

Lift, motherfucker, lift.

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So it's odd right? I'm going to tell you to get a gym membership and start lifting before anything else—and you're like wait bro, what about my mission? Isn't that the most important? Or cold approach? Women aren't going to want to fuck me just because I'm jacked.

All these objections are fair, but there's a very good reason for this: [lifting helps you in every facet of your journey as a man](#).

First, lifting will boost your testosterone, which is shown to increase focus, physical and mental energy, and well as helping a man optimize his health, all of which is extremely important to do the other stuff.

Second, by lifting on a continuous basis, you will see that if you apply yourself in a given arena of life, you will see progress, and that progress will lead to good, often better things. And I can pretty much guarantee that: if you get your ass in the gym and start lifting heavy weights to exhaustion and eat a reasonably health diet with plenty of protein, your body will change for the better. You WILL see progress.

And women will see it too.

Crazy fact: women can sense your testosterone—they can actually fucking smell it. They don't know that. You don't know that (well now you do). But it's real. And even if it wasn't, guess what? Girls like big muscles. They do. It's like how guys like big breasts, bubble butts, and skinny waists. Girls like big muscles. Since I've been lifting, almost every single girl I've dated has made a comment to the effect: “look at those veins—your arms are so big—I'm used to dating skinny guys.” So whether you're meeting girls on the apps or like a real man doing cold approach (sorry, not sorry), it's going to help big time.

Finally, once lifting becomes a mantra and a routine, it anchors your life in something productive, and this will have positive effects on every other facet of what you're trying to do in terms of your journey.

OK, so that brings us to what you should actually do. Really it's quite simple—there are a ton of routines out there, but I'll explain what I do, which is generally in line with what most guys with more experience would recommend.

1. Bench Press: 5 x 5. Doing five sets of heavy lifts, with the fifth rep of each set being at or near exhaustion (if you can find a work out buddy, always great to do that final rep with a spot).
2. Squats: 5 x 8. Same idea.
3. Seated Row or dead lifts: 5 x 5.
4. Incline bench or shoulder press: 3 x 5.
5. Lat pull downs: 3 x 5.
6. One arm cable tricep extension: 3 x 5.
7. One arm cable bicep curl: 3 x 5.
8. Incline sit-ups: 2 sets of 10
9. Sit-ups on bosu ball with arms extended straight out: 2 sets of 10.

That's it. I do that twice a week, or really, once about every four days—trying to give myself three full days of rest. Honestly, it would almost be fine to just go once a week. Remember, if you go too hard too often, you're not going to give your muscles a chance to rebuild.

Since we're on the topic, obviously your diet is going to help a ton here as well. If you're a big guy—like as in overweight, I follow a keto diet, which is high fat, high protein/low carbs, and that goes great with

lifting and getting big, while losing weight. There's a ton of information out there now, but in terms of narrowing it down I'd search keto on Medium, or look at some of the interviews Dr. Dom D'Agostino has done on the topic.

If you're thin, obviously you'll want to increase the carbs, especially before and after you lift, while making sure to get plenty of protein. Remember, the more muscle you have the more calories you burn all the time, so guys who have trouble keeping on the lbs definitely need to make sure they're eating enough to replenish and rebuild those muscles.

In terms of jacking those testosterone levels, eat lots of eggs, nuts, grass fed beef, fish, shellfish, and butter. This will help your muscles regenerate faster and give you an edge in the gym and in the bedroom.

Obviously there are a ton of places you can go with this information and lifting in general, but in terms of getting results and achieving the kind of body composition you're looking for, the best resource I've come across is Tim Ferriss' 4 Hour Body. I'd also highly recommend listening to any of his podcasts where he talks to experts in health or fitness.

So get in the gym guys: lift, motherfucker, lift!

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