

# How to get JACKED during quarantine

May 4, 2020 | 947 upvotes | by [Pimpjuice2](#)

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Hey all.

A lot of life gets wasted on meaningless activities. Hours spent on worthless nothing. To make the most out of our day it's important to fill it with things we are proud of and that make us feel alive.

And since you're reading this, good news. You're one step closer to seeing a ripped badass every time you look in the mirror.

I could ask why you're here, but I know. [Like that scene in American Beauty when Kevin Spacey is jogging with his neighbors and they ask him his fitness goals](#), whether he wants to gain muscle or lose fat, and he responds: "I wanna look good naked."

Aside from making you more attractive, exercise has countless benefits: Positive confidence feedback loop, [energy](#), [brainpower \(builds gray area\)](#) – the list goes on.

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

As of May 2020, you may find yourself with extra time on your hands to finally commit to your best body ever. Only one problem: the gyms are closed.

So what do we do?

## WORKOUT WITH NO EQUIPMENT:

### Abs

Do 6 minute abs 4 days a week (2 days on, 1 day rest, 2 days on, 2 days rest)

This [workout came from research at Stanford](#) to find the most effective way to get shredded abs.

- 25 leg lifts + Kick heels to ceiling (1 rep per second)
- 15 seconds rest
- 25 leg lifts + Kick heels to ceiling (1 rep per second)
- 25 slow crunches (3 seconds up, exhale and flex, 3 seconds down)
- 15 crunches towards the ceiling as fast as possible.
- 1 Minute Plank

Abs are non-negotiable in any no-gym fitness routine. Work on them consistently and they will pay off. Visible abs and a developed upper chest/shoulders are the two things people notice when they see a shirtless man.

### Chest + Triceps

Pushups baby. Get used to them. Do 100 every other day. Get there in sets of 20, or 10 if you cannot yet do 20. Once 20 is easy, work up to 30, 40, etc.

You can do variations of push ups: Close grip to get more Tricep involvement, wide grip for more chest. Put your feet up on a couch or a chair to get an inclined push-up angle that will work your shoulders and upper chest more.

### Back + Biceps

Without weights to curl or row, our Back and Biceps are going to need to do pull ups on something.

Ideally you have at least a door-frame chin up bar. If not, ask your uncle if you can borrow his. Find a

safe tree branch to use until he gets back to you.

Do 3 sets of x 5 Pullups but go slow (10 second count) on the way down for every rep and squeeze your shoulder blades together. This is called an [Eccentric rep](#), the 2nd best way to build muscle according to all of my friends who use steroids.

If you want to focus on more biceps and less back, move your hands inside and palms facing you. Squeeze your biceps at the top of every rep.

## **Legs**

You can do body weight squats and lunges but without weights our best efforts are going to come from something more explosive.

SPRINTS. Great for burning fat and building muscle. Increases metabolism and human growth hormone production.

[10 sprints burns more fat than an hour of jogging](#) – isn't that crazy?

Even if your goal is to build muscle rather than to shed fat – [the less fat you have, the more testosterone you produce](#) – and testosterone is the building block of muscle.

Go to a local park or football field and run 300 feet and then walk the 300 feet back.

Then run the 300 feet 3 times at 70% speed, 80% speed, and at 90% speed.

Add an additional 90% speed rep at the end every time you go until you're running 10 sprints a workout.

At that point, you can mix it up and switch to sprinting up hills. My physical trainer friends always preach this one, as does Joe Rogan. Sprinting hills is the ultimate lower body workout, it works every muscle beneath your hip.

Find a big steep hill and sprint up it many times. Simple as that.

Add a set of 25 box jumps and lunges until failure after your sprints for a full workout.

## **DIET:**

They say 80% of body building happens in the kitchen.

Use the [Macro calculator on BodyBuilding.com](#) to find the perfect amount of carbs, protein, and fat you should eat every day according to your specific goals and lifestyle.

If you're not that serious don't worry about it. Just focus on having at least 1 lb of protein for every pound you weigh, and stay away from sugar.

This should go without saying, but don't drink soda and eat candy.

Practice your cooking if you don't already cook every day. Cooking is easy. I had a family friend that used to always say "If you can read, you can cook." Just look up recipes and follow the directions.

Here's a list of foods you should combine into various combinations and eat:

### **Animal Proteins:**

Eggs, Chicken, Steak, Pork

- I always eat 4 eggs for breakfast with black pepper and Crystal Hot Sauce. I cook them in Coconut oil + Salt for extra healthy fat , but you can use olive oil or even butter.
- Eggs have healthy cholesterol that converts into testosterone, and 4 eggs every day hits a cholesterol [threshold you need to produce max amount of testosterone naturally](#).
- For meat, you can google recipes but generally follow two steps:
  - 1.) Marinade it 2.) Cook it in either a pan or the oven.
- I get a pack of chicken breast from Wal-mart for 1.99 a pound. Marinade a few breasts in Olive Oil,

Garlic Powder, and Oregano and throw them in the fridge. Cook in a pan on medium heat for 5 mins each side. Same with Steak too.

- For our meal preppers who want to cook a lot of meat at once, bake meat on a sheet in oven for 35 mins at 400 degrees.

## **Carbs:**

Rice

Oatmeal (Old Fashioned Oats/Steel Cut)

- Notice I don't list bread here.
- Cook Rice with every meal to hit your carbs goal. Get a rice cooker, trust me. They're about \$10-\$20 on amazon and will consistently cook perfect rice for you in 15 minutes every time. One of the best investments you can make into your body building career in my opinion.
- Steel cut oats mixed with a scoop of whey protein and fruit is a quick power food. They are very cheap, you can get a tub from Walmart for under \$3. Just microwave a bowl full of oats + water for 2 minutes and then mix in the fruit and whey. About 30 grams of healthy carbs and 30 grams of protein.
- For best tasting oatmeal, I add whey protein + bananas + blueberries with water. Use other fruits if you'd like (apples + cinnamon is good) Use milk if you need help bulking but it has a lot of sugar and [can have estrogenic properties](#)

## **Fruit + Vegetables:**

Vegetables: Broccoli + Cauliflower ([cruciferous veggies lead to higher testosterone](#)), Spinach/Salad, Onions + Peppers. Any vegetable you like is probably good for you. Sweet potatoes also count as carbs but are acceptable.

Fruit: Bananas, Blue Berries, Pomegranate. Avocado for healthy fat. A lot of fruit is high sugar but if you're exercising a good amount and staying away from other sources of sugar eat as much as you want.

## **Sauces and Salad Dressings:**

Find flavorful sauces to accompany all of the chicken and rice you will be eating. Hot Sauce is good for burning fat. Mustard is lower on sugar compared to Ketchup and BBQ Sauce.

You can use Plain Greek Yogurt and mix in Garlic and Cucumbers to make Tazaki sauce. (You can google Tazaki recipes for proper ratio) This is a tasty and high protein low sugar sauce youu can use to top your chicken or salads.

**Pick a sauce and throw one food from every category into 3 meals a day.** So for example:

Breakfast of Eggs, Rice, Avocado with Hot Sauce.

Lunch of Tazaki Chicken + a side of Oatmeal mixed with Blueberries.

Dinner of Teriyaki ground beef with rice and broccoli.

Snack on high protein things like Greek Yogurt (ideally low sugar) or Cottage Cheese before you sleep, as they are high in slow digesting Casien protein. Celery + Peanut Butter is a great snack post workout with a fruit and a whey shake.

Drink a lot of water too, a gallon a day if possible. Crucial for muscle building.

## **Conclusion**

There are obviously a million and one workout guides online, so if you don't like this one you can find more.

No ground breaking science in this other than exercise and eat properly.

Do harder workouts every week to achieve progressive overload – continually increasing the demands on the musculoskeletal system to continually make gains in muscle size, strength, and endurance.

Sleep 8 hours a night, drink water, and [don't drink too much alcohol](#)

Practice cooking every day as it's an essential skill for survival.

Let me know your thoughts in the comments!

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

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## Comments

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I\_Love\_Every\_Woman • 110 points • 4 May, 2020 09:13 AM

Exactly what I was looking for

fanfanye • 131 points • 4 May, 2020 10:36 AM

Also if you're like most redditors who spent their gym days doing 3x5, 3x8..

And is stuck at home with no equipment

*Do NOT* do endless bodyweight challenges and spend literally your whole day doing pushups or pullups

You'd find it quite easy, honestly, your muscles are all developed

What's not developed is your tendons, they do not yet have the ability to do endless lightweight reps

You'll get tendonitis

Just learnt it the hard way

Ease into it

wanderer779 • 35 points • 4 May, 2020 02:41 PM

Steven low's 'overcoming tendonitis' stuff helped me a lot.

Richard\_strokerr • 7 points • 5 May, 2020 06:48 AM

Can give us any TLDR or do u recommend buying the book?

wanderer779 • 10 points • 5 May, 2020 12:31 PM

I didn't even know it was a book. I got my info off a website. Google it and it should come up. TL;dr: doing 3 sets of 15 slow negatives targeting the damaged tendon will increase blood flow to the area, which speeds recovery.

[deleted] • 11 points • 4 May, 2020 03:43 PM

Can confirm. Especially, if you were quickly increasing your weight before lockdown (I was +10 lbs in two months) tendons haven't strengthened to compensate. I absolutely fucked my tendons in my feet by increasing running too fast initially. I had a few 1 week breaks to try to resolve it and eventually I bought a road bike because I was loosing my mind. I also got a jumprope and will try to focus more on warmup and dynamic stretching before conditioning activities.

MarvelousWhale • 3 points • 21 May, 2020 09:27 PM

Can back this up. I was benching 135, kept increasing 5lb every two weeks which was significantly slower than my squat but my chest was lagging.

After getting to 155 I couldn't increase the bench no matter what I did.

One day I said fuck it and went for 175 and it miraculously went up for a couple of reps, and the third rep my inner chest insertions felt... Stressed... I guess I could say. Something just wasn't right. I eased off down to 75 for the next few months so make sure I don't tear some shit and end up looking like Terry Crews chest.

7121958041201 • 3 points • 4 May, 2020 07:14 PM

Agreed.

Also it's pretty cheap and easy to make things more difficult so you don't need to do so many reps. For maybe \$10 you can fill some sort of bags up with gravel and throw them in a backpack to add weight to your pull-ups and push-ups. For a little more you can buy a dip belt and some weights or a weight vest.

Or you can always work towards things like one arm push-ups, pseudo planche push-ups, one arm pull-ups etc.

[deleted] • 3 points • 4 May, 2020 11:42 PM

Wish I saw this before I did 1000 pushups in a day lmao

ShotgunEnvy • 82 points • 4 May, 2020 10:21 AM

I've been doing OMAD (one meal a day), if you're looking to slim down, that's a great one. I've lost 13lbs in about a month, no exercise. It's tough in the beginning but with some coffee and water you can make it to meal time. Over time your stomach shrinks so you eat even less, I don't feel hungry after a 10am-12pm meal.

Depending on your goals, give it a try!

Moneon • 19 points • 4 May, 2020 11:34 AM

Any pointers on what you're currently doing?

Calorie goals, macros you're doing or recipes perhaps even?

[deleted] • 16 points • 4 May, 2020 12:33 PM

Everything's a little looser.

Personally, I'd buy a bag of raw veggies, cartons of eggs, and pounds of ground meat/fish fillet. This is all vague because it went by my budget.

I'd put coconut oil/butter in a skillet, put whatever meat I want in. Once it's cooking, add whatever veggies. Eventually throw a few eggs in, cover it in cheese and some kind of leaves (spinach, kale)..

This is all vague because it's up to you. Your preference of veggies, meat, your preference of amount. It depends on what you have and can afford.

I found myself changing between spinach to kale, red meat to seafood, etc just to get various nutrition. Honestly though, how I cook everything is about the same.. all in one-course in the same skillet, put onto the same plate.

Brodin69 • 5 points • 4 May, 2020 01:26 PM

I make stuff like that all the time. Super easy, cheap, and fairly healthy.

Moneon • 4 points • 4 May, 2020 01:35 PM

Are you tracking anything at all, or just doing it by intuition?

Thank you very much.

[deleted] • 9 points • 4 May, 2020 01:53 PM

You have to develop the intuition.

By default, with the American diet, our body may tell us we need a lot of carbs if it learned to like carbs. Specifically, it'll develop a preference for *good*(slow) carbs and *bad*(sugar, bread).

That's why it's challenging at first, we put our systems through shock because of our internal

ecosystem. Once you genuinely develop a healthy(or healthier at least) gut biome(collective of bacteria that influences cravings throughout the digestive tract).

If you want to dig deeper, look into how much our digestive system dictates our moods, cravings, etc.

Edit: I emphasized the “craving” aspect because it could be mistaken for intuition.

TheDopplerRadar • 7 points • 4 May, 2020 12:44 PM

I practice OMAD as well, I only eat at 6:00 PM once I'm home from work.

I usually eat the equivalent of a Chipotle chicken bowl most days, with variations of the meat.

Typically comes out to around 2,200 calories and all the protein I'll need for that day.

I'm not that concerned about the other macros at the moment.

amazingmonkey112 • 4 points • 4 May, 2020 01:29 PM

Not OP, but check Thomas DeLauer on YouTube. I've practiced IF for a while now and I just feel overall much better.

Moneon • 3 points • 4 May, 2020 01:34 PM

That's actually the one i just checked out.

He seems to be advocating a 2 meals a day approach though.

I'll just try both, and see what's working best for me.

Thank you alot though.

amazingmonkey112 • 5 points • 4 May, 2020 01:42 PM

He breaks the fast with a smaller meal, for a reason. Then eats a bigger one.

ShotgunEnvy • 5 points • 4 May, 2020 09:11 PM

Personally, I eat anything I want, but only one meal. It works well because you can't actually consume that much since you're only eating the one meal a day. Your stomach shrinks and you consume less.

The rule is you gotta stop eating when you're full and not eat again.

I've been eating burgers and pizza and w/e.

This isn't my long term plan but it's working wonders for now, the smaller stomach is a big one for me.

izzyinjurious • 2 points • 5 May, 2020 03:30 AM

Obligatory, not OP: Find your TDEE, then take about 500-600 calories off that and that's your base. Once you hit 20% body fat calculate it again.

Buy a food scale and a body weight scale.

rice chicken and broccoli until you get bored. Then you'll start looking into high protein foods to fill up your proteins for the day. Which is way harder than carbs. Focus on hitting your carbs and protein goals. You'll drop hella weight.

Protein goals avg is .73-1.5g/lbs according to Jeremy ethier.

Watch this guys videos for a better idea. Jeremy Ethier

Good luck!

[deleted] • 2 points • 4 May, 2020 08:17 PM

If you focus on fat/protein, you will be satiated all day. (meat, dairy).

liberty1127 • 8 points • 4 May, 2020 06:57 PM

You can also literally eat regular meals all day and lose weight as long as your in a caloric deficit. If this what makes you stick to your goal then do it, but when it comes time to hit the gym this one meal a day is not going to be good for MPS and building lean mass.

OptimalAdhesiveness • 5 points • 5 May, 2020 02:04 AM

this, everything comes down to calories in vs out. Even keto is basically a cheaters guide to CICO since whole protein has less of them and keeps you fuller longer while you also stopped eating/drinking sugar. It's not so much the protein itself (if you eat more calories of it than you spent that day, you'll still gain weight), it's more that you cut out snack foods and ate better in general while probably exercising...

liberty1127 • 2 points • 5 May, 2020 02:16 AM

Yep. Any "diet" or eating pattern like intermittent fasting, paleo, keto etc that leads to weight loss isn't magic...its the fact that your either eating more satiating nutrient dense foods (less calories more macros/micros) and not eating as many calories, or you are limiting the window of time you consume calories which reduces the total amount consumed...which inevitably leads to the same situation...less calories consumed, a deficit and weight-loss. Especially paired with an intense workout regimen where you are raising your metabolic rate and in turn burning more calories.

[deleted] • 4 points • 4 May, 2020 02:22 PM\*

Rhonda Patrick mentioned in one of the podcasts that its better to avoid coffee while intermittent fasting or OMAD as it can trigger metabolic processes by the liver. So I've always had coffee during my eating window.

nuttysrunner • 2 points • 4 May, 2020 03:14 PM

I've heard as long as you don't surpass 50 calories during ur fast, you won't trigger it.

FinallyRed • 3 points • 4 May, 2020 06:55 PM

People get it confused but she's talking about something different than the insulin response of fasting, which drives the majority of metabolic changes, which is calorie-dependent. Basically she claims the body activates digestive enzymes in response to even low calorie things like coffee which are most effective for only a portion of the day before degrading.

amazingmonkey112 • 0 points • 4 May, 2020 03:13 PM

Don't know who she is, but just doesn't sound right. What chemical exactly triggers the metabolic process? Coffee is obviously a 0 kcal drink.

[deleted] • 3 points • 4 May, 2020 03:22 PM

She is a nutritionist and a constant guest on Joe Rogan's

Watch the next 2 min here

HornedBul • 5 points • 4 May, 2020 04:47 PM

it makes sense. still need to point out that IF isn't exactly a game changer in terms of body



composition

but drilling down into what is considered fasting, it is somewhat subjective. OK, coffee jumpstarts some process in the liver. some people consider fasting just by looking at the levels of glucose and/or insulin in the blood. AFAIK 0kcal food doesn't change that

here's a little thought experiment: one grain of rice amounts to basically nothing. so, if you're in a fasted state, one grain of rice won't get you out of your fasted state. however, if you eat an entire bowl of rice, you will obviously break your fasted state. so if you eat rice one grain at a time, which grain of rice will make the difference between fasted and non-fasted?

[deleted] • 3 points • 4 May, 2020 08:33 PM

The point of IF is mostly to lose fat yes, most people are into this program just to get reach single digits %. Now IF is applicable to enhancing endurance too. So the strictness depends upon your goal. As far as I'm concerned, my goal is to increase endurance hence I refrain from consuming coffee and workout in a weakened state instead. At the same time I have realized that there is no harm in getting to 5% bf since I'm already at 10. So this way I didn't want to risk waking up any metabolic activity.

One grain of rise won't do anything of course. But I doubt one grain of rice is a fair comparison to a cup of black coffee. Both go through different metabolic activity and in this case the grain won't do shit.

[deleted] • 1 point • 5 May, 2020 06:28 AM

Black coffee won't break a fast, as far as I'm aware!?

[deleted] • 3 points • 5 May, 2020 06:52 AM

Again its subjective imo. Anything that triggers metabolism breaks fast in accordance to your goal. So if your goal is endurance then your fast is broken, if your goal is fat loss then its not.

The meaning of your fast is proportional to which hormone you want to keep low.

amazingmonkey112 • 1 point • 6 May, 2020 12:18 PM

What do you mean "weakened" state? Exercising in a fasted state produces an insane amount of growth hormone.

[deleted] • 1 point • 6 May, 2020 03:40 PM

I often feel weak when I'm starving. Hence energy levels are quite low compared to normal routine. Next time lift the same usual weights in fasted state and you will find it a lot harder.

amazingmonkey112 • 1 point • 6 May, 2020 04:37 PM\*

Been lifting in a fasted state for 1.5 years. Maybe you should look at some of the research. DeLauer showcases some of it. And contrary to the popular belief, you actually lift more in a fasted state.

[deleted] • 1 point • 6 May, 2020 04:50 PM

I'll look into it.

But what I meant is that I have noticed weakness in myself when I transitioned

to fasted lifting. Ofcourse over a significant period once the body gets used to it, it becomes a normal thing.

amazingmonkey112 • 0 points • 6 May, 2020 12:15 PM\*

That rice has calories. Horrible analogy. Rice is >0 calories so it will end your fast.

skagman • 4 points • 4 May, 2020 05:53 PM

Worth pointing out if you're looking to keep muscle it's a bad idea to do omad especially with sub optimal training now the gyms are closed. All depends on your goals ofc though.

[deleted] • 1 point • 6 May, 2020 03:31 PM

OMAD is mostly bullshit tbh

FinallyRed • 2 points • 4 May, 2020 06:52 PM

I don't know why but OMAD did not work well for me. I was irritable all day and had brain fog. Tried a number of different recommendations and even drastically upped my calorie intake in the one meal just to see if it was OMAD. Nothing worked. This is coming from someone who tolerates IF and strict keto quite well too.

santooz • 1 point • 4 May, 2020 09:00 PM

Im the exact opposite, I am way sharper now than when I ate a few meals a day.

FinallyRed • 1 point • 5 May, 2020 05:46 PM

I might give it a shot again because I hear so many benefits and it would be difficult to fail to stay lean. Would be nice not to chase energy pickmeups all day by eating too.

musclemaniacohyeah • 8 points • 4 May, 2020 02:09 PM

That kinda weight loss will result in muscle loss. Been there done that

Rapture686 • 4 points • 4 May, 2020 05:27 PM

As someone who's done this for years I find my metabolism and muscle retention is even better when pushing for a fasting focused routine. I've done the traditional macro counting and eating multiple times a day in a caloric deficit and lost significantly more size in terms of muscle. I've even done extended fasts of 3 to 4 days back to back over a 3 week period and lost 15 pounds of net fat and lost 0 strength.

musclemaniacohyeah • 1 point • 4 May, 2020 05:47 PM

Strength is not a true indicator of muscle size loss. It doesn't matter if you fast or not, what matters is CALS in and CALS OUT. The reason I said one meal a day will result in muscle loss is you are more likely to eat less than the protein requirements in one meal, which is the most important thing to hold on to muscle will result in muscle loss.

Rndm\_010 • 10 points • 4 May, 2020 03:30 PM

nope. ketosis burns fat not muscle.

musclemaniacohyeah • 5 points • 4 May, 2020 05:52 PM

All weight loss diets burn a little bit of muscle. I responded to OMAD diet not keto. Keto doesn't

have ANY advantages to other diet types.

santooz • 1 point • 4 May, 2020 08:56 PM

Your body produces ketones when you fast and fasting burns fat not muscle

musclemaniacohyeah • 11 points • 4 May, 2020 09:17 PM

YOU WILL BURN BOTH MUSCLE AND FAT IN ANY WEIGHT LOSS DIET.

Yakatonker • -1 points • 4 May, 2020 09:42 PM

Keto is actually pretty solid for aerobic sports. People who can tap into that massive store of energy, ie adipose tissue(fat) can catabolize it at will are just beasts at aerobic sports.

Glucoseoneogenesis can replace muscle glycogen and sustain it at a much higher level for long durations of time. There are already elite tier athletes incorporating "fat adaption" or high fat diets for performance. Its also seen to be the least inflammatory diet and best within the few available anecdotes for recovery.

musclemaniacohyeah • 2 points • 4 May, 2020 09:51 PM

Actually the opposite is right. You need the energy that comes from carbs to fuel your aerobic workouts.

Yakatonker • 1 point • 4 May, 2020 10:17 PM

This is not substantiated. Glucose in the blood is not solely derived from carbohydrate/sugar from diet nor is it seen to be enzymatically prioritized in the known biochemistry. If you look up the the pathway for Acetyl-CoA its quite obvious the body does prioritize fat for glucose production, sans carbohydrates.

The entire concept that carbs are the preferable source for aerobics is not scientifically substantiated. Especially in the absence of data as a comparison. Its opinion, and a bad one at that.

musclemaniacohyeah • 2 points • 4 May, 2020 11:21 PM

You are a good example of the type of people who uses some terms they learn online to sound like a smart ass when in reality you know nothing. Carbs give energy which is needed for sports, and keto doesn't have any benefits to other diets which studies support. Period.

Yakatonker • 2 points • 5 May, 2020 02:26 AM\*

You are a good example of the type of people who uses some terms they learn online to sound like a smart ass when in reality you know nothing.

Why are you butthurt about something you can google? Are you just lazy and don't want to learn basic physiology because of your non-existent understanding of it?

Carbs give energy which is needed for sports,

The acute term you're looking for is "Glucose"(particular Carbohydrate used by the cells) which is a sub-strait produced from dietary fat, protein and carbohydrates. However early muscle skeletal research looking at glycogen depletion already indicates fat adapted athletes perform vastly better for repleting this in aerobic

exercise.

"and keto doesn't have any benefits to other diets which studies support. Period."

a) lowest inflammatory diet known to exist, which is indicated for recovery

b) physiologically indicated by biological mechanisms and the biochemistry of energy sub-traits in human physiology, ie The Randle Cycle

c - 0) is historically indicated as the physiological diet of man where humans were seen to eat a minimal of 60%-70% animal products starting from the equator, where that percentage hits 100% in cold climate variability and is confirmed by N16 isotope tests

c - 1) early tribal societies where animal products were scarce are seen to be cannibalistic

It'll be another decade before statistically powered clinical interventional data becomes available, however there's already a strong underpinned foundation for this in human physiology.

Yakatonker • 1 point • 4 May, 2020 09:35 PM

That kinda weight loss will result in muscle loss. Been there done that

**False.** You can get enough protein in a meal to meet total daily requirements if it is entirely composed of animal products. At one dietary end there are people doing "carnivore" OMAD with no discernible loss of muscle tissues, but they're seen to easily gain.

OMAD is not favorable to shit food diets, ie processed foods or those loaded with low quality protein(plants). It has to be composed of superior and bio-available sources of proteins and fats which is solely from animal products.

musclemaniacohyeah • 6 points • 4 May, 2020 09:37 PM

Even if you get all your protein intake in 1 meal it is impossible for your metabolism to digest it all which makes your whole statement wrong. That is why it is recommended to eat at least 2 meals a day for digesting right.

Yakatonker • 0 points • 4 May, 2020 10:26 PM

your metabolism to digest it all which makes your whole statement wrong.

This is quite wrong. When protein is absorbed its deaminated into an amino acid pool, in the blood and in the liver. As long as a person maintains a positive nitrogen balance there will be gains. So far research does suggest the number one factor is total protein intake from diet in a day. Periodicity as a factor is second or third. Though I'm myself not against a second refeed as long as its down within a specific window of time from the first meal.

In terms of diets consisting primarily of animal products and lacking fiber, its known in the keto/carnivore communities the periodicity of stool is much lower. Meaning its very likely the food/protein has a vastly higher uptake over duration compared to people with high fiber diets who're constantly flushing out more protein from diet.

musclemaniacohyeah • 2 points • 4 May, 2020 11:22 PM

Blah blah. Enlighten yourself. That is your opinion, here is the study that proves all your opinion wrong. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5828430/> Thanks, next.

Yakatonker • 1 point • 5 May, 2020 02:05 AM

That paper you linked is an opinion piece based on loose correlated data, not a clinical intervention with any sort of statistical power.

The only relevant thing in the opinion piece was this reference (36) "Time-restricted feeding in young men performing resistance training: A randomized controlled trial" which does compare "normal diet(ND)" to "time restricted feeding(TRF)" with a four day periodicity per week.

a) zero controls

b) researchers estimated consumption based on self reporting "During the first, fifth, and eighth weeks of the study, participants completed a four-day dietary record form outside of the lab."

c) from this uncontrolled data they claim TRF group was under fed both in calories and protein to the ND group "e RT-ND group was 1.4 g/kg body weight/day, whereas the intake in the RT-TRF group, taking both TRF and nonTRF days into account, was 1.0 g/kg"

d) outcome statistics were not significant, small sample size, effect sizes were not significant either

TDLR: For those who don't understand research methodology and statistics, this is a piece of garbage that cannot inform on the real world. Science is experimental where the researchers have a high degree of control over subjects to control for error. The researchers in this study are not controlling for diet so there was never a point with this to begin with.

Further the opinion piece is at least somewhat honest:

However, the studies reviewed in the analysis generally involved suboptimal protein intakes consumed as part of a low-energy diet without a resistance training component, again limiting the ability to extrapolate findings to resistance-trained individuals.

Same thing is seen with the study above comparing TRF vs ND.

musclemaniacohyeah • 1 point • 5 May, 2020 04:20 PM

Thanks for your worthless opinion.

Yakatonker • 1 point • 6 May, 2020 08:39 AM\*

Hit me up when you've done some crash courses into research statistics and methodology, maybe one day you might understand what's actually said in these papers.

amazingmonkey112 • 0 points • 4 May, 2020 03:14 PM

Actually the opposite, educate yourself brother.

bakamoney • 1 point • 4 May, 2020 11:46 PM

You are eating a days worth of calories at once, and your stomach will grow smaller?? What

ShotgunEnvy • 2 points • 5 May, 2020 07:27 AM

I'll use an example

I used to be able to eat a Double Whopper with bacon and cheese, upsized fries combo, now I can only eat 3/4ths of it until I hit shear wall. Since I'm not eating for 22 hours or w/e, the stomach naturally shrinks.

Sometimes it doesn't matter what you're eating, it matters how calorically dense it is and how your body reacts to it. You could probably finish a bag of chips and not feel satiated, but a big bowl of oatmeal and 4 boiled eggs will crush you.

bsutansalt • 1 point • 5 May, 2020 03:45 AM

When I'm intermittent fasting day to day (when we were working) that did the trick for me. Hard as hell to stay away from the fridge lately though to make it work.

bsutansalt[M] [score hidden] 5 May, 2020 03:30 AM\* stickied comment

SPRINTS. Great for burning fat and building muscle. Increases metabolism and human growth hormone production.

100% agreed.

10 sprints burns more fat than an hour of jogging – isn't that crazy?

That's due to the "Afterburn effect", which is the Excess Post-exercise Oxygen Consumption (EPOC).

Also, if your joints can't handle the high impact nature of running, you can do sprints on a bicycle, in a pool, and an assortment of other alternatives. I'm getting older so I have to protect my joints from a lifetime of wear and tear and the military, so biking has been my go-to as of late until I can get my hands on a Prowler (more on that in a moment). The main thing is to get out there and get moving.

Go to a local park or football field and run 300 feet and then walk the 300 feet back.

Then run the 300 feet 3 times at 70% speed, 80% speed, and at 90% speed.

Add an additional 90% speed rep at the end every time you go until you're running 10 sprints a workout.

Progression is important, especially if you're seriously out of shape give. You have to give yourself time to build up to a higher workload. The version I've always been taught (when just starting back to the gym or what have you) is to not increase the workload until you've done the current regimen 3x, so I'd add that extra 90% sprint every 3rd workout.

At that point, you can mix it up and switch to sprinting up hills. My physical trainer friends always preach this one, as does Joe Rogan. Sprinting hills is the ultimate lower body workout, it works every muscle beneath your hip.

If you can get a Prowler sled and push that around as your sprints, even better. Prowler suicides with some 45lb plates are fucking brutal.

<https://youtu.be/6RS6iLbyjVQ> <-- fair warning, you may puke the first time you do these, especially if you opt for the low-bar position.

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If you guys are looking for a bodyweight workout program, Jeff at AthleneX released a stellar one a few weeks back when this lockdown got started:

<https://youtu.be/vc1E5CfRfos>

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Related Reading:

<https://www.t-nation.com/training/tip-do-metabolic-resistance-training-not-cardio>

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Drekalo • 2 points • 5 May, 2020 04:35 AM

The Assault Air Bike gets a crazy workout for me. All my friends swear by it. Can really sprint hard.

bsutansalt • 1 point • 5 May, 2020 04:55 AM

Oh yeah, I forgot all about that. Those things are legit.

party\_dragon • 1 point • 5 May, 2020 08:42 AM

r / bodyweightfitness weren't very kind to AthleanX's "perfect home workout" workout.

bsutansalt • 1 point • 5 May, 2020 12:25 PM

Which version? He gives out a few in that video.

party\_dragon • 2 points • 5 May, 2020 04:23 PM

This is the post - it was a while ago so I forgot the specifics: <http://archive.is/KNiCP>

there was some praise too (which spurred the above review): <http://archive.is/rpWhD>

bsutansalt • 2 points • 5 May, 2020 05:12 PM\*

The core criticism doesn't account for the built-in progression and rep/set structure, which several people pointed out in that thread. I think the guy just took a cursory look/skimmed the video and then wrote that post. AthleneX isn't perfect, but it's a hell of a lot better than sitting on your ass day in and day out doing nothing but 12 oz curls.

Also, if you have to choose between these two to train you, who would it be?

<https://i.imgur.com/Se0M3HU.png>

Left is OP of that thread, right is the guy who runs Athlean-X. Some trainers talk the talk, others walk the walk.

party\_dragon • 1 point • 5 May, 2020 05:40 PM

Yeah, 100% agree. that subreddit might be a bit too focused on safety, although I guess it makes sense. It's not like anyone's gonna get jacked (not even AthleanX) with just bodyweight (well, ok there might be a few exceptions, but generally...)

ronnie888 • 1 point • 6 May, 2020 05:17 AM

Stupid question, do you mean an exercise bike or a regular bicycle



bsutansalt • 1 point • 6 May, 2020 05:52 AM

My mind was on mountain biking, but an exercise bike like the assault bike is good too. Probably better actually.

BMS\_Fan\_4life • 70 points • 4 May, 2020 12:15 PM

1 gram of protein for each lb you weigh, not lb for lb lol

fanfanye • 25 points • 4 May, 2020 06:19 PM

you just need around .7g to .8g /lb

<https://mennohenselmans.com/the-myth-of-1g-lb-optimal-protein-intake-for-bodybuilders/>

No studies have ever shown benefit past .8g

So you could save a bit of protein

BMS\_Fan\_4life • 10 points • 4 May, 2020 07:06 PM

I was mainly just pointing out grams not pounds from the OP, but your right it's not a full gram per lb of body weight

7121958041201 • 5 points • 4 May, 2020 07:18 PM

For another perspective:

<https://www.strongerbyscience.com/athlete-protein-intake/>

TLDR 0.8 grams per pound are roughly the maximum needed (like you said), around 0.5 grams per pound are probably enough for most people. Ideally you should also spread your protein into 4 40 gram portions throughout the day.

Deeze\_Rmuh\_Nudds • 4 points • 5 May, 2020 04:27 AM

Still a shit ton of protein. The whole pound for pound thing always sucked for me. That's like three meals a day and easily two 50-gram shakes a day. Fucking sucks.

[deleted] • 1 point • 5 May, 2020 05:15 AM

And according to the tldr in that article there, most of the benefits are at 0.64 gr/lb or below. And this is during bulking phase. During maintenance of advanced bodybuilders, it's much less.

According to the calculator in OP

Use the Macro calculator on BodyBuilding.com to find the perfect amount of carbs, protein, and fat you should eat every day according to your specific goals and lifestyle.

Plugging in:

5'10, 190lb, 42 y/o inputted (close but not my exact info), very active (intense exercise/ active job -- but I don't consider it extra active). It tells me to:

Carbs: 301 G per day.

Protein: 201 G per day.

Fats: 74 G per day.

Yeah, I'm averaging 70ish. Been maintaining this around this weight no problem the last decade on 70 grams protein and probably < 25-30 grams fat.

I take the current macro calculators from the fitness world with a huge grain of salt.



(Btw, I'm into calisthenics -- I don't not want to weigh more and actually get into less weight because bulk does not help movements, especially on rings).

leafsome • -12 points • 4 May, 2020 04:11 PM

So 200g for 200lb? Nah it's too much. Do your research better next time.

rcogburnsropebed • 7 points • 4 May, 2020 05:06 PM

I agree, too much. Should be one gram per lb of lean body mass, so if you're 20% bodyfat in your example is  $200 \times 0.8 = 160\text{g}$  protein per day.

I even think that's a little high personally, but it's a decent rule of thumb.

Pezotecom • 3 points • 4 May, 2020 05:06 PM

If you are a jacked 200 lb motherfucker, then I think 200 g of proteins are alright lmao

[deleted] • 19 points • 4 May, 2020 01:11 PM

My thoughts are that all in all, very reasonable post - but not without faulty broscience unfortunately. I liked your cooking suggestions though.

SPRINTS. Great for burning fat and building muscle. Increases metabolism and human growth hormone production.

Increases in endogenous growth hormone and testosterone are transient in nature. High intensity training (whilst good for caloric expenditure) will not alter your hormonal profile in any meaningful way.

Use the **Macro calculator on BodyBuilding.com** to find the perfect amount of carbs, protein, and fat you should eat every day according to your specific goals and lifestyle.

There is really nothing perfect about guesstimations from such calculators, though they do provide a reasonable starting point for feedback and analysis. A better idea for the less than serious type is to simply hit protein and hit overall caloric intake - as the split between carbs and fat isn't all that important (permitted minimum healthy fat intake).

Use milk if you need help bulking but it has a lot of sugar and can have estrogenic properties

Not that you're at risk of doing so by not drinking milk - but probably mindful to point out that we do not want to suppress estrogen in general.

Drink a lot of water too, a gallon a day if possible. Crucial for muscle building.

Seriously...? Seems pretty arbitrary without considering size and gender. The science seems to point to an optimal ratio of one liter of fluids per 23 kilos of weight for guys. So gallon may be perfect for you, but likely isn't. Fluid intake is far less crucial than net caloric intake, macronutrients and even micronutrients.

Do harder workouts every week to achieve progressive overload – continually increasing the demands on the musculoskeletal system to continually make gains in muscle size, strength, and endurance.

The problem with this is the difficulty in quantifying progressive overload within the context of bodyweight home workouts, as micro-loading with plates isn't an option (for most). Personally, I've just been doing bodyweight circuit exercises to pass the time, taking most sets to eccentric failure - knowing I'm unlikely to build muscle, but will at least maximise my chances of maintaining it. Some of my athletes still have gym access, so I am programming as normal for them with respects to volume and intensity.

Extremely\_Photogenic41 points • 4 May, 2020 12:50 PM\* [recovered]

Your ab training is in no way supported by the Stamford article. You violated their 3 key rules and made up your own exercises they didn't even mention. WTF??

SharqPhinFtw • 7 points • 4 May, 2020 03:37 PM

Could you offer a correction on it then please?

Extremely\_Photogenic17 points • 4 May, 2020 03:58 PM\* [recovered]

The bottom of his link offers a full work out plan, descriptions of exercises to do and how to do them, and their key rules.

Pimpjuice2[S] • 7 points • 4 May, 2020 06:23 PM

The workout I included is level 1 part 2 from the workout plan at the bottom of the link, plus 1 minute plank.

GayLubeOil • 12 points • 4 May, 2020 03:14 PM

The easiest way to build legs during quarantine is to find a person and use them as weights. While bodyweight works sorta for building back, arms and chest it's far from optimal for legs.

Depending on the person's weight pick them up via fireman's carry or have them sit on your shoulders. From that point on they function like a barbell and you can squat and lunge them.

tyrannosaurus\_fl3x • 4 points • 4 May, 2020 03:43 PM

I respect you, but that's pretty fucking shit. One because it's inconvenient for anyone to find someone else to be a weight for them. Two because while they work as a weight for you they almost certainly won't stay still. Three because there are more practical things around the house. Using humans as weights isn't completely dumb in a serious functional strength workout, but that's not what people here are going for.

Lifting heavy is certainly needed to really build strength. There are many better options. There are strongman who do what they call real world workouts, picking up heavy ass rocks and trees and stuff, this is certainly a great way to train functional strength but not aesthetic. Buying weights isn't practical for most people, but if they are willing to invest into weights it's a good idea. There's lots of resources online for diy homemade weights. Stuff like buying buckets and filling them with water until they reach the desired weight and you can use them like dumbbells (notice water is easy to fill and dump, but not stable so as you do the exercise the weight will shift. This is actually useful for training stability. (yes I just critiqued using a human for weight due to its instability, the difference is humans aren't balanced or contained while the water is) bags of sand or dirt can be bought and fill up buckets for stable weight. Even making concrete weightd is an option. You can buy a strong pipe and put buckets on it and use it as a home made bar for things like deadlifts or squats. If you made concrete plates with a hole in the middle you could slide them. On your bar, but that's a lot of effort. I'd say look into buying used weights or whatever from Craigslist before you invest into building something because you might find a good deal. Really there's no reason to ever buy new weights at full price.

Regardless of what you're lifting or working out, there's one thing that's more important than anything else. That is to take it seriously, put in a shit ton of effort and go as hard as you can. When you lose weight you lose most of it through breathing actually. Here's a tedx explaining it pretty well.

<https://youtu.be/nM-ySWyID9o> this is important because if you aren't breathing heavy working hard you aren't really burning weight off.

GayLubeOil • 11 points • 4 May, 2020 06:40 PM

I don't know why your got so butt hurt that you had to write me a dissertation. But I've been squatting and lunging my 115 pound girlfriend and it's been working great for me for the entirety of the quarentine. Having a guy sit on your shoulders as you squat him is standard prison leg day protocol. So yes this works and yes it's an established practice with a long track record of results.

tyrannosaurus\_fl3x • 2 points • 4 May, 2020 07:03 PM

Haha, I just write big comments. Definitely wasn't butt hurt. Once again I'm not claiming it doesn't work. Just that it's not viable for most people. I've been a long time fan of yours and mean no disrespect.

I just wanted to put out alternatives for lifting heavy weights that were more viable for people. Also threw in the part about working out with intensity to get breathing hard as it's something a lot of people overlook when it comes to workouts.

GayLubeOil • 5 points • 4 May, 2020 11:09 PM

You should check out Wes Watts for that quarentine protocol

Zech4riah • -2 points • 6 May, 2020 02:13 PM

He is probably giving an advice to guys who didn't skip the leg day and need a bit more than 115 pounds and I'm sure that friends are happy to comply when I call them couple of times a week to visit me just to be lifted around.

You should quote yourself in your PT ads: *The easiest way to build legs during quarentine is to find a person and use them as weights.* -GLO, 5/2020

PS. Prison and quarantine are different thing and have different purposes.

GayLubeOil • 3 points • 6 May, 2020 06:38 PM

If you tried it you wouldn't be posting this Redditard know nothing comment

Zech4riah • -2 points • 6 May, 2020 09:50 PM

Me trying to squat with living weight has nothing to do with your advices practicality.

(Also these things are common at BJJ gyms so it's hard to avoid exercises with living weight if you do BJJ).

Illiaan • 50 points • 4 May, 2020 11:07 AM

Coming from a calisthenics guy that's been doing this stuff for years... ain't no one getting swole with bodyweight pull ups and pushups.

'Weighted calisthenics' is cool. Get a dip belt, some weights and just have at it. Your main lifts are:

Weighted muscle ups, rings or bar.

Weighted pulling variations (pronated/supinated/neutral)

Weighted parallel bar dips.

For abs: hanging leg raises and l-sits. L-sits are vital for training correct shoulder depression and will protect your shoulders from the shit you'll be throwing at them. But personally, the most effective abdominal exercise I've ever seen is the ab wheel/barbell rollout. You're working from complete spinal flexion. Your hip flexors aren't loaded like they are in leg raises. All abs.

Legs: nothing can replace deadlifts and barbell squats. Weighted pistol squats are an alternative but they're not particularly effective at building mass. Trust me. You'll get stronger, yes, but not massive. If you're SOL just do pistols, they're much better than nothing.

And the diet looks good. Do what he's saying.

Rapture686 • 6 points • 4 May, 2020 05:30 PM

I built a pretty massive upper back on weighted chins/pulls as my basically main pull movement over a 5 year period. I can definitely confirm that weighted chinups are some of the best things you can do to get that V taper style back. If you can build up to a set of 100lbs hanging off you for 5+ reps you're guaranteed to have a big back by that point

TheGoblinTurkey • 10 points • 4 May, 2020 11:43 AM

Agreed. Home workouts are great for fitness and endurance strength, military training etc. But ain't nobody getting swole from a few pressups.

Muscle growth and hypertrophy need resistance and progressive overload (adding 5kg to your bench each month). Also gotta have the correct diet, you won't put on muscle if you're cutting.

[deleted] • 3 points • 5 May, 2020 07:09 AM\*

I'm gonna agree and disagree here and with u/randarrow. Yeah, it's a different type of fitness, not particularly big but very strong and functional. Imagine muscle car vs rally car -- the muscle car catches the eye and is good at straight lines but in real world conditions are like that? I also personally prefer the aesthetic of a gymnast's body over that of a bodybuilder.

<https://youtu.be/F1S-30fosII?t=951>

Anyway, lifting probably will have faster visible results and no one is going to get swole in a few months quarantine on bodyweight but it's a good start and someone in the beginning can do both. Even gymnasts do some lifting (I think it's about 85%-90% bodyweight vs 10-15% lifting time-wise) so why not?

About calisthenics not adequate due to progressions. There are definitely progressions and they're usually easy to incorporate.

Take push-ups. If someone is too fat or out of shape, there's doing them against the wall (the knee variation is shit form). Then you use any normal staircase to progressively go down onto over time until you get to proper horizontal. If a whole step is too much a progression, use some thick hardbacks or a telephone book (showing my age) to moderate it.

Once proper horizontal pushups are masters, then using a regular staircase again, you incline your feet as high as possible. Lastly, use something almost everyone has and use a backpack and stick some books or magazines (or spend \$3 at Home Depot for a bag of sand). Add three loops like on pants and use a belt to secure it around the waist -- good to go.

You could do handstand pushups, but those I find dangerous for extended period of time with weighted vest and limited range of motion unless using two stacks of books. More safely doable on rings with a mat and because the legs can intertwine if you got the setup. Rings are the cheapest best investment going towards bodyweight fitness. By this point, a backpack is out of the question and need a proper weighted vest but for a beginner that's a good ways away. Or just go handstand walking, maintaining control of wobbly motions add a lot to strength exercise that simple contractions don't provide.

Then there's one handed pushups, but that's a bit of a different beast. But a little imagination and progressions can be had easily enough for any bodyweight exercise.

Edit. Adding this for the hell of it:

<https://www.youtube.com/watch?v=IjMXkjLKLgg>

randarrow • 1 point • 5 May, 2020 12:38 PM

Several years ago there was a 300 push up a day challenge, if you search google you'll see the results. An example from a few weeks ago: <https://youtu.be/fhxKHRfj69U> .

Not bodybuilding level, but definite mass and definition.

[deleted] • 1 point • 5 May, 2020 01:04 PM

Yeah, keep in mind he previously trained to that level (is what I think he said) and retraining is faster (muscle memory) vs training first time. That's how Tim Ferris gained 34lbs in a month, he let previously trained muscle atrophy.

Expect results, just slower than that.

[deleted] • 1 point • 6 May, 2020 03:34 PM

Swole is relative my man. I know plenty of lean guys who would be considered swole by most, especially women. I'm 195 pounds at 6'3 and get called jacked by people all the time, I can only bench 225 for one rep lol

Low body fat + definition is key

[deleted] • 8 points • 4 May, 2020 01:56 PM

Agreed but this is just for us guys who want their gains to survive till the gyms open. For that it should be enough.

randarrow • 3 points • 4 May, 2020 02:04 PM

You can get swole from pushups/pullups/squats, but you got to do like 300 a day. It's an almost unbelievable number, and you're going to hurt yourself first....

DareyFathom • 4 points • 4 May, 2020 02:01 PM

nothing can replace deadlifts and barbell squats

Hex bar deadlifts are excellent and can replace both with a more natural lifting posture.

Illiaan • 9 points • 4 May, 2020 03:47 PM\*

TL;DR: Hex bar deadlifts offer the same benefits that can't be achieved through exclusively bodyweight training. Underdeveloped traps, erector spinae and pencil necks are synonymous with lightweight calisthenics athletes. The 'natural posture' is relative. The hex bar allows to bypass a lot of mobility restrictions and isn't more or less valuable than any deadlift/squat variation in and of itself without looking at the lifter's specific needs. All in all, good exercise.

Whether or not the hex bar deadlift is better is up to debate. A correctly performed deadlift is the king of posterior chain exercises. That said, a correctly performed deadlift is a rarity. There are some lifters that naturally understand the deadlift, and perform it without getting injured. But again - that's rare. I've seen some very well rounded athletes fail in conventional/semi/sumo deadlifts because they just don't understand the mechanics of the lift.

The trap/hex bar deadlift is a very good mélange between a -standard- deadlift and a squat. I really don't have anything to say against it - if it works for you, do it. The key takeaway is that "some barbell lifts cannot be replaced with bodyweight exercises due to their specific loading patterns". The benefits from

most deadlift exercises (spinal loading, posterior chain activation, trap work with depressed scapulae) are hard to get from bodyweight work.

As of the natural lifting posture, that's relative. The general rule is that hips and shoulders move as a unit, and the weight is kept over the mid foot. I'm not talking about Olympic lifts here, that's completely out of my comfort zone. Natural posture (torso angle) depends on the exercise and the specific leverages of the athlete.

<https://www.tandfonline.com/doi/full/10.1080/14763141.2019.1675751>

Spinal alignment is the constant factor in a safe lift. What changes is the torso *angle* relative to the ground.

nandemonaidattebayo • 0 points • 4 May, 2020 10:00 PM

don't hate me but bitches think shredded fit guys sexy in my own experience

grg10327 points 4 May, 2020 02:01 PM\* **[recovered]**

Invest in a set of rings. They are the best 40\$ one can spend for workout equipment. You can do dips, rows, push ups, pull-ups, curls, muscle-ups, L-sits, the list goes on and on. This isn't even mentioning the advanced calisthenics movements that come later in one's progression. If you have mastered the rings, you are guaranteed to be a fucking beast.

When it comes to getting shredded, it is a marathon, not a race. Losing weight too fast will result in you just burning through hard-earned muscle. It also gives a higher chance that you will yoyo in weight, meaning losing weight fast, but potentially gaining it back as well. Plan to lose a pound or so a week, this will make for a more sustainable long term habit. It all comes down to one thing: a caloric deficit. Eat less than you burn.

Easiest way to burn calories is to literally walk. Now that weather is nice, get outside and walk a few miles during lunch, after work, in the morning. You burn a lot more calories than you think and it is low intensity, which lowers the potential of burning through muscle. If you have a treadmill, even better. Set that bitch up to 15% incline and walk for half an hour, you'll burn 300-400 calories easy. Make sure to keep challenging yourself in your weight training too obviously and get enough protein.

I personally do not recommend OMAD or intense fasting because it is not sustainable long term for the average person, and there is no need to do so. As long as you remain in a caloric deficit, you will lose weight. It doesn't matter if you eat 6 meals a day for 2500 calories or one big meal for 2500 calories. Starving yourself will not benefit you mentally or in your training. This is just my opinion of course.

Tacale • 5 points • 4 May, 2020 02:45 PM

I don't quite understand your point against Omad.

"It is not sustainable long term for the average person". Well So is anything worthwhile.

Keeping fit itself is not sustainable for the average person. Most people that try it give up pretty quick.

That's not really a point against it.

Personally I do Omad because of the potential other benefits of fasting Vs just eating less.

grg10323 points 4 May, 2020 03:30 PM **[recovered]**

A few people will comfortably pull off OMAD. Eating once a day is not sustainable as a lifestyle long term for most people, not average I should've specified.

There are significantly easier ways to lose weight besides starving yourself and eating once a day. Why not just cut calories? It has the same end result. Like I said, eating 2500 calories over 5 meals is no



different than 1 meal of 2500 calories.

It can also potentially hurt your metabolism in the long term, and your workouts will suffer. Why? Because I'm assuming you eat post workout so your body has nothing to run on. It is not sustainable nor realistic.

I guarantee if you quit doing OMAD, your workouts would increase in performance drastically.

People tend to claim that fasting is apart of human biology, well technically that is correct. But those humans back in the day also had a life expectancy of like 25. In my opinion, it is just not worth doing for most people.

Not hating on your lifestyle, I'm just saying it is not an optimal solution for weight loss in my opinion.

Tacale • 1 point • 4 May, 2020 11:09 PM

Maybe we are arguing across eachother here.

To be clear, for me, fasting has never been about Weight loss. When I started it I had no desire to lose weight, I had simply heard about benefits at the hormonal level from the woman doctor on Rogan and wanted to do what she said her studies show was healthy.

If that's where you are viewing it from, I agree, there are easier ways to lose weight.

But taken as a whole, as an overall lifestyle for health, not weight loss, I don't see why omad wouldn't be sustainable for anyone with the motivation to do it.

grg10321 points 5 May, 2020 01:40 AM [recovered]

Understandable. I have also heard of and looked into the benefits of fasting outside of weight loss. Definitely an interesting topic and on that continues to be debated and studied.

But at the end of the day, it's whatever works for you. If it ain't broke, don't fix it. I'm not here to knock on another man's success, keep grinding.

TheGreatConst • 1 point • 5 May, 2020 06:00 AM

I agree with your opinion that OMAD is bs, but for different reasons. You just can't digest all the necessary nutrients with just one meal a day. So yeah,

" Like I said, eating 2500 calories over 5 meals is no different than 1 meal of 2500 calories. "

there IS a difference. In the first place, it isn't even possible for a normal person to eat 2500 calories in one go, let alone digesting it.

grg10321 points 5 May, 2020 03:07 PM [recovered]

There is a difference in one meal vs five. But not in terms of weight loss. Weight change is always determined by caloric surplus or deficit. In terms of nutrient absorption, I'm not educated on such, but I'm sure there is a difference.

It is definitely possible for someone to eat 2500 calories in a sitting, it's just not easy nor ideal. To put in perspective, eating a whole pizza is about 2000 calories. Doable, yes. Ideal, absolutely not.

TheGreatConst • 1 point • 6 May, 2020 02:11 PM

Weight change is always determined by caloric surplus or deficit.

Not really. Have you ever heard about metabolism and its speed? Do you know how nutrients are absorbed by your organism? Eating 2000 calories doesn't mean absorbing 2000 calories.

There are countless people who gain or lose their weight without changing their eating habits.

The former case is especially common. Many men/women suddenly start to gain a lot of fat as they get older, even if they eat the same quantity of food, consuming the same amount of calories.

throwaway69764 • 9 points • 4 May, 2020 10:21 AM

Epic guide. Finally one that explains everything you need to know in an easy-to-digest way, without going too much into unnecessary detail, but still leaving links for the interested. Upvoted because quality.

Self\_Descr\_Huguenot • 3 points • 4 May, 2020 11:29 AM\*

What do you guys think of rowing as one's main cardio? Rowing team at school all have, if not jacked, at least ridiculously toned bodies- a few of them say it's the only exercise they really do and looking into it, it seems to work out near every muscle group second only to swimming

ddswhlpk0s • 7 points • 4 May, 2020 01:02 PM

I'd say it's easier on your joints and just as effective as running

NormalAndy • 3 points • 4 May, 2020 08:46 PM

Simulates squat and deadlift movements too- better than swimming imo. 500m sprint HIIT sessions are taxing and heavy- aerobic&anaerobic. Watch your back though, technique is super important with rowing. Oh and do AB rollouts to compliment. Kerching!

whatdidshewrite • 15 points • 4 May, 2020 12:16 PM

10 sprints burn more than an hour of jogging?

First of all, how long are the sprints? Second of all, good luck sprinting 10 times in one day. Thirdly, no.

DareyFathom • 3 points • 4 May, 2020 02:08 PM

The article cited says 15-20 meters with 30 secs. rest in between. You are correct in that that isn't going to really be sprinting with those intervals. I would have significant concern in doing such an explosive movement without significant build up to it. I can see value in integrating some dynamic short distance running into a program. Just have to slowly build up to it.

[deleted] • 2 points • 4 May, 2020 09:51 PM

Not that hard, I'll do 10 sprints of the full length of a soccer field in like 20 minutes. Warm up, then run as fast as you can to the end of the field, stop, walk back, repeat, done. I think I started at 60 yards maybe and built over a couple weeks.

scissor\_me\_timbers00 • 2 points • 8 May, 2020 07:21 AM

What do you mean "good luck sprinting 10 times in one day"? That's like a standard conditioning workout at the end of a football/lacrosse/soccer/rugby practice

AutoModerator[M] • 3 points • 4 May, 2020 08:51 AM

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*have any questions or concerns.*

adonaros4ever • 3 points • 4 May, 2020 04:35 PM

Great post! But the sauce with yogurt and cucumbers is called tzatziki

[deleted] 4 May, 2020 05:31 PM\*

[permanently deleted]

\_DonDraper\_ • 4 points • 4 May, 2020 07:14 PM

Same. I drink a shitload of milk and this might be a bummer if true.

hbs2018 • 2 points • 5 May, 2020 04:43 AM\*

I drink unsweetened almond milk, oat and cashew are also decent replacements. The closest to cow that I've found is goat milk and that's pretty okay.

enter\_caroline1 points 5 May, 2020 09:36 AM [recovered]

Why would you want something close to come? Isn't drinking come gay?

TheGweatandTewwible • 3 points • 4 May, 2020 09:43 PM

Great stuff my dude.

Just out of curiosity: any guys in here who have IBS? I can maintain my body weight no problem but once it comes to gaining weight, my IBS makes it an awful experience. Any help would be appreciated!

Stron2g • 3 points • 5 May, 2020 07:14 AM

Do not "eat as much fruit as you want"

This is a huge no. Even if you're training hard. Sugar is sugar and it will fuck you up regardless. Yes, fruit has a little fiber but the amount is tiny in ratio to its sugar content. You can thank fruit hybridization for that.

Instead, eat as many. *cooked vegetables* as you want. Much more minerals, much more fiber, much less sugar. Good luck yall.

kabuto\_mushi • 4 points • 4 May, 2020 01:50 PM

If you're not that serious don't worry about it. Just focus on having at least 1 lb of protein for every pound you weigh, and stay away from sugar.

Just wanted to say, this amount of protein is entirely unnecessary (and yes, I know you meant grams, not pounds).

The DRI for strength training athletes like body builders is still just 1.2-2.0 g of protein per *KILOGRAM* of *LEAN BODY MASS*. Anything you eat over like 2.2 is just pissed out, and you've likely wasted your money. I see so many athletes be like "hurr durr, low carbs high protein to get ripped". Nah, focus on eating healthy carbs and getting a full micronutrient profile, you feel better and have more energy. Protein's pretty easy to get, even eating entirely vegan. Agree with the sugar thing though.

LeFlamel • 5 points • 4 May, 2020 02:40 PM

The DRI for strength training athletes like body builders is still just 1.2-2.0 g of protein per *KILOGRAM* of *LEAN BODY MASS*. Anything you eat over like 2.2 is just pissed out, and you've likely wasted your money.

So refreshing to see someone that understands protein requirements, and thus doesn't shit on vegans. As an addendum, you've not only wasted money by going over that amount, the high concentration of urea is going to develop kidney stones over time.

Rupturednutsack • 3 points • 4 May, 2020 02:55 PM

Durr if you eat 1.1g of protein more over 30g it gets pissed out and u loose gainz. Also note that vegan protein is either soy based or filler, probably just as detrimental.

Sick of seeing that broscience, straight up looks like a girl with an instagram fitness page spouted this nonsense.

LeFlamel • 4 points • 4 May, 2020 05:20 PM

Wow. People upvoted this response?

30g of protein is what your body can absorb in a single sitting. They test this kind of thing with protein powders or meat, both of which are relatively quickly absorbed. Hence why in some bodybuilding circles they'd do 6 meals every 3-4 hours with 30g of protein in each, to maximize the body's absorption. You can get around this limit with a less ridiculous eating schedule with whole food, plant based protein because it has this key ingredient called fiber that slows down how quickly it's metabolized. A steady stream of protein is more effective than a spike, after the anabolic window ofc.

But there are also effective limits for daily protein intake, at 1.6-1.8g per kilo of lean muscle mass (most studies vary within this range). So when they extrapolated this number over a few standard deviations to apply to 99.99% of natural humans, the theoretical maximum threshold is 2.0g per kilo of lean muscle mass. Hint: unless you're a genetic freak, you likely don't need that much. This higher number was converted and rounded up to the American 1g per lb of lean muscle mass, and because bodybuilders are usually on roids this number got inflated again to 1g per lb of total bodyweight.

You probably also don't understand that the function of protein is to repair the body from training. An elite athlete needs less protein than someone that shattered all the bones in their legs from a skydiving accident. Hell, an elite athlete needs less protein than someone still in their noob gains period - trained individuals' bodies are more efficient at allocating the same amount of protein.

I don't expect you to understand any of this, because your soy vs "filler" statement betrays your absolute incompetence with regards to nutrition. Soy *phyto* estrogen is not estrogenic to the degree that actual mammalian estrogen (dairy, i.e. whey and casein, and meat to a lesser degree) is. But you got me on the filler. I'm sure beans and lentils are chock full of it.

Obviously whoever upvoted you just wanted their bias confirmed, so feel free to downvote me in kind. I hope you're at least able to suppress the fact that Instagram thots are probably using more up-to-date science than your 80's era protein broscience. If anyone that can critically think reads this DM me for links to research.

Rupturednutsack • 0 points • 4 May, 2020 06:06 PM

Post your "research" here then, else you wasted your time. I wonder how many supp companies funded the same "research" you're probably gonna pull out of your ass. Talk about biased...

Among all that I sense butthurt. You know full well the 30g bs is EXACTLY what the supplement companies who pay the bodybuilders to drink their shakes every time they make a YouTube video say. It's in the money, otherwise look at a fucking pot of protein and tell me how much of that is "naturally occurring" I guarantee at least a third or half the ingredients are filler.

You know this, so why conjure up an emotional response?

Wideout24 • 1 point • 4 May, 2020 03:28 PM

If your going to use DRI then you should know that it is not set based on body composition. The RDA for someone who is exercising whether its a weight restriction diet or muscle building diet goes up to 2kg/lb of total body not lean body-weight(per american college of sports medicine). In addition to this, excess protein isn't just pissed out, it has more functions other than just muscle synthesis, for example its used for energy so there is absolutely no problem with going over the protein rda.

kabuto\_mushi • 1 point • 4 May, 2020 03:34 PM

2 kg/lb? Bruh.

" While athletes' protein needs are greater than that of non-athletes, they're not as high as commonly perceived. The Academy of Nutrition and Dietetics, Dietitians of Canada and the American College of Sports Medicine recommend **1.2 to 2.0 grams** of protein per kilogram of body weight per day for athletes, depending on training. Protein intake should be spaced throughout the day and after workouts. "

<https://www.eatright.org/fitness/sports-and-performance/fueling-your-workout/protein-and-the-athlete>

You're talkin out your ass. Yes, protein has many, many more uses in the body than just building muscle, but it's not like eating more is going to make you a super human. Excess amino acids are going to be excreted, and excess protein is going to be stored. *As body fat*. That is the science.

Wideout24 • 2 points • 4 May, 2020 03:42 PM

I said diets *up to 2g/kg*. And anyway my point is that the dri isn't set by body composition which is what you just proved by quoting that. I also never said there would be any added benefit of consuming too much protein, i said that it has more functions than muscle synthesis. Duh excess protein can be stored as body fat, but thats only going to happen if you in an *energy surplus* so that shouldn't need to be specified. Anyway nice strawman, considering you just confirmed what i just said.

backizwack • 1 point • 4 May, 2020 05:29 PM

0

2

As a dietetics major minoring in kinesiology, I appreciate this comment.

[deleted] 4 May, 2020 01:20 PM\*

[permanently deleted]

Pimpjuice2[S] • 2 points • 4 May, 2020 06:17 PM

I think if you can do 80+ a set thats awesome.

Do 3 or 4 sets pushing yourself to failure.

mcgruntman • 1 point • 4 May, 2020 05:06 PM

Agreed. If you can do 80+ pushups then IMO you should really be doing single hand pushups instead.

DareyFathom • -2 points • 4 May, 2020 02:15 PM

Perform them in a slow controlled manner. 3-3-3-1 tempo reps and you won't be doing more than 100 body weight pushups and maybe 200 body weight squats in a workout. Also reduces the strain on the joints of high rep work.

[deleted] 4 May, 2020 02:21 PM\*

[permanently deleted]

holybranchez • 2 points • 4 May, 2020 03:31 PM

Therefore, what do you propose?

Valyarian • 1 point • 4 May, 2020 08:47 PM

I'm curious to learn the right way, would you care to elaborate?

DareyFathom • 1 point • 4 May, 2020 03:25 PM

69" at 195 lbs with a 31" waist. I must be doing something right.

[deleted] 4 May, 2020 08:42 PM\*

[permanently deleted]

DareyFathom • 3 points • 4 May, 2020 10:05 PM

nearly exactly average height and weight for an American male. Just leaner composition.

[deleted] 5 May, 2020 07:52 AM\*

[permanently deleted]

DareyFathom • 1 point • 5 May, 2020 09:33 AM

If you think  $195/69=20$ , maybe you need 1st grade math again.

[deleted] 5 May, 2020 09:46 AM\*

[permanently deleted]

DareyFathom • 1 point • 5 May, 2020 11:21 AM\*

There isn't any crayon font for me to put it in for your comprehension. Might want to exercise the most important muscle in your body. Everyone knows inches and lbs. And you think the average American is 6 feet 9 inches and 195 pounds LOL?

[deleted] • 1 point • 5 May, 2020 08:32 AM

If you're doing advanced bodyweight, the idea is closer to 160s or lower because of functional fitness. You're not gonna be doing iron crosses and more advanced, at much heavier bodyweight. If you're doing bodyweight to become a climber or a myriad other activities, you don't want to be needlessly heavier either.

<https://www.youtube.com/watch?v=5CO1IAO9R3M>

Or a human flag:

<https://www.youtube.com/watch?v=bG0h7bSfxQI>

Or a ton of other maneuvers. Especially as hypertrophic muscle doesn't have the raw strength,

it's been built to balloon (vs say a powerlifter). Being big there is useless. They will run rings around bodybuilders at these activities.

<https://www.youtube.com/watch?v=jHg91NVHh3s>

[deleted] • 5 May, 2020 08:38 AM\*

[permanently deleted]

[deleted] • 1 point • 5 May, 2020 09:14 AM

I'm not here for lawyering over individual words. Yeah, you're not gonna be swole under 200, but that's not the end all be all. If it's your thing, fine.

Bruce Lee weighed about 140 lbs, just for reference, guys don't need to weigh towards 200lbs to look good or attract women. By the way, I mention him specifically because his physique is well known and few need to google it, I don't really give a shit about outdated bullshido martial arts.

Jessor69 • 4 points • 4 May, 2020 10:27 AM

This is used for pushups, but can honestly be used for anything.

For abs I suggest fast eddy and doing it every single day.

Diet is definitely 80% of the work, people gotta take you are what you eat in the most literal sense, eat for performance and energy maximising your workouts, it's just a positive feedback loop.

I suggest shirt off in the sun doing these workouts. But other than that great post, glad to see someone putting in sprints, hugely underrated for burning fat and building muscle.

[deleted] • 2 points • 4 May, 2020 03:18 PM

Just focus on having at least 1 lb of protein for every pound you weigh

Shit bruh! Good thing I got a Costco card!

MrAnderzon • 2 points • 4 May, 2020 04:05 PM

Don't forget intermittent fasting

dynospectrum7 • 2 points • 4 May, 2020 05:42 PM

Leave that swine alone my brother.

All bullshit aside this is good +1

Proto\_Sigma • 2 points • 4 May, 2020 07:23 PM

Typo check, the original post had 1lb of protein per lb of bodyweight when what you almost certainly meant was 1g.

Other than that, great piece. Greek yogurt is a life hack- even without added sugars you can find types that are comparatively sweet, help avoid hunger pangs in your sleep and do wonders for your microbiome- an underrated part of overall health. I only got on the greek yogurt train a few months ago but I'd highly recommend it to all but the lactose intolerant... you poor fucking bastards.

gootecks • 2 points • 5 May, 2020 12:56 AM

Thank you for the reminder about the 4 hour body from Tim Ferriss. And thanks for pointing out the 4-egg thing

for testosterone!

VisionAerial310 • 2 points • 5 May, 2020 02:59 AM

Most important thing here is to be consistent and actually do it. Don't feel like you've accomplished ANYTHING after 1-2 says, weeks, or months. It's a new battle you have to win every single day.

Drekalo • 2 points • 5 May, 2020 04:33 AM

My favorite easy meal is rice, lean ground beef with taco seasoning and heat, cheese, sour cream, black beans and salsa, obviously in portions that meet your macros. Super tasty and soooo cheap. On avg a full plate for me is less than a dollar.

gingefromwoods4 points 4 May, 2020 10:45 AM **[recovered]**

Tip for finding a pullup bar if you don't have one. Look for those public pull-up bars nobody uses and use them(you'll still be the only one using them trust me). Or go to a park that has some childrens play equipment. I use the monkey bars at my local park.

neededsomething • 7 points • 4 May, 2020 02:38 PM

Use of public exercise equipment is banned where I am. We've got cops patrolling the areas where all of the public pull-up bars etc. are located. Know your locale.

fruxzak • 2 points • 4 May, 2020 03:06 PM

I would not recommend doing this in the midst of a pandemic...

JedYorks • 2 points • 4 May, 2020 01:11 PM

I'm getting jacked whole my competition is blowing up ! I never gave up but had setbacks however I kept moving forward and now I have surpassed. Now I love the pain and grind I level up a little every day

baltinar • 2 points • 4 May, 2020 02:44 PM

really think you are complicating this.

i am extremely good shape currently and tend keep a simple routine, which basically costs me 5 minites an hour, like i go to make tea or eat something and drop for 40 and this is all day.

currently what i am doing is keep protein high , carbs low and fat low, tend to stay around 2000 kcal, and every single day during the day do total of 300 push ups, 500 squats, 300 sit ups and some other tings and i am a beast right now. again this is during the whole day, usually it is 30-40 push ups and then 40 squats like every hour... keep it simple, nobody reads the super complicated stuff.

holybranchez • 1 point • 4 May, 2020 03:38 PM

Beginners cant crunch out 300 push ups or 500 squats off the bat.

baltinar • 1 point • 4 May, 2020 09:35 PM

It's all day thing, do 50 at 11, 50 at 1200 etc.

Unitobject • 1 point • 4 May, 2020 10:56 AM

Thanks for sharing!

Two questions: 1. Why not eat bread? 2. What do you think about long distance running?

[deleted] 4 May, 2020 12:38 PM\*

[permanently deleted]

UpOnCloud9 • 2 points • 4 May, 2020 12:52 PM

Are there healthier variations of bread? Avocado toast fiend here.

DareyFathom • 1 point • 4 May, 2020 02:09 PM

Given the misleading labels, you have to read the ingredient list, but bread without wheat flour.

Ezekiel bread is probably the most popular brand. More expensive and goes bad quite quickly (5 days at most at room temperature IME). Much healthier for anyone's diet though.

Unitobject • 1 point • 4 May, 2020 12:53 PM

White bread, yes. But whole grain bread is healthy I believe.

coopdawgX • 1 point • 4 May, 2020 01:50 PM

Good response. White bread is no good, but whole grain and some whole wheat (nutrition info is almost identical on some) is fine. And unless you are eating like 6 slices a day, it's pretty negligible

rad\_dynamic • 1 point • 4 May, 2020 11:44 AM

Cheers! No breaking news here but a good motivational post at the least.

Hopefully, it inspires some to get off their asses and to say no to the next chocolate bar.

Sin-Silver • 1 point • 4 May, 2020 12:36 PM

I've been using HITT videos on youtube, I'm doing 5 to 6 work outs a week currently. The routine and live instructor real help motivate me, I rarely stop in sets, regardless of how much I'm sweating. The variety they force on your is really good, stops you falling into the same regular patterns, and helps develop kinaesthetic awareness.

[deleted] • 1 point • 4 May, 2020 01:41 PM

I canceled my gym membership and put a squat rack, adjustable bench, plates, and olympic bar in my garage. Best fitness decision I ever made. Fuck the gym.

\_DeezNuts714\_ • 1 point • 4 May, 2020 03:38 PM

Another option (or in addition to the stuff in the post) is to go on Craigslist or Facebook Marketplace and try to score some cheap weights.

banned\_by\_cucks • 1 point • 4 May, 2020 04:44 PM

Is there a pull-up bar I can get without having to drill holes?

Pimpjuice2[S] • 1 point • 4 May, 2020 06:08 PM

Yeah, get a door frame pull up bar

opper-hombre1 • 1 point • 4 May, 2020 05:08 PM

I've been working out since before quarantine and I think my problem is that I'm not eating enough food to turn it into muscle. I'm wary about eating more food because my goal is to lose my little belly gut. (As well as build muscle; I'm skinny fat). Any words of advice from people here?



Good post man. Thanks for sharing

Mt43xl6701 • 1 point • 4 May, 2020 05:12 PM

I recently broke my wrist and can do pretty much all home workouts ,except for pushups, with relative ease. Do you have any recommendations for how to fill that hole at home?

Pimpjuice2[S] • 1 point • 4 May, 2020 06:06 PM

Yes actually,

I broke my wrist once and couldn't do normal push ups for a while either.

Try knuckle push ups

<https://www.mobiefit.com/blog/no-equipment-power-workout-strength-stability-knuckle-pushups/>  
the angle helped a lot

Bhamvulcan17 • 1 point • 4 May, 2020 05:15 PM

Great Post. Commenting to follow and revisit post to read again.

[deleted] • 1 point • 4 May, 2020 05:28 PM

Great post. However, I run 6x a week for 5km and I feel it does the job. I highly encourage everyone to get into running. Cardio has also shown to be more effective on mental agility versus weights.

cjoc09 • 1 point • 4 May, 2020 06:58 PM

"Just focus on having at least 1 lb of protein for every pound you weigh, and stay away from sugar."  
you meant to say one gram of protein per lb of body weight.

Schwaggaccino • 1 point • 4 May, 2020 07:00 PM

P90X really did wonders for my abs. I'd strongly recommend that for a month with off days on the third day. Combine that a balanced diet for explosive results.

[deleted] • 1 point • 4 May, 2020 07:44 PM

now that's a post worth saving. thanks!

Unnormally2 • 1 point • 4 May, 2020 09:46 PM

Thanks for the all-in-one guide. I've been following the bodyweightfitness recommended routine, but I'll have to go over this in detail to see if there's anything I want to change. I especially like the dietary tips, broken down into a very easy to understand way.

JyoungPNG • 1 point • 5 May, 2020 12:07 AM

For lower body, if you wanna do squats, grab two backpacks, load them with heavy things (like books) and find a suitcase or something you can also fill.

koovermann • 1 point • 5 May, 2020 12:54 AM

You seem to know your shit, so I have a few questions.

1. What's wrong with 100% whole grain bread? I usually make chicken or peanut butter sandwiches with it but wouldn't mind switching to rice if necessary



2. Does brown or white rice matter that much?
3. How's Diet Coke? Aside from any potential health effects, does drinking a lot of it affect aesthetics at all?  
I'm currently drinking 3 cans a day to put my sweet tooth in control and prevent from eating sweets
4. Speaking of sweets, can I sneak in ~400 calories or so of junk food per week (usually in one day) while staying within my calorie limit and hitting protein for that day?

P.S Im drinking absolutely zero alcohol during lockdown and no processed foods except for that 1 day I'll have a regular sized pack of sour patch kids or something. My goal is to have a 6 pack

Pimpjuice2[S] • 0 points • 5 May, 2020 02:49 AM

Hey.

Keep bread to under 2 pieces a day. Grains/Wheat just aren't digested well by the human belly.

Worth switching to rice 100%.

Brown/white doesn't really matter much. I used to be strict brown rice because I thought it was healthier but no big difference.

Diet Coke, has "0g" of sugar but still has artificial sweeteners, and yes will effect your aesthetics.

If you have a sweet tooth, Vanilla Greek Yogurt is nice.

As long as you're working out enough don't beat yourself up about eating a bag of chips every now and again.

But know that if your goal is to have a 6 pack, which is very doable, every bit of junk food is gonna stand in between you and seeing your abs.

[deleted] • 0 points • 5 May, 2020 06:27 AM

Diet Coke, has "0g" of sugar but still has artificial sweeteners, and yes will effect your aesthetics.

Got a source you can reference? Absolutely nonsense, artificial sweeteners do not affect physique composition.

raobj280 • 1 point • 5 May, 2020 08:08 PM

if you are actually fat and drink diet coke every day then holy shit, you are ruining your potential consuming that shit. literally there is nothing worse you can have in your diet, aspartame is also poison and gives you cancer

[deleted] • 0 points • 5 May, 2020 08:16 PM

aspartame is also poison and gives you cancer

You're an idiot, this is total nonsense and is entirely unproven.

raobj280 • 1 point • 5 May, 2020 09:52 PM

No, it's not. shit is literally carcinogenic, look it up and the history of how aspartame was approved by the FDA.

[deleted] • 0 points • 6 May, 2020 04:41 AM

Shouldn't be too hard for you to point out some concrete evidence of this then? Otherwise, take off your tinfoil hat champ

Pimpjuice2[S] • 0 points • 5 May, 2020 07:50 AM

Sure dude I'll google it for you lol

<https://www.shape.com/weight-loss/food-weight-loss/ask-diet-doctor-can-diet-soda-make-you-fat>

<https://www.inc.com/minda-zetlin/diet-soda-weight-gain-metabolism-insulin-brain-fat-metabolic-syndrome.html>

Drink diet soda and tell me it doesn't effect your aesthetics

[deleted] • 0 points • 5 May, 2020 08:52 AM\*

I drink diet soda every single day, as do most/all of my clients. Have had no issue getting stage ready (sub 5% body-fat) maintaining intake the entirety of prep.

You're kidding me, did you even read the first 'source'?

There are two primary schools of thought: The first is that **diet soda alone does not cause weight gain, but it has more to do with the unhealthy habits** of diet soda drinkers-the sum of which leads to weight gain. That could be the case. The second school of thought is that the artificial sweeteners in diet soda mess with your body's chemical processing, causing you to eat more and consequently gain weight. **The research in this area is inconsistent at best. The stance I take with my clients trying to lose weight: If diet soda is going to be your one vice, that's fine.**

Yep, totally sounds like sugar-free diet soda will "effect" your aesthetics...

As for the second 'source' (seriously, I was hoping for published articles, not opinion pieces at Shape and Inc)...

1. It makes our bodies produce insulin.

The insulin model of obesity has been debunked numerous times. As to whether or not artificial sweeteners spike insulin, here's an actual source (study). Effects of stevia, aspartame, and sucrose on food intake, satiety, and postprandial glucose and insulin levels

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2900484/>

In conclusion, **participants did not compensate by eating more** at either their lunch or dinner meal and **reported similar levels of satiety when they consumed lower calorie preloads containing stevia or aspartame than when they consumed higher calorie preloads containing sucrose**. Additionally, **stevia preloads reduced postprandial blood glucose and insulin levels**, suggesting stevia may assist with glucose regulation. These effects appear to be independent of reductions in caloric intake, as **participants consumed similar caloric amounts in both the stevia and aspartame conditions**.

Edit: formatting and this is a timely reminder that TRP should stick to what they know best, sexual strategy. Not personal finance, investing, nutrition or frankly, anything else. There are quality subs for all of these topics, TRP is not one of them.

DaBrokenMeta • 1 point • 5 May, 2020 02:33 AM

What have you all been waiting for???

What else are we doing in this down time?? Gaming??? Like, go lift dudes

[deleted] • 1 point • 5 May, 2020 03:51 AM

Been cutting for a few months now, went from 185 to 170. Goal is 160 to finally have solid abs. Good to hear about lower fat = more testosterone

throwlaca • 1 point • 5 May, 2020 02:19 PM

>the most effective way to get shredded abs.

Abs are made in the kitchen.

KanDeMan2 • 1 point • 5 May, 2020 07:04 PM

I quit Diet soft drinks after a decade of at least 6 cans a day.....

It's only been 2 weeks but I can't believe how it has helped curtail my appetite.....makes dieting much easier.

j-mac-rock • 1 point • 6 May, 2020 02:44 AM

This is the quality content i look for, Thank you

idabutter • 1 point • 6 May, 2020 05:09 AM

While this advice along with OP's effort are appreciated, honestly they are terrible as far as exercise goes.

You want to stay in the hypertrophy range, don't go over 15 reps, instead of doing 50 push ups, do 15 with a backpack on that's full of stuff, instead of doing 20 pull ups, do 8 weighted (tie any object to you literally), that is unless you want to do cardio/endurance. (of course none of this applies to beginners who can hardly do 3 pull ups, but you'll get there.)

You can also get creative with weights, I have personally managed to make weights out of concrete. If you have a pull up bar, you can tie a backpack so a piece of cloth, hang it over it and use it for triceps and back.

Other than that, quality thread, thanks OP.

heavymo • 1 point • 6 May, 2020 10:38 AM

Wouldn't really stay away from diet soda to be honest. Its 0 calories (well its like 10 cals) and enables you to stay on track w/ your nutrition if you get sugar/sweet cravings. The best nutrition plan you will have is the one which you will be able to be consistent on. So make it as easy as possible for you. And when it comes to carbs , bread and rice aren't very different , bread even has more protein than normal white rice. Bread isn't bad , just be careful with it , a slice is like 30g ~ 90-100 cals so 3 slices (100g) would add to about 280-300 cals , 350 at worst. Dip it in something like egg whites and make french toast. Just stay below your TDEE and you will lose fat 100% guaranteed.

Zech4riah • 1 point • 6 May, 2020 01:32 PM

Did this get this many upvotes because people blindly think that they will get jacked by doing body weight exercises...?

[deleted] • 1 point • 6 May, 2020 03:29 PM

For a lot of regular gym goers this won't build muscle but will help maintain and cut fat. I've been on a cut from 210 and am down to 195 during the past few months thanks to more cardio and body weight high rep stuff, so quarantine has been great

This is your chance to lap people. MOST men and women are using quarantine to eat like shit, drink daily, watch Netflix, etc. now is a golden opportunity you'll never get back. If you're staying in shape or getting in better shape you'll stand out even more when things normalize

This is also a great opportunity to pursue that new hobby, starting a business (depending on the business for sure) etc

Senth99 • 1 point • 8 May, 2020 03:15 AM

You sir are a hero; thank you

redrocketboom • 1 point • 8 May, 2020 05:17 PM

Afterburn effect in sprints are BS. That's an extra 20-30 calories so what? You can burn an extra 200-300 calories with walking if you didn't spend all your energy sprinting. IFBB Pro Greg Douchette already proved this.

TulioGente • 1 point • 9 May, 2020 01:45 PM

This is a bit late, but how often do you suggest I work out in a week and how long do you spend working out. I was thinking 2 hours every day as a good starting point, thoughts?

canadianhousecoat • 1 point • 9 May, 2020 10:15 PM

Thanks for the ab workout! Adding it to sprint day.

Cavannah • 1 point • 14 May, 2020 06:43 PM\*

Just focus on having at least 1 lb of protein for every pound you weigh

I'm assuming you meant one **gram** of protein per pound of body weight.

Excellent post though, thank you for putting it together.

Schwaggaccino • 1 point • 29 May, 2020 08:39 PM

Correction: 1g of protein per pound of your body weight. So if you weigh 200lbs, you need 200g of protein. 1lb of protein for every pound you weigh will turn you into a boulder. Same mistake I made in weight training class haha. Otherwise great list.

top-notch-alpha • 1 point • 12 June, 2020 07:23 PM

Do you think p90x will be more effective?

Altruistic\_Scumlord • 0 points • 4 May, 2020 11:26 AM

You should include non animal sources of proteins as well. Awesome write up otherwise!

[deleted] • 2 points • 5 May, 2020 08:11 AM

Lentils, peas, and beans are your best best. We're looking at the 25% by calories level here. Greens are good too, at 30-40% by calories, but they are so calorie dilute that they don't add much even if eating a mountain -- but many provide excellent nitric oxide boost. Starches are an okay source at 1-11%. Rice and certain potatoes have 10%. I can only think someone will get too low if they limit themselves to fruit (frugivore diet) or doesn't get enough calories all around in the first place.

I want to say unlike the calculator here suggests, protein is never the limiting factor in muscle growth. It calculated me "needing" over 200 grams a day at my fitness level even though I maintained my weight and basic bodyweight % for 10 years at around 70 gr/d. The calculator estimates way too high, and I would suggest the entire idea is just a heavily promoted way to sell protein shakes from worthless whey since bodybuilders have been touting it since the 1970s - better than trying to sell steroids.

For example, human milk is the lowest protein milk amongst animals, 5% protein by calories. The rest is a carbohydrate/fat split near even. Yet it provides enough for the time of our greatest growth percentage wise. About the top beginner gains you will see in a year is 20lbs. Muscle is 76% water and 4% mineral/other, leaving 20% as protein. So we're talking adding 20lb = 9,071 grams x 0.2 = 1,814 grams protein onto our body in a year.  $1,814 / 365 =$  adding 5 grams protein a day.

Even if you triple or quadruple that for various inefficiencies and turnover, we're talking 15-20 grams. RDA for a 70kg male is 58 gr/d and that's already doubled from minimums calculated and some added on.

Add to that, beginner gains only lasts 12 months from month 6-18 typically, and needs are downhill from there and maintenance is much lower as well.

[deleted] • 0 points • 4 May, 2020 01:58 PM

No reason to downvote him. Personally I would never touch stuff like soy protein but it can definitely work, though a good amount less effective.

Brodin69 • 1 point • 4 May, 2020 01:25 PM

For pullups Ive been going to the neighborhood playground and hitting them on the monkey bars. Nice way to get a outside workout too.