

How do tall people with very small frames lift 300+ for squat and deadlift?

5 upvotes | 8 February, 2021 | by clickherebaby

I saw this video of the 19 year lifting for 8 months and was squatting 315 pretty easily. How is it that people are able to make gains so quickly? it took be a few years of trial and error to finally hit 315. I had to figure out my biomechanics, best form that works for my body, dealing with injuries along the way, etc.

Archived from theredarchive.com

Comments

AutoModerator[M] [score hidden] 8 February, 2021 07:09 PM stickied comment

Please Post Your Question to [Forums.red/i/askTRP](https://www.trp.red/i/askTRP)

Browse our tribes and forums, or create your own today on <https://www.trp.red> free!

I am a bot, and this action was performed automatically. Please contact the moderators of this subreddit if you have any questions or concerns.

AshyLarry27 • 8 points • 8 February, 2021 09:32 PM

Too many factors. His genes, his diet, is workout regimen, is he on gear, too many parts of the equation. We are not all created equal, which is why most of us have to work harder than others to get to the goal. Don't beat yourself up over, you take pride in the fact that you adapt to being a driven and hard worker

GayLubeOil • 3 points • 9 February, 2021 03:19 AM

Plenty of women can sumo deadlift 315. Like a mid sized 135 pound volleyball girl can do it with about two to three months of training.

I know this because I spent my early 20's getting women's butts bigger professionally as a personal trainer. I basically ran the Strong Curves workout routine with a few adjustments.

I think the problem is that your a vagina who lifts less then people who have vaginas

clickherebaby • 0 points • 9 February, 2021 04:41 AM

Youre a dumb fuck

[deleted] 8 February, 2021 10:10 PM*

[deleted]

clickherebaby • 2 points • 8 February, 2021 10:42 PM

no way lol. Im 6 4. Someone 5 9 is doing way less work than me. Im going 7 inches deeper every rep.

Street_rat2426 • 3 points • 8 February, 2021 10:50 PM

Ya exactly. 6'2 with a 6'4 wingspan, bench presses are a nightmare for me

OptimalMammal • 2 points • 9 February, 2021 02:38 AM

Try a 6'8 wingspan >:|

[deleted] 8 February, 2021 10:55 PM*

[deleted]

clickherebaby • 2 points • 8 February, 2021 11:21 PM

No i dont lol. Those people are tall and also endomorphs. They were squatting 600 pounds at 13 years old. Genetic anomalies.

Shorter people have way more mass and more twitch muscles. Everyone knows its significantly more

difficult to fill out when youre taller, especially at this level. A toddler could make sense of that with buckets and water.

Ive squatted nearly 405 without a belt before i got sick last year. When i hit a year of consistent training, I'll shit all over your numbers all the way down to lateral raises. and school you on form.

[deleted] 8 February, 2021 11:30 PM*

[deleted]

clickherebaby • 1 point • 8 February, 2021 11:46 PM

Think whatever you want idc.

Snowboard18 • 2 points • 8 February, 2021 08:07 PM

Gear in that situation

BehindNeckPresses • 4 points • 8 February, 2021 08:48 PM

300lbs for a squat/deadlift is not that difficult if powerlifting strength is your goal. I'm 5'6, and hit a 300lb squat after lifting for 6 months at age 19. Currently 22, squatting 300x5 and deadlifting 350x5 at a body weight of 145lbs.

If you want to get strong, train like strong people train (starting strength, 5x5, 531, low volume RPT). Add 5lbs a workout until you can't anymore. Deload, and slow down the rate to adding 5lbs a week. Cut the BS fluff like lunges and machines. Eat food, sleep, take some creatine, train like you mean it, and you'll be at 300 in no time.

Edit: Note: this strategy worked for my lower body lifts. My upper body lifts required more volume and isolation.

OttoVonBismark71 • 1 point • 8 February, 2021 09:06 PM

good advice. thank you

AnonChadThunder • 1 point • 9 February, 2021 04:09 AM

You should compete with those numbers

BehindNeckPresses • 1 point • 18 February, 2021 01:55 PM

People ask me if I compete all the time. I'll probably start after my cut.

Zech4riah • 1 point • 9 February, 2021 02:15 PM

So in 6 months to 300lbs 1RM squat. All this at 145lbs body weight. But then in 3 years you gain only about +37,5lbs to 1RM squat. This means you either had strong background in sports or you are bullshitting - either way the comment is misleading because it distorts the expected results whether it was deliberate or not.

BehindNeckPresses • 1 point • 18 February, 2021 01:57 PM

I used to road bike (cycle) quite a bit in my youth, but that was endurance. I was also like 180lbs when I hit that number for the first time. I slowly recomp'd over the next year losing 45lbs and maintaining my strength. Took a couple years to figure out how to continue progressing from there.

KingGerbz • 1 point • 8 February, 2021 10:55 PM

Why are you so concerned with what other people are doing?

clickherebaby • 1 point • 8 February, 2021 11:40 PM

Good things take time. Im just surprised someone was able to do it quickly

BalkanChrisHemsworth • 1 point • 8 February, 2021 11:11 PM

I was a former fatass(was 6'4 300lbs until my senior year of highschool) Didn't really make gains fast except squat. I'm sure I'm gonna hit 4 plate squat before 3 plate DL, and 3 plate bench before 3 plate DL also lol

GrandmasterHurricane • 1 point • 9 February, 2021 01:25 AM

Patience and practice, that's all. There's no secret. Maie sure you work on your ankle and hip flexibility, stretch your hamstrings a LOT, and always strige to put on mass. Don't ve afraid of a little fat if you're gonna stay natural. You're not gonna be shredded and diced lifting heavy weights. You need the caloric surplus for the energy and stability that the fat provides. Eat more to lift more.

Kuneyah • 1 point • 9 February, 2021 04:01 AM

Lots of factors...for example i've been lifting for 7 months started 225 dl...now my deadlift is 335 some people's bodies just respond really well and different leverages etc.

AnonChadThunder • 1 point • 9 February, 2021 04:14 AM

Genetics play a role, especially at the elite level. More fast twitch muscle fibers and higher natural T. Focus on what you can control...

following a training program

hitting adequate volume / progressive overload

solid nutritious diet

sleep

form

That's pretty much it. And how hard you're willing to push yourself. An RPE 8 for an advanced lifter feels like a 10 for a noob. I for example put on muscle crazy fast, but my strength is a slow progress. My friend who squats 550 told me he's jealous on my quads. I only squat 405