfect body. Slender, but very nice hips and curves. Perfect perky little B cup tits. She went 'full body builder'. I'm sure she is happy with her life choice and loves what's she's doing and doesn't GAF that most people probably think she looks terrible now. And yeah, her pale skin complexion was really nice but she looks retarded with the bronze paint on.

To me she went from "8" to no rating because she's a man now.

[deleted] • 1 point • 21 April, 2020 03:17 AM

It's an aesthetic I admire for the effort and discipline people put in, but it is not "attractive"