

# TRAINING FOCUS



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## Chapter 1

# They are not natural.

Have you ever experienced a **moment of clarity**?

I have. One weird afternoon I somehow connected to my smart-self and felt like I knew the answer to everything. I looked around and saw details I have never seen before. My mind was slicing everything the matrix was throwing at it. Every element was talking to me. There were no ifs or buts – only realness. I wasn't guessing. I just knew. There were no lies either. Only presence and reality. Unfortunately, or not, the dose wore off after a few hours. The next day the blurriness returned. My mind was once again distracted and not nearly as sharp.

Of course, like all things worth experiencing, moments of clarity are not free either. You have to fight for them. You have to earn them. You don't get to see the truth for free. To glance at it, you have to spend a lot of time in the labyrinth.

Once you have reached a sufficient amount of build-up, and your brain wants to kill you for torturing it for so long, you have a chance to experience a moment of clarity. It's like a movie or an event you have been anticipating for years. When you finally get a chance to see it, you say to yourself:

"Hm...I am not impressed. I already sort of knew all that."

"Well. Now you know for sure," says your inner voice.

I've experienced another moment of clarity when I finally hacked the fitness world and understood the whole gangsta scheme.

I slouched in my chair and said to myself:

"This is it. This is the truth and nothing but the truth. This is how they do it. This is what makes the wheel turn. It's so obvious. Why didn't I see it before?"

Today, I will try to give you a moment of clarity. I know it's not your birthday, but let's truth-party like it is.

Bro, I have sad news for you.

Your idols are not natural. They have been injecting steroids in their narcissistic glutes for a really long time.

"Do you have any proof," says Mr. 3 Million Glasses – a mathematical prodigy sitting at the back of the classroom, calculating his next personal record on the latest iPhone.

Glasses, I do. And my proof is full of mathematics. You will definitely love it.

To understand that the popular musclemen have been juicing their brains out since the start, one simply has to analyze the evolution of the Equation of Growth (EG).

**EQUATION OF GROWTH v.1.0**

## Genetics + Nutrition + Training = Muscle Mass

A long time ago, the equation of growth was fairly simple.

The final result was the sum of three values one of which (genetics) is impossible to mold to your preferences. You either have good genetics or you don't. You can pray, but that's not going to change your genetics either.

The other two elements (nutrition + training) are variables that can improve over time.

### EQUATION OF GROWTH v.1.1

Genetics + Nutrition + Training + Supplements = Muscle Mass

EG v1.1 > EG v1.0

As you can see, EG 1.1 is pretty similar to EG 1.0, and yet higher.

Why?

Did training change? Not really.

Then, why is the final result higher than before.

Simple: EG v1.1 adds a new element – **supplements**.

But what are supplements, really?

Most supplements represent parts of processed animal products and herbs.

Therefore, one could easily conclude that supplements are nothing but an add-on to nutrition – an element already part of EG v.1.0. And yet during the 70s (the reign of EG v.1.1) the amazing happened – the muscle sector exploded. The birth of the supplement world coincided with the Golden Era of the beauty contest with sports elements known today as bodybuilding.

Supplements were a cover-up with a **dual purpose**. Their role was to hide the usage of steroids and allow the Masters to monetize bodybuilding.

Do you think it is a coincidence that the supplement propaganda began right when pro bodybuilders transformed into complete mutants? There are no things left to chance in the marketing plans of shrewd businessmen. Those guys don't use fake bullets. They don't fuck around with toys.

You have to be extremely gullible to believe that the muscular growth boom during the 70s is simply the result of better supplements. Supplements from that era were not very sophisticated. In fact, they were terrible. In fact, they were total trash.

**The real EG v1.1 looks like this:**

**Genetics + Nutrition + Training + (Supplements) + STEROIDS = Muscle Mass**

Finally, we arrive at the current Equation of Growth a.k.a. the formula behind the bloated bodies of the bodybuilding pros today.

### EQUATION OF GROWTH v.1.2:

**Genetics + Nutrition + Supplements + Steroids + Growth Hormone + Insulin + IGF1 = Muscle Mass**

## EG v1.2 > EG v1.1 > EG v.1.0

As one could expect, adding more elements with positive values equals a higher final result.

Compared to EG v.1.1, the new equation adds two important components – growth hormone and insulin – drugs rarely used during the Golden Era of Bodybuilding.

Naturally, people try to negate the information above by explaining modern muscular growth with comical arguments such as: “scientific training, scientific nutrition, meal timing, anabolic window, supplements, better exercise equipment, better use of gravity, bench press slingshots, easy lifestyle, tribulus...etc.”

That’s a joke.

Here’s why.

**Training** – Has anything meaningful changed in this department since the early years? A barbell is a barbell. A dumbbell is a dumbbell. A set is a set. A rep is a rep. A bicep curl is a bicep curl. There may be some programming differences, but can we really allow ourselves to be stupid enough to believe that a special rep range can make you as big as the modern pros?

Training is NOT responsible for the mutation of the modern bodybuilder. End of story.

**Nutrition** – What’s so special about nutrition today compared to 3 or 4 decades ago? If anything, one could argue that today the modern humanoid receives even worse (modified) food.

**Supplements** – Do you really think dry milk powder and the few milligrams of extra iron contained in multi-vitamin tablets will make you an Arnold? Supplements offer some value, but they don’t have the means to create a muscle hero of any kind.

**Better exercise equipment** – Bro, this is not Call of Duty. You don’t need high-tech equipment to play this game. You can’t possibly think that modern pros have 20-inch arms thanks to Hammer Strength machines and bench press slingshots, can you?

**Easy lifestyle** – In developed countries, the life of the humanoid may seem cushier than before, but attributing the extra growth to it is the equivalent of saying that bodybuilders are bigger today because they have a more sedentary lifestyle than before. Seriously!?

**Testosterone boosters** – Hollywood movies have made us believe that herbs have insane powers. The story line is always the same: the main hero gets beaten to death and goes to a shaman who fixes him with the help of miraculous herbs. Cool except that not everything is so incredibly simple.

Testosterone boosters cannot compete with steroids. There is no doubt that some boosters work. They increase your testosterone levels, but not to a meaningful degree that could cause massive growth. Testosterone boosters are essentially Wi-Fi boosters in your home. They take whatever signal you have in your house and optimize it. However, the source is still the same. Steroids, on the other hand, increase the source’s speed and bandwidth tremendously. They provide faster Internet directly “from the manufacturer”.

Even a small TRT dose blows away modern testosterone boosters. And yet people continue to think that all it takes to grow is eating bull testicles and the right type of grass.

**Information** – A long time ago some dude told me that people are getting ridiculously big thanks to the Internet and the incredible amount of information it offers. The guy was wrong and right at the same time.

The Internet allows you to watch interviews and seminars with professional bodybuilders, but you will not find any truth there – just the usual politically correct 3 set of this, 3 sets of that nonsense. However, the Internet has the power to connect the ignorant to those in the know.

A lot of people have started using steroids due to the large amount of info online. There are many forums where people talk about this drugs openly and share their experience.

During the pre-Internet era, this was impossible. You had to find a big guy and cook his meals to get some info on the stuff. Today, anyone can ask a steroid related question and receive an answer on a message board. The validity of the responses is arguable, but at the end of the day, there's still a ton of legit info/

**P.S.** I doubt this is the type of information this dude was talking about.

{evil laugh}

# NATURE vs. NURTURE

For a long time, smart guys with beards better known as philosophers and psychologists have been trying to figure out what forms the human personality. According to some of them, each baby brought into this world is a blank canvas that can become anything. Others reject this statement and believe that our inherited genetics are the ultimate source of power. I tend to agree more often with the second group.

There are many factors that predetermine our lives. We may appear to be empty canvases when we are born, but the brushes, the paint and the theme of the photo had already been chosen.

The human personality is made out of two primary elements – nature and nurture.

Nature is everything that appears inherited – physical traits, parents, country, town...etc. This is the element that limits how far you can go ultimately.

Nurture is what you add to your personality with training and learning.

I believe in the above 100%, although I have to add a small note. On the outside, it may look like we don't choose our genetics, but who knows – one could argue that we have chosen our inheritance with our actions in a previous life.

What does this mean for our little muscle sector? It means that your genetics (nature) have more influence on your size than training, eating and sleeping, which are part of nurture.

Don't believe me? Have you been outside? Haven't you seen homeless guys who are big and shredded despite living in the park and eating what's left on the street? Those guys are a rarity, but they do exist and owe their muscular development to genetics and unplanned intermittent fasting.

As people, we can't exactly change our genetics, but we can alter them. Steroids/hormones do exactly that. They change your nature. You sort of transform your genetics. You become a different version of you fundamentally.

To find evidence, you just have to look at the enhanced population. There are guys on TRT (testosterone replacement therapy) who don't lift weights at all and are still bigger than hard working lifetime naturals.

Read that five times if you have to.

It's the truth.

**Many people on TRT who don't even train are bigger than hard lifting naturals.**

**Nature > Nurture.** End of story.



# The Drop in Testosterone

According to the scientific community, the testosterone levels of modern men are lower in comparison to previous generations. In other words, your grandfather had way more testosterone than you.

Studies say that during the last two decades testosterone's shares have been falling by 1% every year. If this trend continues, men will soon be born with inverted dicks.

Why is that? What's the reason for the drop?

There are many factors – food, lifestyle, social pressure.

I am not a scientist, but in my humble opinion, the number one reason is the slave world we live in. You can't be a man anymore.

With the rise of new technologies and feminism, men and women have been sort of equalized.

I've worked many office jobs over the years. I spent 8 years in a department made out of 1 man and 8 women. According to some that should raise your testosterone levels because there's a constant sexual stimulation, but that's not true when the women next to you are hardcore anti-boner material. But even if they were models, sooner or later, the estrogen ocean around you will attack your soul.

My co-workers used to get on my nerves every single day. I hated their irrational thinking. I hated their moods swings. I hated their slow pace. But most of all, I hated their inability to see how ineffective, bitchy and naïve they were.

Many employers prefer to hire a larger percentage of females because women are willing to work for less, don't cause as many problems (oversensitivity and fear) and have a stronger desire to please. Thus, the male population in offices is often kept low.

The madness does not end here. The modern emasculation is larger than life and can be seen everywhere.

Many movies have been promoting the man-child model for a really long time. In most American sitcoms, there's always a small and/or thin guy who behaves like a teenager even though he is 30 or older. A popular example that comes to mind is the Bing Bang Theory. Most of the guys there are men-children, aren't they? Those guys are supposed to be elite scientists, and yet they seem scared of everything. Their women are the ones pulling the strings.

Furthermore, in many "romantic" movies men are presented as imperfect creatures that should do absolutely everything to earn the love of a woman and please her.

This creates a sense of unworthiness in males.

You are never good enough.

Your dick is not big enough.

Your salary is too small.

Your biceps are too small.



You don't last as long as the porn actors and have to enhance yourself with Viagra.

Women can now get pregnant in a lab, and therefore, you are almost useless.

The list goes on.

Many years ago, I watched a movie called Roger Dodger. During the intro, a guy explained why males will soon be degraded to sperm donors. It's happening.

Another reason for the low testosterone levels among men is the rise of the average body fat percentage. Currently, it's quite acceptable to be 20% body fat. Actually, 20% body fat is on the low side. Seeing a man over 25 years of age who doesn't have a beer gut is becoming a rarity. Why is that bad? Simple – fat loves estrogen. The fatter you are; the more estrogen loves you. This is why bulking ala Rippetoe is a big no-no. Milk coupled with extra body fat turn you into a lactating cow carrying an estrogen bomb inside.

Why am I telling you all of this?

Simple: Testosterone is numero uno when it comes to growth and strength. Test is the motherfucker in charge of your muscular growth. Deadlifts can't beat it. Squats can't beat it. Barbell rows can't beat it. Leg presses can't beat it. Food can't beat it. Test is KING. It holds the future of your growth in its hands.

The drop in testosterone in males today suggests that we should be smaller – not bigger. And yet there are many “natural brahs” who are way larger than the guys from the past.

How is that possible? I already told you. It's neither training nor nutrition – it's steroids.

Steroids raise your testosterone levels to record highs. They make you a superman compared to the average person.

## **BRAINWASHING VS. EVIDENCE**

Sometimes even in your face proof cannot revert strong brainwashing. There is plenty of evidence exposing the steroid life of bodybuilders, and yet no one is listening. People still believe that miracles are possible when you work hard and take your vitamins. Every year a new generation of gullible boys and girls is born and replaces those who had gotten smarter. The cycle continues until the end of times.

Nonetheless, the mainstream info sources should not receive the whole blame. Deep inside of us, we want the conspiracy to be wrong. We want to believe the official fairy tales. We don't want to admit that we are in a labyrinth. But it's the truth nevertheless.

Your idols are not natural. Not even close. All of them are pinners. Some pin less, some pin more. It doesn't matter. From Mr. BeachBodyBiceps to Mr. Olympia – they all use enhancement drugs to achieve a physique that looks made in a lab.

I know that currently you are unable to see it, but sooner or later, you will experience your moment of clarity. You will connect to your smart-self and see the realness. You will look at your idols and dissect them. The 3D deltoids covered in veins, the paper thin and yet grainy skin, the overall size, the leanness... everything will start talking to you. You will feel like an idiot for not seeing the real scheme before. Eventually, that feeling will pass, and you will experience a moment of peace that only the truth can give you.

## Chapter 2

# Genetics

## The Greatest Cover-up

Can you build your own genetics?

No. The only thing you can do is boost them by pressing the pedal to the metal.

Surprisingly, or not, this action could catapult you into the cosmos in the eyes of the crowd.

As a kid, I wasn't a good student. I was lazy and hated studying. I had bad grades until I hit 14. At that point, something in me switched. I wanted to do better. I wanted to show the world that I can achieve more. I wanted to kill the naysayers. I wanted to impress my parents.

And so I became a nerd.

I started studying like a mad man. My schedule looked like that.

Step 1: Go to school. Step 2: Go home and have a short lunch. Step 3: Study for as long as possible.

I was often studying until 22:30 except for exam days when midnights were my only friends. I did this for about six months and took my grades to unseen realms. To the outside world, however, it looked like I got everything easy. My success appeared natural... genetic almost. But it wasn't like that at all.

I have a very bad memory when it comes to history, math, geography and biology. I cannot remember facts very well except when I associate them with people and profound ideas. Despite this issue, I was able to become one of the best students in class for a whole year. It wasn't just genetics. I am average. All I did was boost my mediocrity.

Many outliers achieve their results the same way – not with talent but with tenacity. To the outside world, everything looks as natural as a blooming flower, but behind the scenes, there's only blood and pain.

Sadly, that boost can only take you so far. Sooner or later, you will be exposed – maybe not by the world, but by your inner self. It will get tired of working at full capacity all the time in order to compensate. When you reach this part of the movie, you will have to find an activity that corresponds to your inner talents... unless of course you hate moments of inner of peace.

**Q: Can you boost your genetics in the world of muscle?**

Of course, you can. Back when I started lifting, I impressed the whole gym by transforming from a skinny kid that can barely deadlift 60kg / 130lbs into a 27% body fat permabulker deadlifting 4 plates for five reps.

Some of the lifters in the gym who knew me since my debut thought that I was a genetic freak – not because I had gotten big, but because I was stronger than them. But if you think about it, a 4 plate deadlift is nothing special, isn't it? The other lifters who thought I was special just didn't know how to program their training and weren't willing to do the work required to experience THE BOOST.

The same holds true for your body composition, but only up to a certain point. For example, many fat people think that leanness is a level that only a select few can unlock. And yet all it takes to get lean is a caloric deficit. Even as a natural you can lose a ton of weight and finally meet your abs for the first time.

The opposite is not true. You can't eat your way to unnaturally big muscles. You can become fat, but more muscular? No way. After you reach that natural's threshold, you are limited by your genetics, and getting bigger becomes the equivalent of getting taller.

**Q: So, you are saying that good genetics make everything easier?**

Genetics are simply a pre-order for future greatness. They are the extra 5-10% everyone is talking about. You may have great genetics, but unless you do your best to develop them, they are not going to lead you anywhere. Great genetics or not, you still have to boost them.

You may be a pretty boy, but that alone will not earn your girls. Your princess may be stolen by an ugly guy who is just better at flirting than you.

There is a large group of people who think that every single person that receives more than them owes his success to genetics. Sometimes this is 100% true. Many people in this world haven't done much to earn their points. They were simply born at the right place at the right time (that's still genetics). However, we (the league of ordinary brahs) will never get to experience anything like that. I don't know about you, but I am not a lord. I still have to spin the rat wheel.

## **Genetics the Greatest Cover-up**

Due to their peculiar qualities genetics serve a very important purpose in the world of iron. As I already told you, supplements hide the abuse of steroids by making the crowd believe in the almighty power of protein and creatine. That vicious cover-up is completed by genetics.

Since there isn't a muscle gene meter, at least not an official one, most bodybuilders and gurus always play the genetic card when someone asks uncomfortable questions.

"You just don't have the right genetics for bodybuilding. Don't hate on those who do," say the gurus when you ask them why their program doesn't bring you growth.

Give me a break. Even the greatest natural genetics on this Earth cannot give you Olympia growth or the muscle quality of fitness models.

Naturally, the modern humanoid refuses to see this truth and continues to believe in fantasies. There are people who still think that guys like Ronnie Coleman and Kai

Greene got their pro cards as 100% lifetime natural bodybuilders. Seriously, bro!?! Do you even logic?

### **Q: What would be the perfect bodybuilding genetics?**

There are four primary elements that make or break your muscle genes – structure, testosterone production and organ resilience.

#### **Structure**

The best structure for bodybuilding is:

- tall but not too tall;

Without some height, you will look like a stocky dwarf. However, the taller you are, the harder it is to fill your frame. Therefore, medium length is considered optimal.

- wide shoulders;

The wider you look, the bigger you appear in people's perception.

- aesthetically pleasing muscle insertions;

The best bodybuilders always have aesthetics muscle bellies and tie-ins, whereas the also-rans have terrible insertions (think Jason Blaha's arms).

#### **High Testosterone production**

The more test you have naturally, the bigger you will be. It's that simple. But that condition stays true only for natural bodybuilders. It means nothing in the world of professional bodybuilding where women with almost zero natural testosterone production turn into men thanks to anabolics.

#### **Organ resilience**

It's pretty easy to go in a sweaty gym, lift iron circles a few times and put them back down when you get tired. Almost any moron can do that. Getting in a shiny pro thong requires more.

Professional bodybuilders have mutant organs. Those guys swim in toxic substances and somehow survive. I mean, fuck me sideways, some pros never stop juicing and live forever.

That organ resilience makes the modern bodybuilder. Without superman organs, you are just a local guy trying to buy an express ticket to the dialysis machine. For every professional bodybuilder on stage, there are hundreds of guys who have taken the same stuff and are either dead or crippled. Some just can't make the stunt work and break their bones, whereas others continue to beat themselves up until the hair on their balls is whiter than snow.

Explanation? Two words – good genetics and even better dealers.

## **Steroids – the Greatest Equalizer**

Truth be told, many muscle heroes don't really have great genetics when it comes to size. The guys you see on stage or even on YouTube would not be all that special without

their secret juice. They would look average or below, and there won't be a technological look to their physiques.

Steroids fix that gap. There are bodybuilders (usually ectomorphs) who are aesthetic and have a good structure, but can't gain any appreciable amount of muscle mass despite training and eating right. This is where steroids come to save the day and hide the weakness.

# **Hypertrophy – a Myth or Reality? Can we even grow?**

## **The Fight for Hypertrophy – Reality vs. Brainwashing**

**Hypertrophy** is the number one reason for sharing dirty gym air with other brahs fighting for thicker muscle fibers. If hypertrophy didn't exist, all gyms will be empty or at least not as crowded.

Nobody starts lifting because of performance. No one. Everybody is after the looks. If the official prize was not hypertrophy, most people would never lift a weight in their lives. You start doing pull-ups not because you want to do pull-ups. You do pull-ups because you think they will give you a bigger back and arms.

The makers of the muscle industry understand those basic principles. They know how you think and exploit your natural desires. The media has done its best to convince us that hypertrophy is a real phenomenon, and that's why we keep on playing the human crane game.

For a long time, I was one of those people, but lately, my mind has been tortured by an interesting question – is there any proof that the hypertrophy we are after even exists?

### **Are we fighting for something unreal?**

#### **Destroying the Dogmas**

In this section, I will try to destroy the mainstream lies spread by fitness bros and experts. By the time I am finished exposing the nonsensical claims of the muscle guild, the gurus and their hordes of brainwashed sycophants will need advanced anger management classes.

#### **Real Vs. Fake Hypertrophy**

**1.High reps build sarcoplasmic hypertrophy (bodybuilders).**

**2.Low reps with heavy weight build myofibrillar hypertrophy (powerlifters).**

It's more than obvious that this is pure nonsense. There's no such thing as sarcoplasmic or myofibrillar only hypertrophy. You either have both or you have none. That's it.

Of course, the 5×5/squat-till-you-die-gurus want you to believe in the false notion that bodybuilders have fake inflated muscles whereas powerlifters are thick mofos with extraterrestrial fiber structure. Baloney.

Here's an interesting experiment: Take a powerlifter and a bodybuilder in the same weight class. Diet them down to equal levels of leanness – preferably single digits body fat. Show them to a crowd and ask who is who. Do you think the crowd will easily tell the difference? Maybe some individuals with eyes for the detail will see that one of the guys has a different muscle distribution. The powerlifter will most certainly be bottom heavy while the bodybuilder will be more balanced. Of course, that's speculation. In reality, spotting the difference will be very difficult.

I was introduced to this dual hypertrophy theory by the book *Power to The People* by Pavel about 10 years ago. Since then many fitness media have been spreading the same idea. At the time, I subscribed and felt superior for doing low reps. Today, I feel like an idiot for falling into the trap, but honestly, how could I know? The goal was to demonize bodybuilders and put 5×5/low rep training on a pedestal.

## **The strongest evidence that this fight is beyond pointless is the false belief that one would just balloon up if high reps are done.**

Believe it or not, the majority of the functional crowd still believes in the statement above. As if getting big is that easy – you just get a pump and voila – you are now a bodybuilder with huge, unfunctional balloon-like muscles that can burst if you meet a guy spotting real myofibrillar hypertrophy. It's funny how at the end, the functional lifters turned out to be even dumber than the curl monkeys.

A long time ago, I met a kettlebell instructor. He was outside doing kettlebell circuits with two other guys. This was the first time I saw people train with kettlebells in person, got interested and went to watch them practice. The guy schooling the other two lifters had some golden quotes that stood with me. He said that he doesn't want to get too big because the extra mass makes you slow. Haha. I am laughing so hard now that the neighbors probably think that the coke is kicking in. Are people really that naive? You just do a few more reps and become "too big"? This is the equivalent of saying that you don't want to work too hard because being a multi-millionaire can result in depression.

## **What's the reality?**

The reality is that both low reps (1-5) and high reps (5-15) can build strength and muscle. Even some of the so-called hypertrophy experts admit it. Anything under 15 reps increases both – strength and endurance. Furthermore, there's a significant carryover from heavy low reps to high reps and vice versa. How would that be possible if high rep training results in fake hypertrophy while the other method is "real"? Hahaha. The gurus and their marketing...

## **5×5 programs will make you grow like a weed. Bodybuilding splits are for homoerotic MIT (Men in Thongs) applicants.**

Many 5×5 marketers want you to believe that 5×5 routines are based on a deep mystery. Wrong! The rep range of a routine does not make it special. The thing that matters the most is the progression principle.

The reason why 5×5 routines work better is that they come with more sophisticated loading principles than the usual Jay Cutler routine. You can take the same principles and do 3×10. You will get equally as strong and big. That's a fact of life that many 5×5 zealots will not admit even on their death bed, but I care not, because deep down inside they all know that's the truth. At the end of the day, it all comes down to principles. Never forget that.

## **You are not getting big because you are not lifting in the right rep range.**



“Proper rep range” is a favorite topic of all hypertrophy philosophers. They have convinced the crowd that getting big is simply the result of doing the right amount of reps and sets.

Many believe that in order to grow, you have to enter a very **specific code in the computer**. Even if one digit is wrong, you cannot open the door leading to extreme growth. This has given birth to cult routines such as 5×5, German Volume, 10×10, 8×8..etc. When you fail to acquire results with one method, there are 10 more routines waiting to be tested. The truth, however, is that growth is not a safe that you open with a specific combination. All combinations work and don't at the same time. Like I told you already, it's not about reps but principles. The reps and set schemes are simply a way to shape a workout. What's more anabolic 10×10 or 8×8? That's a stupid question, my friend, and yet many muscle apprentices have a hard time figuring it out. That's hardly a surprise because every week the muscular gurus come up with a different way to sell hypertrophy. Every week there's a new workout that's supposed to work better than the one before. Every week they tell you that you are doing it wrong. Every week they supposedly give you one more piece that will produce incredible growth.

The common denominator of all hypertrophy workouts is that they never work as advertised.

**You are not growing because you are not spending enough time under tension.**

That's nonsense too. Time under tension is just another variable meant to explain why people aren't getting as big as the guys in the muscle magazines. It's a nice addition to the bag of magic tricks the gurus rely on. When you start to focus on time under tension, the burn gets real. You feel like you are finally doing something. “It hurts so good. I will grow this time.”

Hopefully, you will learn that this is a marketing tactic before you turn into a mad man calculating every single movement like a machine. Time under tension could be useful when you are learning the proper form of an exercise, but it sure as hell is not adding massive amounts of muscle mass to your frame. Vary the time under tension as much as you want, no extra growth is going to come regardless of what the bald hypertrophy experts say.

**I can't get big because my body does not allow me to. Being huge demands too much energy. The body is built for survival and does not care about frivolous activities.**

Believe it or not, I've heard this statement in an interview with a man who has a Ph.D. in something muscle related. Needless to say, this is not the case. It's true that the body does not allow you to grow, but the reason is different.

There isn't an in-built mechanism in the body that sabotages you from getting big for survival reasons. If anything, this would be a rather destructive mechanism because your chances of survival increase when you are thicker and stronger. Also, up to a certain point size will not hinder speed at all.

The body does not tolerate perpetual growth and muscle thickening not because it doesn't want to. It simply cannot. It's just not built for it. It's not a choice. It's pre-programming. There's a missing ingredient that stops the whole process. Eventually,

growth comes to an end because there are not enough male hormones to support it. One could argue that this lack of testosterone is there to stop you from becoming a slow nonathletic animal waiting to be eaten, but I think it's one of our natural downfalls. Just like cats can't transform into lions, we can't transform into superhumans, and it's not because we don't want to. We just can't.

## **I am not getting big because I am not doing the right exercises.**

We are convinced that certain exercises unlock the door to growth while others close it. It's almost irrelevant what exercises you are doing as long as you are progressing. For example, many people make fun of triceps kickbacks, and yet the exercise actually hits the triceps pretty hard. It may not be as convenient and beneficial as a close grip bench press or dips, but if you get really strong at it, your triceps will get mad strong too. It's impossible for them not to.

Sadly, all hypertrophy comes to an end regardless of how "anabolic" your exercises may be.

## **You are not big because you are not training often.**

Training frequency is another parameter that affects growth on paper. Frequent work should equal more stimulation and thus more growth. However, there's a catch. In order for you to grow, certain bioprocesses have to happen. You can't rush them because you don't control them. Think of the times you've been sick. You want to get well in a day, but you just can't. The body has to pass through the whole process in order to fix itself. You can't convince it to do otherwise. It's the same with growth. A certain amount of time has to pass in order for the body to recover.

Of course, more intense work would result in faster results, but I've been in this game long enough to know that eventually all roads lead to the same town when it comes to long-term results.

Here's how it all works: You want to get from A to B. The distance is the same regardless of the path you choose. It never changes. If you decide to speed things up, you have to do what? Run. Therefore, you run as fast as you can for as long as you can. Sooner or later, you will get tired, and the person following you with a more steady tempo will catch up. Both of you will cross the finish line at approximately the same time.

## **Genetics are just something the losers use to rationalize their failures.**

That's partially true. Many people explain every failure with poor genetics and lack of time. Nevertheless, this type of weakness is not our concern right now.

When it comes to muscle growth genetics hold an incredible importance. There are people who don't lift and are way bigger than me. In fact, those people form a very large percentage of the population.

One time, after an epic leg day, I saw a woman in her 60s with huge motherfucking calves. For a second I thought that she had stolen the calves of Rich Piana. They were made out of genuine muscle, though. They weren't kankles or anything like that. My guess is that she had legit 19 inches calves. They were almost as big as my upper legs.

Ironically, I was the one doing multiple sets on the calf machine as instructed by the gurus. And yet my calves looked like ice cream sticks.

Then, I turned around and saw a fatso with a pony tale. An annoying sight in my opinion. He looked dirty, but guess what? Huge motherfucking calves. I can't know for certain, but I really doubt this lazy potato has ever done a dedicated calf raise of any kind in his entire life.

I have more similar examples. A long time ago, I saw an old man with very well developed biceps and forearms. They looked bigger than the one of Jason Blaha.

Another example would be my father. He never workouts. He only does a little manual labor here and there. He has enormous legs and calves.

That's why I get mad when people tell me that genetics don't matter. Genetics matter a lot in this muscle game. They are everything when it comes to growing as a natural.

People with large bone structure, long muscle bellies and higher testosterone are big by default. That's a fact of life that the magazines ignore. They fill your head with all kinds of baloney such as: "Small bones create the illusion of bigger muscles." I guess that's true when you are injecting yourself with 5 different steroids, but when you are natural, thin bones limit your growth because they also come with small muscles. When your bones are small, everything else is proportionally small.

Try to fix all of this with will power and the right program. Good luck.

## **You are not big because you are not eating correctly.**

This is also partially true. Most people eat garbage 24/7 and look like walking lard storages. 30% BF is the new 15% BF. Anyone who is 20% body fat (I am talking about males) is considered a shredded motherfucker in this society. Having a nice Buddha belly is the norm among the majority of the population.

Fatness is almost entirely due to eating too many carbohydrates – the tongue seducers. Almost everything that tastes good is filled with carbs. And carbs, my friends, make you fat faster than anything. The vegans usually disagree and post pictures of shredded guys who only eat fair trade bananas and magic beans, but guess what – those cruel plant killers keep their calories low, eat non-processed carbs and the big guys even pin.

When you fix your diet and watch out for the amount of food you consume, your body composition will undoubtedly improve. That's nice but the magic ends here. You can fine-tune your diet as much as you want. You are still not going to gain insane amounts of muscle. I don't care how anabolic your diet is. I don't care that you are eating fertilized eggs. I don't care that you pray while cooking your chicken breasts. I don't care that you are eating the way Ronnie Coleman does. I don't care that you are eating 70s big style. I don't care that you are drinking a gallon of milk. I don't care that you are taking BCAA. I don't care that you are never missing anabolic windows. I don't care that you are doing carb backloading. I don't care that you are eating 400 grams of protein. I don't care that keto diets raise your testosterone. I don't care that you are buying high-quality test boosters. I don't care that you are eating bull testicles. I don't care about any of that. You are not going to break out of your natural shell by eating the right foods. End of story. {I just stabbed a fork in the table.}

## **You are not big because you are not sleeping enough.**

A long time ago, I've read in an article that if you add a few hours of extra sleep to your regimen, you will grow like a steroid user. That's a lie too, obviously. Sleeping helps a lot with recovery, but regardless of how many hours you sleep, you are not going to grow beyond what's written in your birth chart.

## **Hormones – The “Secret” Weapon**

9.5 out of 10 big guys in the gym are on steroids, or at least have used in the past. That's a fact of life. Your muscular heroes do not make an exception. They inject like there is no tomorrow. That's their hypertrophy secret. It's not some high volume or low volume anabolic routine. It's not the way they do biceps curls. It's not the way they eat. It's not the grams of protein they take. It's the drugs.

All YouTubers with a popular channel around building muscle are on steroids or at least TRT. That's why they have that “wow” size that naturals will never have. That's why they get away with telling other people what to do. They make up silly routines for the naive kids out there. The little muscle apprentices hope to get as big as their idols, but the magic never ever happens. Some are obsessed beyond sanity. There are individuals who prepare every single meal for the upcoming week during the weekend and record every trace of food. That's what the bodybuilding magazines have told them. Talk about stimulating OCD in people. In the meantime, the popular “natural bodybuilders” are eating at McDonald's and taking pictures of their shredded abdominal muscles in the bathroom.

What if I told you, that there are guys on TRT who have more muscle than you and me without knowing what a dumbbell is?

At the end of day, there are three things that matter the most when it comes to hypertrophy – genetics, drugs and food. Training comes last. Bodybuilders know this. They know that this muscle game is a chemical warfare.

## **How much muscle can you really gain as a natty?**

If you ask someone on T-Nation, you will receive the following answer: “As much as you want.”

If you ask Mark Rippetoe or other powerlifting Santas, they will tell you to just eat big, squat, and get ready to become as massive as a heavyweight powerlifter.

If you ask a science guy, he will tell you that you can expect between 20 and 30 lbs of muscle growth throughout your natural existence.

I am here to tell you that those guys are wrong.

The first group (T-Nation/Instagram horde of believers in baloney) have been brainwashed by the sorcery of the steroids users. People believe that one can be 180 lbs at 6'1" and shredded super easily, even though that's not the case at all. In fact, many would say that if you are under 200 lbs and 6'1", you are doing it wrong while completely ignoring the fact that 200 lbs at 6'1" @ 5-8% body fat is a lot of muscle mass and constitutes an amazing physique. Those are the idiots who forget that in the past most bodybuilders were between 5'10" and 6'2" and always in the 190-220 lbs range. Naturally,

all of them were juicing their brains out. And yet somehow we are supposed to believe that this barrier has been overcome thanks to eggs and milk in powder form taken after your workout. Try harder, system.

The next group (powerlifting addicts) is wrong because most of the weight you gain from bulking is fat and water, but since it fills your shirt, you start to think you are bigger. Look at your gut, bulking soldier, it's fat as hell.

The third group (scientists/bookworms/armchair experts/PhDs) are the closest to the truth but they are wrong too because their theories are built on data coming from guys with good genetics. Usually, the studies involve individuals who are naturally big. Why? Those are the guys who are more likely to do well in true true natural bodybuilding. Therefore, sometimes the studies and the nonsense online calculators are a little too optimistic. According to the calculator of Casey Butt, I should have something like 18 inches arm in shredded condition. Why? Because the calculator is based on data coming from professional bodybuilders with good genetics and a questionable natural status like Reg Park. That's why I think muscle calculators are a total joke in reality.

The prognosis are not optimistic my friends. The numbers in this life are always wrong. You are never the right age – either too young or too old. The things that are supposed to take you six months, take you 26 months. Your salary increase is never high enough and always comes too late. Your holiday is always too short. You always have to lose more weight than planned to be shredded. The numbers are always wrong, and the muscle mass you can gain as a natty is not an exception.

My experience says that an individual who is not anorexic and has reached maturity can probably add no more than 15 lbs of muscle to his frame throughout his life. Individuals with naturally low test, small bones and large percentage of short muscle bellies, are looking at 10 lbs, which amount to very little once you spread them over your entire body.

How does that make you feel? It made me mad and sad when I learned it from first-hand experience. I am one of those guys for good or for bad. Looking back, I've done a ton of work in the gym if I can say so myself. I've certainly trained hard at many points of my life. I've done a lot of routines and to be honest – I haven't experienced all that much hypertrophy. Others with better muscle building genes can do better, but how much better...not much. Even the guys who have good muscle building genetics and are big by default won't gain many pounds on top of their base. They have just been born with more muscle than others to begin with. When they cut and get shredded, they look a thousand times more impressive than brahs with tiny bones and the testosterone profile of a chihuahua.

## **Muscle Hypertrophy is a slow gruesome process that rarely takes places.**

After 2-3 years of progressive training, not to be confused with going to the gym for three years and switching routines every month, hypertrophy stops. It supposed to be there but it isn't. Even a deep scan can't find it. For some reason, the body just doesn't want to grow at all. You can do all kinds of reps and schemes – it doesn't matter one bit. You can also get fatter and bullshit yourself that you are actually bigger, but the voice in your head will tell you the truth. "You're just fat, brah."

This is when most natties experience their hypertrophy life crisis. Some don't care much but most do. As you already know, we crave hypertrophy like money. We want it. It's in our blood. We start to behave like sick men desperate to find a cure. As a result, we go to charlatans who simply take our energy and money while showing us a fake path to hypertrophy.

## **Adaptation to exercises without hypertrophy**

Obviously, if you are getting stronger, your body is adapting to the stress somehow. The fact that there is no visible growth of any kind does not mean that there are not structural changes within the muscles and joints. There are many small and fragile looking people who possess extraterrestrial strength. Their joints and muscle tissues have adapted to training without hypertrophy. What's the reason for that? Some say that skinny dudes don't eat, but I think it's deeper than that. I think it's genetic too. The body does not care about hypertrophy. It only cares about one thing – surviving in this physical domain here and now. Therefore, it finds a way to adapt and live another day. Adaptation without hypertrophy is very common for naturally skinny dudes.

## **In conclusion**

Everyone knows how hypertrophy happens on paper. Training + eating + sleeping + stress free life = massive growth. In reality, however, that magic trick stops working quickly past a threshold slightly above your untrained state. The difference between your untrained natural version and your trained self is not that big. For some, it's 10 lbs, for others, it's 5 lbs.

Regardless of what the masters blasters say, hypertrophy is largely a pre-determined phenomenon. It depends the most on your body chemistry as proven by steroid users.

People with naturally low testosterone and small bone structure are at a disadvantage by default. They can get still get insanely strong and physically capable naturally but will never have big muscles because they don't have the genetics for it. On the other hand, there is a group of naturals with better genetics who are bigger without even training. They usually look impressive in lean condition, but the muscle gains they acquire on top of their base are still surprisingly low.

# What It Takes to Reach Your Natural Potential as a Lifter

In the age of Facebook and Instagram motivation, it is not politically correct to talk about limitations. The people who say “This is impossible.” are presented as losers and bitter haters who just want to bring everyone down in the misery pit. This has resulted in the formation of a “positive” crowd living in the clouds. We have transformed into delusional dreamers creating alternate realities where everything is possible. The truth, however, is that there are limitations wherever you look.

Since I have no problem with being the guy who brings the bad news, I am going to present you what it takes to reach your genetic potential as a lifter/bodybuilder/guy who lifts or whatever title you have chosen for yourself in the world of muscle and iron.

## Genetic Limitations

I've said it many times and will say it again. Most of what we are, we owe to genetics one way or another. Your physical qualities and even character are genetically pre-determined. From the color of your hair to your hometown, everything is genetic and marks your life forever. Nobody asks you what you want. You receive what the calculations of this life machine have prepared for you. Some of the stats are good, others not so much. We are at the mercy of our genetics. If you don't believe me, just look at things that have happened to you in the past. Look at the things you like and don't like. Everything is a result of elements you don't control. No result is ever just a coincidence or a choice.

Even though genetics are everywhere, their role becomes most apparent when we talk about physical characteristics and limitations. Every aspect of your given physical traits is genetic. Muscle gains do not make an exception in the slightest. There is a limit to what can be accomplished regardless of the way you train and eat.

## Maximizing Your Genetics

For a long time, people have been trying to figure out whether the world we live is 100% predetermined. Are we really making conscious decisions affecting our destiny or simply playing the roles of scripts running on a big computer? A good argument can be made that all of this is true. Everything in this world seems to be trapped in a set of rules that always lead to specific consequences.

The ironic part is that we have to behave like nothing in this world is predetermined in order to move forward. This is the only way to avoid stagnation and reach places you have never been before. Of course, it's possible that even those actions are predetermined, but what options do we have? We have to play the game as if we control it. That's the only way to maximize our genetics.

**Going all out. You can't know unless you try.**



The first part of the plan is hard training. You cannot skip this step. To reach the higher limits of your potential, you have to go all out for a while. During this period, you are essentially earning your gains. You can't receive something for nothing. You have to do the work first and then ask for your salary. Otherwise, you are simply playing the role of a victim or a spoiled kid.

Since in this case we are trying to produce a result in the real world (not the human world where mommy and daddy can help you), you just have to do it. If you don't, nothing will happen. Not even money can change this.

This period usually lasts up to 3 years. During this time, you have to do two things – lift and never give up. You have to do a routine that's challenging and follows a progression scheme. The goal is not to vomit after every workout and call it work. The goal is to progress by getting stronger at basic exercises covering the entire body. Those exercises will have to be chosen according to your body type and health condition. The most important thing is to remain consistent and do the work that has to be done.

The good news is that during this period you have a few powerful allies on your side – motivation, energy, and naivety. Those three elements will make your journey easier. You will be like a temp in the corporate world – stupid and underpaid but filled with desire for big things.

Your nutrition will also have to undergo a metamorphosis. The candies have to be replaced with better food choices. You cannot expect your body composition to improve when your most frequent meals are pizza, beer, cake and pop tarts. That can work for the YouTube muscle celebrities who never train without steroids in their system, but as a natural, you cannot eat garbage all the time and complain that you look terrible.

However, if you are fat, just changing your food choices will not do it. You will also have to be in a caloric deficit until you drop the extra fat.

Also, don't kid yourself that you will just "recomp" a.k.a. lose fat and gain massive amounts of muscle. That only happens in the steroid world.

At the same time, if you are a skinny dude, you will have to increase your food intake or at least replace the candy bars with protein rich foods. I am not talking about bulking up with tons of KFC chicken or anything like that. That will simply make you fat or skinny fat. I am sorry, but I don't believe in the fairy tales about ectomorphs who lose weight unless they eat 5,000 calories a day. Just eat a little more so that the body can recover. You can't complain that you are not growing when all you eat is one waffle a day and a bowl of berries.

### **Exercise selection and programs**

You don't need special exercises, just the basics: bench press, weighted push-ups, weighted dips, squats, front squats, leg press, pull-ups, biceps curls, rows, calf raises, Romanian deadlifts...etc.

Don't search for a super exercise or program. Find something that seems reasonable to you, follow it for a while and change some variables according to the results. For example, if you don't like back squats, replace them with front squats and leg presses.

Moreover, don't focus too much on static gymnastics exercises. Those moves will strengthen the connective tissue of the elbows and shoulders (most gymnastic strength movements are arm and shoulder girdle dependent), but are strength feats rather than mass builders. Static exercises just don't generate as much muscle. I know that some of you have been brainwashed by the propagators of gymnastic strength training, but trust me – behind the muscular arms of every gymnast, there's a ton of bent arm dynamic work...and drugs in some cases.

In simple words – weighted pull-ups are a better mass builder than the front lever; weighted dips and push-ups are a better mass builder than the planche. You can do both, of course, but the dynamic exercise is a must.

### **You have to finish growing first.**

You can only reach your muscular genetic potential after you stop growing in height. For most people, growth stops at 16-18 years of age. I personally stopped growing at 16, but I have seen people weed addicts grow taller than me after 20. Your growth spurt will affect the final results.

### **How long will it take?**

Up to 3 years. For some it will be a year, for others, it will be two. 3 years is a safe bet, although I have to admit that it may be on the longer side. Usually, by the end of the first 8-10 months of hard progressive training, you will feel the direction of the wind.

### **Summary of the plan**

**1.Finish growing;**

**2.Train for up to 3 years with basic exercises; Be consistent; Get stronger;**

**3.Eat better;**

### **They Told Me I Can Keep On Gaining Muscle Forever**

A large percentage of the population wrongfully believes that muscle gains are linear, and in 20 years of training you can accumulate something like 80 pounds of muscle gains if you just gain 4 pounds of muscle every year. That's nonsense logic and shows an inability to understand that life is linear only for short cycles.

You can think of it as sharpening a dull knife. At first, every stroke makes it better, but eventually, the knife becomes so sharp that the extra sharpening results in no apparent improvement. This is one of the basic principles of this matrix and thus muscle gains fall under the same law.

The idea that you can become as big as Ronnie Coleman through linear gains is flawed at many levels. One of the biggest problems is age. As you grow old, your testosterone drops and joint pain starts. You can't train the same way forever. All of this affects your ability to build muscle. The old homoerotic guys pretending to be natural on YouTube are simply on TRT, which allows them to make up fairy tales about what it really takes to get big. In reality, however, they are introducing large amounts of drugs into their systems every day. That's their secret. It's not push-ups and towel flies.

### **What are the main factors that determine my genetic limit?**

There are four main factors: overall health, bone structure, muscle belly length and body chemistry. People who have long, but thin bones and low testosterone do not carry a lot of muscle mass naturally. At the same time, individuals who have thicker bones and higher testosterone carry more muscle. A guy with 8-inch wrists will naturally have more meat on his forearms than a guy with 6-inch wrists. The thicker the bones, the larger the muscle that wraps around.

Also, longer muscle bellies equal more muscle mass. The longer the muscle, the better.

### **Why is "genetic limit" a dirty world in the muscle community?**

It's dirty because of the delusional mindset that reigns supreme on forums and in gyms. People just don't know that 90% of the muscle guys are on steroids. I was the same way when I started training. I thought that you can build huge muscles naturally if you just train hard. I was convinced that heavy powerlifting work can get me there

I knew that the people in the Olympia are probably taking something, but I tricked myself into believing that I can get naturally regardless. All I had to do was squat, eat and shut up.

I gained a ton of weight – over 40 lbs. People who knew me started to give me weird looks. Some even thought that I had gotten bigger. One of my old skateboarding friends told me that my upper body is massive. Hahaha. The mirror said otherwise. I had gotten as fat as a balloon filled with lard.

The big guys you see in the muscle community are either fat, on steroids or both. That has created a very unrealistic expectation of what can be achieved naturally. When someone tries to question their logic, the horde of phonies and their brainwashed fans gathers and attacks. The guy who criticizes the industry is destroyed by mockery and hateful remarks. The mainstream muscle media stimulates similar behavior because it produces suckers buying powders and magic amino acids. Some forum members even get paid to spread similar information and write bogus reviews of supplements. The deception is deeper than most people think, and guys who talk about genetic limits are not loved in the community. The dream has to be kept alive for as long as possible.

The truth is that genetic limits are very real in this game. Getting more muscular is not a skill. You can't brute force this process.

### **What about strength? Will my gains stop too?**

Strength gains will also hit a ceiling after a few years of training. At one point, your investment will become questionable because you won't be getting any extra in return. Sometimes you will have to train for 10 months just to add 2lbs to a lift. This is how life works. There comes a time when the bucket is full and you can't add more water to it.

Luckily, strength gains continue for a little longer than muscular gains. The reason is that true strength comes from the joint – not the muscle. Believe it or not, hypertrophy is not always the preferred adaptation method. First, it's expensive and demands more energy. Secondly, the body does not have the hormones to support it for a long period of time. That's why there's another solution – adaptation of the connective tissue and CNS (central nervous system).

The connective tissue adapts to training like muscles do, although the process is slower. The tendons and ligaments have poor blood supply and that's why they cannot recover as quickly as muscle fibers.

Many people talk about training a muscle every 48 hours in order to stimulate more growth. That may work for the muscular system, but the joints and CNS need more time.

There are many skinny guys who can do amazing strength feats. That's entirely due to strong joints and a powerful CNS. That's the secret behind "wiry strength".

The CNS is the computer allowing you to do things. In order for your muscles to generate power, they have to receive a signal. The ability to generate strong signals is limited. That's why you can't deadlift heavy very often for example. Regardless of how powerful your CNS is, it's also at the mercy of your physical capabilities.

I can say without a doubt that after 3-4 years of progressive training, you will be extremely close to your strength potential. I would go as far saying that 70-80% of those gains will be made in the initial 1-2 years of training. The next 10-20% will take up to 2 more years.

To get there, you will have to follow a very intelligent programming and remain as consistent as a well-tuned watch.

**I can't reach the stats the online calculator is giving me.**

That's normal. According to most calculators, I should have 18-inch arms, 27-inch legs and a 19-inch neck in a shredded condition. All calculators are flawed. They use formulas based on fake naturals and don't take into account things like your natural body chemistry. All they care about is height and bone thickness. While those are important, there are other factors that matter too. I advise you to stay away from calculators. The machines do not know how big you can get.

### **Benefits of knowing your limitations**

Back in the day, I worked with a girl that was young and ambitious. She lived in a small town close to the big city and had to travel for about 90 minutes to get to the office. This obstacle did not stop her from arriving on time and working harder than the rest. At one

point, she even rented a small room really close to the office in order to cut her commute short and work late hours. Staying in the office up until 2 a.m. was not uncommon. The logical question here is why? The answer is stupidity and unrealistic assessment of the situation.

She thought she had real future in the firm. Hahaha. I knew this was not the case because I had been in the company for a long time and was well aware of the policy in her department. The boss was hiring college students and simply exploiting them for a few years. Then the poor souls were either replaced or forced to leave due to the accumulated fatigue and frustration. I am not a fortune teller, but I knew what was going to happen – she was going to burn out and eventually quit. It happened. 18 months later she left after another soul-crushing project. All of her extra efforts went down the drain because she failed to see the limitations in front of her. Had she known that there is no future in the company, she wouldn't have worked so hard.

The same principle is observed in the world of natural bodybuilding. Poor, brainwashed, overly motivated naturals start training like their lives depend on it. Nothing is missed. Every meal has to come into the system at the right time. Going to bed without taking a slowly processed dose of protein is not an option. Training without using the latest growth stimulating workout cannot happen. You always have to do what the big guys tell you to. This results in a tiresome process that takes a lot more than it gives back. What's the point of working until 2 in the morning when you are not getting paid for it? Can't it wait until tomorrow?

Knowing your limitations prevents illusions from taking over. You are going to save time, money and energy that can be invested in other activities.

What if I told you that you can look the same and be just as strong without playing the role of a bio-robot eating around the clock and spending an hour in the gym every day?

Of course, the gurus don't want you to know that because each one of them is selling you something. Their methods are supposed to be the best methods. That thinking keeps you in wonderland. I don't know about you, but I prefer to know what can be accomplished instead of mindlessly banging my head in the wall, hoping that one day the muscle safe will open for me, and I will get huge.

Think about the sustainability of this model. For how long can you continue to be a bodybuilding slave? At one point of your life, you will have to give up because your priorities will change. What will happen then? Will you be able to take it? Luckily, you can keep your natty gains without too much drama.

Another hidden benefit of knowing your limitations is that your faith is tested. When the limits are reached, we either quit or keep on trying while lying to ourselves that something different will happen one day. In both cases, we are on the losing side. The winners would be people whose love for lifting evolves. A new meaning has to be found.

# **The Ultimate Red Pill for Naturals: Muscle Building Techniques and Other Lies Exposed**

They want us in a labyrinth. We want out.

Ignorance equals oppression. The less you know, the more they can control you. People disconnected from the truth or plugged in a false version are up for the taking.

There are two main ways to put humanoids in ignorance mode. The most obvious method is to deform reality as much as possible. That's been going on since the beginning. Nothing ever is true in this world. As they say – history is written by the winners and so is everything else. There are lies everywhere – in science, in religion, in finances, in law, in business...etc. Many of the so-called facts are nothing but a hallucination inserted in our minds.

**The second best way to render people ignorant is confusion.**

The more complicated the task, the better. When things are complex, we give up due to exhaustion and frustration. This is what the "Illuminati" is counting on. They want us lost.

The two methods are combined for the ultimate effect. The individual is deprived of knowledge and thrown in a 3D labyrinth containing only traces of truth.

**The finishing touch is added by us – the people in the labyrinth.**

Since we live in a dualistic world there are truths and lies in every theory. As a result, each of us has become a victim of combative dualism – we only see the truth in our concepts and the lies in other people's beliefs. We fight each other with ego based methods over stupid ideas. That fight creates a binary world refusing to acknowledge the existence of a third option. The masters want it that way. By focusing our attention on the left and the right, we miss the center punch.

**The world of bodybuilding is full of similar deceptions.**

The noobs' heads are filled with lies coming from movies, social media, forums, magazines and fairy tales told at the gym by the big brahs. The ignorance is still going strong despite the fact that there's plenty of information refuting the mainstream bodybuilding dogma.

The world of muscle is swimming in purposely created complexity. The rules that lifters have to follow are endless.

You have to do the right exercises the right way for the right amount of sets and reps.

You have to hold the bar the right way.

You have to stay under tension for the right amount of time.

You have to follow the right tempo to hit all muscle fibers efficiently.

You have to lift heavy.

You have to lift light.

You have to activate the muscle and really squeeze it hard to put the fibers into muscle building mode.

You have to take the right amount of protein, fat and carbs.

You have to do the right number of workouts because otherwise your growth demands will not be taken seriously by the gatekeepers of muscle heaven.

Those are only some of the requirements. The list is a lot longer and grows daily.

Over the years every guru has come up with his own growth thesis. The high number of theories creates a world of confusion serving the mainstream industry all too well.

The noobs a.k.a. the people who spend the most money on supplements, training programs, books, suits, magazines, personal trainers and overpriced online courses have to be kept in a confused state and milked properly over and over again. The longer they stay in the land of dreams, the more money can be collected.

But is this muscle game really that complicated?

Do we need so many theories?

Not really, but to recognize the truth, you have to spend a lot of time in the labyrinth and hit your head multiple times. Only then you can see that all it takes to get out is to open your eyes, look around, listen and fight.

### **Every Guy with Big Muscles is a Professor**

Every muscular guy is now a professor who knows all there is to know about muscle growth. Big bros hold the secret and can give it to you if you just play by their rules. Since they are big and you are small, you have to listen. You are the poor guy, they are the billionaires.

This reminds of the get rich quick books supposedly written by wealthy billionaires who “want you rich”. In reality, those guys couldn’t care less about your wealth and their books are actually written by ghostwriters.

The ghostwriters provide quality writing for cheap whereas the businessmen bring the face and the publicity.

Do you really think a billionaire would lose time and effort to write a sugar coated self-help book for people working minimal wage jobs? Hahaha. The guy just founds a fool and makes him write a book filled with cliches such as:



Wake up early and work.

Don't watch TV.

Don't buy expensive items you don't need.

Work hard.

Be patient.

Never give up.

Be persistent.

Mute the haters.

Learn to live with less.

**The principles found in similar books could indeed be useful and may even help you get ahead, but you will never join the big boys' club.**

The world of muscle is no different. The books and videos on muscle building contain the same old politically correct advice – lift hard, eat right...pray. And since all popular bodybuilders have big muscles they can play the role of a professor. Their body is their degree. They have it and you don't.

"Let me tell you how you grow," says the big guy in the gym and starts unveiling his broscience. "If you want a big chest, you have to place your elbows in this position when you are benching.", "If you want big legs, you have to pre-exhaust them with leg extensions and then hit them with compounds movements.", "If you want to get big, eat more."

The bigger the guy, the harder it is to refute his claims. As long as the person spreading the theories looks muscular, people would believe him and do whatever he asks. If he says that the key to big biceps is drinking urine under the moonlight and dancing around an orange tree, some will do it.

### **Trust Fund Kids Teaching Others How To Be Rich**

Bodybuilders and big dudes on steroids remind me of trust fund kids teaching others what it takes to succeed in business and amass wealth. When you are a trust fund kid, the money behind your back serves as a safety net and/or a booster. Imperfections in your plans can easily be fixed with dead presidents. If a business is failing, you can "patch it". When you are not a trust fund kid, failure equals death. There are no safety nets.

Muscle growth operates the same way. Guys on steroids have a trust fund which allows them to develop all kinds of ridiculous ideas and call them "muscle building

wisdom". Without their safety net (drugs) those guys would be just as broke as the average person.

Below you will find some of the most common lies you will face in the labyrinth.

Thank me later.

### **Lie 1: Muscle Activation Equals Massive Muscle Growth**

Bodybuilding trainers like Charles Glass and his apprentices say that training is all about squeezing the muscle properly and feeling every "motherfucking fiber" during each exercise. You should be able to sense how the muscle tightens and fills with blood. Muscle building wizards call this muscle activation.

The feeling is wonderful. You feel like you are targeting the muscle and subjecting it to your desire to grow. You feel like you are winning. You feel like the growth safe is about to click and open in front of you. Wait! There's a catch.

The catch is that muscle activation does not equal muscle growth. It's simply an indication that a specific muscle is working at the moment. Therefore, muscle activation is good when you are learning how to do an exercise properly, but it's not a growth factory by any means. For example, if you do triceps extensions and feel them only in your elbows, you are doing them wrong.

Nevertheless, the fact that you don't feel a muscle working does not mean it's not working.

Right now I am writing this text using my forearm muscles intensely (I am mad at the world again.) Do I think how to activate them? No. I just type and know for certain that they are working. If you are doing a movement requiring the recruitment of a specific muscle in order for a bone to move, how in the world are you going to deactivate it? For example, how will you deactivate your biceps during curls and use only your brachialis and forearms to bring the weight up? Is that even possible? No. It's not.

During my permabulking journey, I experienced a hamstring injury. It was caused by months of squatting heavy. Guess, what? I never forced myself to feel my hamstring during squats, and yet I got an overuse injury without "activating" them. The reason is simple – you can't do a back squat, especially low bar, without the help of your hamstrings.

Honestly, I used to obsess over muscle activation too, but there was no need for that. As long as the motions you are performing are correct, the right muscles will be working.

One thing is certain: natural bodybuilders are not small because they "use the wrong muscles".

If a guru says otherwise, he is a liar selling glute activation programs.

### **Lie 2: Higher Training Frequency = More Growth**

When people watch the motivational videos of CT Fletcher they don't realize that the right hemisphere of their brains (the creative and emotional one) is under a heavy attack. The editing of the video, the voice of CT and the music put you in a trance. The body begins production of happy substances, and the impossible looks possible. This opens you for the technical message of the video according to which overtraining is a homoerotic myth.

Overtraining is not a myth. Training every day is fine when you are working on skills, but bicep curls are not a skill. They are an exercise that works the biceps. The biceps needs time to recover. That recovery is a cold biological process similar to gravity. It does not care about your wishes or virtues. Eventually, the lifter learns that when constant joint pain and soreness settle in.

The reason why higher frequency is advertised so often is that it's marketable and makes you feel like you are training harder, but in reality, you are either doing a bearable workout that can be performed daily or setting yourself for future failure.

Contrary to popular belief, there is no magic around daily training. You can certainly achieve the same results with a less sessions. Often people who train every day just spread their current workload over the course of a week. The process is similar to planning out your budget. There's absolutely nothing wrong with that, but at the end of the week, the amount of work done is still the same. Does it really matter in the long run whether you did all the sets for the week in a day or saved a few for every training session? There are certain benefits to both methods. In the first case, you get the job done, go home and allow your central nervous system (CNS) to have a longer recovery. In the second case, you improve your CNS and body efficiency by rehearsing every day. The choice is yours, but the final outcome is pretty similar. It's all about personal preference.

At the end of the day, higher training frequency does not equal more growth nor more strength gains. You can certainly speed up the adaptation process with more training, but there's a point beyond which you are simply wasting your time and risking regression due to injury or overall fatigue of the body and the central nervous system.

### **Lie 3: The Key To Growth Is Doing High Reps and Getting a Pump**

"Of course, I am not big. I am not training for hypertrophy. Fuck high reps," said HarryTheBicepsFlexKilla, got under the bar, did 2 shaky reps and immediately sat on the chair next to the squat rack. His legs were screaming: "15 minutes of rest or riot!!!!!"

Before I was just like Harry.

When I first joined a gym, I was a brainwashed low rep zealot. Once I realized that my system was failing miserably, I switched to high rep bodybuilding training. I was chasing the burn and pump all the time. I was I up for a big disappointment. At the end of my high rep journey (mainly HIT and Serge Nubret's pump routine), I saw the same muscleless brah in the mirror. At that very moment, I understood that the gurus who say that pump routines will make you big are nothing but liars.

Trying to get big through pump and burn is the equivalent of trying to get smarter by playing Sudoku until your head hurts so bad that you need to take a nap. It makes you feel like you are doing something, which is great for gurus selling pipe dreams, but the final result is still the same emaciated natural you were before.

#### **Lie 4: HIT is a Natural's Best Choice**

Since the beginning, people have been saying that a natural cannot train with the volume of juiced bodybuilders performing 10 sets per body part. To many Mike Mentzer's HIT is a solution to this madness. Sorry, guys, but HIT is nothing but the other extreme – little volume and infrequent training. Even if you are taking all sets to unreal muscle failure with the help of assisted repetitions, one set every 10 days is nothing unless you are deadlifting. The body can do way more.

HIT diminishes your training capacity significantly. After each workout, you are sore because the long recovery periods throw you into a short period of undertraining. If you are training a muscle directly only once a week or every 10 days, the next morning it will be sore almost every time. Conversely, if you train more frequently, you won't be as sore after the initial adaptation phase because the muscle is constantly kept in fighting condition.

I have to admit that HIT appealed to me in the beginning. Mike Mentzer presented it very well and I wanted to believe him. I remember doing various super slow ultra burning triceps extensions, thinking I was finally on the road to exceptional growth. I also liked the confrontation between Mentzer and Arnold. Needless to say, I was rooting for Mike. Sadly, both methods are just like the political parties – neither is 100% honest and pure. We all know how Mentzer and Arnold's crew built their bodies.

And yet there is still a large amount of people known as HIT Jedis who do slow funky exercises on machines, thinking they are training "smart" when in reality they are simply chasing the burn in a different way. Those would be the clowns who sit on the peck deck machine and do super slow reps until they start shaking and breathing heavily. That's a nice way to train your slow twitch fibers and improve your pain tolerance, but babies, don't expect to get big or strong that way. Besides, it would be better to focus on more athletic skills. Life would be funnier. I promise.

I don't like the techniques used to get to ultimate failure either. What's the point of assisted reps and forced negatives? Whoever told you that you have to beat the hell out of your muscles every time lied. But since we live in a world of extremes, we want to believe in this madness. We want to post #muscledestruction on our social media, don't we?

#### **Lie 5: Gymnasts are Big and Training Like Them Will Make You Big**

Let me guess. You are one of those guys convinced that bodyweight/gymnastic training will make you look like a monster in the upper body. I was just like you once. Ten years ago, I bought into the "ring training will produce a monstrous effect" spam. Guys like Coach Sommer, Ido Portal, Bar Brothers, BarStars, BarWhatever sell it very well, don't they? As always, there's a catch.

First, most gymnasts are not big.

Let me repeat that again – most gymnasts are not big.

Did you watch the Olympics? I did.

Who won the overall? Kōhei Uchimura. How big is he? 5'3" @ 121 lbs. Does he look like a massive monster to you? Sure, he has insane upper body strength and some biceps, but does he really look big to you? He has poverty legs compared to bodybuilders and fitness models. Moreover, he carries a lot less mass than many bar stars such as Lazar Angelov and Hannibal for King in his prime even though he is a million times more advanced than them in bodyweight training. The difference in skill is like comparing a beginner pianist to a maestro. How is that even possible? I thought that malteses and iron crosses on rings were supposed to make you a freak of muscle. That's what the guys selling gymnastics training told me. I guess they lied. I guess pinning in street workout > iron crosses and friends.

In short, gymnasts are short dudes who train their whole lives for extremely difficult acrobatic skills. They also have crazy upper body strength and lower body explosiveness, but in reality, they don't carry as much muscle as you may think. Their looks are also very dependent on genetics.

If you don't have the genetics for mass, there is not an exercise in the world that will make you big.

Without the right genes, growth just can't happen, but the advertisers of gymnastics training don't want you to know that. They need you to think that their methods are somehow superior to everything else. They enter your brain by cherry picking gymnasts with big muscles and presenting them as the norm when more often than not those guys are simply an exception to the rule and have better muscle building genetics than the rest of the acrobats. Some gymnasts have 14 inches arms while others have 17 inches arms despite doing similar stuff. It's all about genetics.

Another favorite myth of mine is that "straight arm work" bullshit. Many believe that straight arm work is a mechanism that can stimulate extraterrestrial muscular growth in the upper body and especially the biceps. Funny. Those guys forget that straight arm exercises are always accompanied by a ton of bent arm movements. Coaches often say that bent arm drills are needed to prepare the elbows for straight arm skills. A popular example would be rope climbing, which is as an elbow conditioning tool for future madness like iron crosses.

If a gymnast has to become super proficient at bent arm exercises before becoming a straight arm beast, can we really say that he gets his biceps development solely from straight arm work?

No, you can't, but it feels magical and people listen.

You want to reach your biceps potential?

Just do curls and chin-ups. The rest is specifics.

Every guru is simply selling his product. One guy sells you gymnastics as the cure to skinny, while another one pushes kettlebells in your face.

Don't buy into anything. Instead, do what Bruce Lee did – take everything useful and let the idiotic fanboys protect their dogmas, gurus and false concepts.

### **Lie 6: When I Lift X Amount Of Weight I Will Be Big**

Many years ago I tried to do dips and pull-ups as a skinny skateboarder living on one waffle a day. I went to the local dip station and immediately thought that the damn thing is too tall for me. I was literally afraid to jump and assume the beginning position, but I did it anyway.

My arms started shaking like a belly dancer. I think I got 2 and a half dips. Maybe I had more in me but I was afraid that if I fall the bars will stab me under the armpits. Then, a few days later, I went there again and saw a guy do 20 dips in a row.

“Oh my God, I will be so strong when I can do 20 dips in a row,” I said to myself.

Technically, I never did dips consistently until two years ago, but I have definitely surpassed the 20 dips in a row mark. My last workout was 1,2,3,4,5,6,7,8,6,6,5,4,4,4,3,3,3,1 with 26.5 kg added to me, and yet I don't look that much different. I guess I am bigger than 10 years ago, but I am also a lot older. Besides, I eat more waffles today.

The same has happened to me many times. When I deadlifted 225 lbs for the first time, I thought that when I lift 4 plates I will be a monster. One day I got to a little over 4 plates for 2 reps. I guess I was a hair bigger and a lot stronger than before, but the visual difference was not nearly as much as one would think. I know that many of you will say: “Wait until you lift 500 lbs and even 550 lbs before complaining.” Sorry, bros! I have no doubt in my mind that I will look exactly the same even if I reach those numbers.

That's why I advise people to forget about that mentality. Getting stronger does not mean that you will also get substantially bigger.

### **Lie 7: Strength Carries Over To Everything**

The gurus say that strength has a universal carryover to absolutely everything. They are playing dumb again.

Strength is great but very few sports are actually limited by strength. Most sports are based on skills. Only the world of lifting places so much emphasis on strength. Skill training will always be more important than strength training in sports regardless of what the dream sellers say.

### **Lie 8: Time Under Tension Will Make You Huge**

Time under tension is one of the many variables created to explain why a workout fails to produce results.

“If you are not getting big, it’s because you are not spending enough time under tension.”

Blah, blah, blah.

Gurus talk about time under tension because it produces an incredible burn, which makes the lifter feel like his musculature is mutating. In the real world, however, time under tension is nothing but another alternative method to cause pain.

Ironically, you cannot increase your time under tension without reducing the weight, sets and reps. Heavy weights cannot be lifted when you are slowing yourself on purpose to feel the burn. If you are going to go slow, you are also going to go light. In other words, there’s a trade-off.

Another downside of purposely slowing yourself is that you are focusing too much on the slow twitch fibers, which have less potential for growth and are primarily built for endurance.

### **Lie 9: Nutrition Can Boost Your Testosterone Levels To The Point Where You Get Massive**

Many attribute the increase of muscle mass among bodybuilders and lifters in general to the advancement of modern nutrition. But what kind of progress are we really talking about? If anything, there’s a massive regress.

The supermarkets are filled with fruity loops. Good food is difficult to find because it’s harder to produce and few people are buying it anyway.

There is no doubt that most of the modern diseases such as diabetes and cancer are caused by poor nutrition – primarily sugar. Some also claim that the decrease of testosterone levels in men is also a result of bad food. I agree, but there’s more. I think the test drop is mainly due to a cultural shift and overall lifestyle adjustments rather than waffles.

Consequently, many believe that once they start eating clean muscle magic will happen. A long time ago, I read a comment suggesting that a certain bodybuilder is big thanks to his high fat diet. According to some, high fat diets increase your test levels too. This may be true, but an increase does not mean a significant change. If I add 10 dollars to your monthly salary, it’s still an increase, but will it have a significant impact on your life? Those test boosting methods operate the same way – there’s an increase but it means nothing. People need to understand that you have to boost your testosterone levels into the orbit if you want to see visible muscular results. Neither food nor boosters can do that.

Back in the day, I tried the same thing. I even bought desiccated liver tablets as advised by the iron guru Vince Gironda. I went to the supplement store and asked for those magic pills. I expected that the bimbo there will think that I’d just been released from the crazy house, but to my surprise, she got out with a magic box in her hands. The bottle contained tablets made out of cows’ livers. I took the pills without thinking twice.



At the time I was bulking heavily and consuming between 3k-4k calories of good food. I added those desiccated liver tablets to my stack with great expectations. The combined effect? A bulking soldier in the mirror after a couple of months thanks to my high calorie intake. I never bought livers in the form of pills again. They did nothing for me.

A few years later, I got my hands on Gironda's book – Unleashing the Wild Physique. Back then I still had hope. I was still convinced that there's an exercise, a rep range...something that can get me real growth. Oh, baby! How I wanted that growth! I wanted it so bad that a fat kid looking from the side would have given me its cake easily.

To my surprise, the book was filled with images of wait for it – bodybuilders on juice. All of them. It was obvious. I felt stupid for buying into the nonsense of yet another guru. I mean, seriously? The guy advertises desiccated liver tablets and fertilized eggs, and yet his poster boys are taking horse shots in their rears. I've seen this movie already! Next, please!

### **Lie 10: There's a Growth Recipe For Everyone**

As you already know, I used to believe that there is a special growth recipe. There isn't. Everything that you are going to hear are lies coming from juicers, their fans and gurus selling powders. They want to keep you in a constant search for a made up formula that breaks the limits.

### **Lie 11: Women Don't Care about Big Muscles. They Want a Sensitive Brah.**

"But women are not supposed to like big muscles," said HarryTheBicepFlexKilla while flexing his girly arms in the bathroom.

That's a lie too. Women like big muscles. What they don't like are enormous muscles and the homoerotic behavior common for guys too focused on their appearance. Thinking that a good looking male body is not attractive shows unawareness. If a skinny boy adds some muscle to his frame and improves his posture, he will look more attractive in the eyes of the gazelles. They may tell you otherwise, but women are known liars saying one thing and thinking the opposite.

They will tell you that they want someone who understands them and is sensitive enough to feel their pain or something equally nonsensical while constantly checking out the shredded brahs on Tinder. Some do it without realizing, but they do it nevertheless. This has been proven a few too many times and should be obvious to you by now – good looking bodies attract the attention of females.

Think from the other perspective too. Fat girls with sagging bodies just don't cut it for males. If you are a female hippo, consider yourself covered in mud when males look at you.

Appearance will continue to matter regardless of what the spiritual books say. Humans have an inbuilt sense of aesthetics. We know what's beautiful and what isn't. Our

mouths may say otherwise but deep inside the truth remains unchanged. It is what it is.

### **Lie 12: Functional Guys Have Chosen Not To be Big**

Many functional guys behave like they have chosen to stay small because of higher moral standards. Those would be the guys who make fun of your hypertrophy attempts while doing kettlebell humping. Those people are some of the biggest liars you'll ever meet in this game.

The most comical about them is their alleged choice to remain small, pure and functional. Nonsense. Everyone wants extra muscle as long as it's within reason. And yet those guys would tell you that they don't do "bodybuilding stuff" because the extra bulk will slow them down and make them nonfunctional.

Please, stop! First, you have not made any choices. You are going to be small without or without "bodybuilding stuff." Second, you are a liar. You want big muscles like a broken arm wants a cast.

Functional guys don't benefit from being small. If anything, having a better physique will attract more clients. Yes! I said it again – good physiques attract people. Stop behaving like you were born yesterday. Stop trying to satisfy your ethics teachers. They are liars too. Everyone is a liar.

### **Lie 13: Progress Never Ends. Gaining Muscle Is a Perpetual Process**

When you first start training, you think that the ride will continue forever. You add weight consistently and consider those who experience lack of progress losers who don't try hard enough. You believe you're special just like everyone else. You feel like you will be the one to finally break the records... naturally of course. You watch the motivational videos and feel like no one can beat you.

"I will show you how great I am," you repeat.

The problem is that beginners do not know wisdom. This is a good and a bad thing...mostly bad, though.

It's good because to reach the limits you have to be a little crazy and fearless. The more you think, the less likely you are to do something. As the wise men say: "Thoughts are action killers."

You can always find a reason not to do something. Maybe the weather is bad. Maybe you are too old. Maybe it's time for bed. Maybe there's no money in it. Those arguments are like the stretch reflex that keeps you stiff in order prevent your muscles from stretching too much. The goal in both cases is to stop you from hurting yourself. But too much protection creates a sterile world and bricks in the wall. Many innovators look back and say: "I was crazy. Today, I would never do such a thing." In reality, they got to where they are precisely because they were crazy once upon a time.

On the other hand, without wisdom you are often setting yourself for a total failure in the long run. When you are young and enthusiastic, a month seems like a year. You feel like you should be a totally different person after 30 days of consistent work. That's because you know nothing. You have no experience, and your perception of time is that of a kid. When you are wise, you can see the bumps on the road from far away and avoid them. This is how you progress faster – not by increasing the speed but by keeping the tempo the same.

Progress works like this: at first, it's easy. Then, you reach a hard obstacle that requires a little more effort than before. For a little while, progress restarts and continues smoothly, but this time, the period is shorter than before. Then, you reach another big obstacle that takes you a lot longer to overcome. The majority of the crowd gives up at this stage. Those who continue forward face more obstacles until they reach the special one.

The special obstacle is the boss from the game that you can kill only on a really good day. It's the monster that says: "You will be fighting me for the rest of your life."

Sometimes you win, sometimes you lose, but you never quite get to the point where you reach the next level. You are stuck with that monster forever. This is your limit. This is your end. This is your enemy. This is the highlight of your life.

#### **Lie 14: Your Motivation To Lift Will Never Die**

I thought that I will train until the end of time. I was wrong.

When I figured out that this muscle game is rigged in favor of the steroid freaks, I naturally lost my motivation. I had all the time in the world to train, but I didn't have the most important thing – desire.

I felt zero guilt. Zero. I didn't care at all. I felt like I was evolving and lifting was a childish activity behind me. Be ready for those moments because they will come.

However, I got back into lifting. I found a reason to push on even though I'd learned that the system is dirty.

My advice is to never quit if you can. If you feel like giving up, just take a break and switch the direction of your training. If you are a squat slave, stop squatting and go run a 5k. If you are a 5k guy, try squats. But even if you have to quit, don't beat yourself up. You will be back. The drug is in you. Once you are infected by the lifting disease, there is no turning back. Sooner or later, you will enter the gym again.

#### **Lie 15: Muscle Will Make You Confident and Alpha**

That's a partial lie. Muscle will indeed increase your confidence, but there's a catch. The trick will only work if your body transformation is accompanied by an inner transformation.

Years ago I trained in a gym that was considered hardcore. There were many big guys. All of them were on steroids. One of the guys was a bodybuilder/powerlifter and insanely big. Last week I saw the guy on the street. He is still humongous. The way he was walking reminded me a muscle machine – one leg hitting the other, an enormous armor-like chest, a back built out of oak, posture of steel. And yet I knew that the guy lacked confidence. I could see it his eyes. He is probably more confident than he was before, but deep down inside you can still see his hesitation. That's because confidence is way more than muscle. It's part of your character. It's very hard to build and requires more than a barbell.

Truth be told, there are things in life that build your confidence better than muscle mass. One of them is, of course, money.

Hate it or love it, money matters. As long as we are here, we have to play the fiat game and getting paid is part of it. Having money liberates you from a lot of problems and before all stops people from throwing all kinds of nonsense at you. Poor people have less power in this world. We can talk about spirituality all day long, but how happy are we when we return to the plantations the next day? Exactly. We aren't. Some of the most confident people I have seen are rich dudes living a wealthy lifestyle. They are not likable by any means but have confidence because they don't have to take it from anyone. Are they good people? I doubt it. Most of the moneybags I have met did something shady to get there or at the very least their parents did it for them.

Nevertheless, even money and muscle are not a guarantee that you will have unshakable confidence. Look at Rich Piano. He has a lot of muscle under that oil plus a decent amount of money as seen in his lifestyle videos. Still, he is not super confident. In fact, his need to tune up his body constantly reveals that he doesn't feel fine in his own skin.

I am certainly not a confident person either. I am probably even worse than the average. What helped me get better are small successes here and there. Nothing builds confidence like winning at this game called life from time to time.

### **Lie 16: Naturals Go to Heaven**

I used to believe that I am superior to others because I am natural. I considered every steroid user a cheater that deserves to burn in hell for eternity. I thought that I am the good son doing everything right and thus preparing his ascension to heaven. I thought that I had earned my right to go there by staying pure and clean. But all of this happened when the world was still black and white to me. I was convinced that the right choice is always clear. I was yet to be exposed to the dualism in this crazy place. Nothing is just good or bad. I am pretty sure that there are many steroid users who are better men than me regardless of how many times they pin their glutes.

Sometimes as naturals we get lost in our self-righteousness and miss the big picture. We don't have a reserved place in heaven just because we are natties.

This does not mean that I forgive the fake natties. I don't. I am a tired of people trying to be heroes when all of their gains are produced by synthetic hormones.

### **Lie 17: A Good Body Can Compensate For a Bad Face**

The element that matters the most when it comes to looks is the face of the person. It ranks on top of everything else. No matter how many steroids you take and how much muscle you add to your frame, you can never compensate fully for having a monkey face. Having a nice body can help and makes for decent a consolation award, but it cannot hide the fundamental flaw.

I know that's little harsh, but it's true. The good news is that pretty is often subjective if not overrated.

### **Lie 18: Lifting Nirvana Exists**

You think that when you get your first pull-up life will be awesome. You finally achieve one rep after losing 10 pounds of lard and doing horizontal rows for a few months. It feels awesome...for about a day. Now you want to do 5 pull-ups. You get there after a few more months of "tactical" programming. Life feels great again...for about a day. Then you want to do 10 pull-ups. You get there after a few more months of bulletproof tactical programming. Life feels awesome again...for about a day.

Life is a series of troublesome events that lead to a short moment of happiness and contentment. That's why one of the only ways to feel somewhat fine is to be happy when you are unhappy. I am not talking about a made-up commercial-like happiness. You don't have to smile to be happy. Many people who smile frequently are not happy inside. Meanwhile, there are individuals showing grumpy faces while glowing inside. This can happen only when you are on the right track in your life.

Real happiness is a combination of two things – joy and pain. The catch is that you have to find the pain you love. That's the formula. Life is suffering. Therefore, the only way to feel in piece for longer periods of time is to earn your right to experience the pain you love.

# How to Look Your Best As a Natural Bodybuilder

## Wait? Can you even look good as a natty?

HarryTheBicepsFlexKilla was riding a hot dirty bus on the way to work. The persistent heat outside was sending the little oxygen left in the air into extinction.

“Now I know why Hell is presented as a hot place,” said Harry to himself and began searching for a daydreaming song on his phone.

Seconds later, a gazelle entered the place. She was hot. So hot that Harry forgot about the lack of oxygen. She sat close to Harry, took out her modern revolver a.k.a. iPhone and started scrolling through her Instagram feed. Harry looked over her shoulder without feeling guilty at all.

The girl had a lot of male friends. Most of them were muscular, ripped and had tattoos suggesting profound masculinity. All of the men were desperately trying to look like the tough guys you see in movies. Interestingly enough, she liked all the photos of guys doing lame bodybuilding poses in front of the bathroom mirror.

“So this is what girls like. I knew it,” said Harry and activated depression mode.

Unfortunately for Harry, the guys had physiques on another level compared to him. Their arms made his look like something that belongs on a puppy.

“Can I look like those guys naturally? Can I earn a like from a girl without injecting hormones in my maximus? Can I do it without sacrificing my hair,” asked Harry.

Moments later, Harry began feeling the heat again. It was stronger than before. It was in his brain.

## Looks matter

In school, you learn about the teachings of the Little Prince – the essential is invisible to the eyes. That makes for a nice story and is probably true in the right context, but the world is not so simple. As long as you are alive, the external matters just as much as the internal. If the Little Prince was presented as some thug with smelly clothes covered in mud, people would not find him as cute, would they? There is a reason he is blonde.

The eyes are transmitters of information. The real decoding, however, happens in the brain. Your appearance has a strong impact on the way people perceive you. With a little experience, a mentalist can tell a lot about a person by just looking at him or her. Every thought has an impact on the way you look and portray yourself in the human society. Everything is linked together and there's no escape. Many naive people will try to deny this fact, but they are either playing with you or in a complete denial.

The truth is that sexy/hot/handsome/pretty/appealing people have a higher status.

If two people do the exact same mistake, the more attractive person would receive more compassion whereas the ugly bastard will be judged harshly.

When you are pretty, you can get away with more sins in the human world.

We have an inbuilt mechanism for appreciating aesthetics. Beauty simply feels right while ugliness comes with darkness, depression, and sorrow – things that no one wants. When a beautiful person dies, it's a tragedy. When an ugly person dies, it's life.

## **How To Look Your Best as a Natural Bodybuilder**

### **Step 1: Quit Lard Collecting**

There are two main destroyers of the natty physique. One of them is the big fat gut common for naturals living the dangerous life of a permabulker.

No one on this Earth is prettier with a fat gut in front of him. Some people may have the structure to pull out the cute fatso look, but even they will like themselves more if the lard in front of their abs is reduced. Big fat beer guts are a modern phenomenon caused by bad food filled with sugar and bitch hormones.

If you want to look good as a natty, you cannot have a belly suggesting future delivery.

Fatness is enemy numero uno of your facial aesthetics. Double chins are a big no-no. Coupled with swollen hamster cheeks they make you look older, potatoesque and mentally challenged.

Nevertheless, naturals refuse to lose weight because of the false belief that the extra size is muscle and not fat. Those poor souls push out their man boobs thinking it's all bulletproof chest muscle. Then they look at their gut, squeeze it and say: "Huh. That's only 5 lbs. Abs are for anorexic fags anyway. I will lose the fat easily once I am huge."

Eventually, after many months or even years of lard collecting, a cut begins. It often turns out that it's not 5 lbs but 50 lbs that have to be lost in order for the gut to go away.

### **Step 2: Improve Your Posture When You Walk**

I have an old photo of me running on the beach as a kid. It shows an obvious kyphosis a.k.a. Quasimodo gene going in my back. This weakness has been destroying my looks since then.

Poor posture damages your appearance significantly. It makes you look weak and insecure. There are many pro bodybuilders with poor postures too, but their massive backs hide the issue somewhat. The natty does not have similar safety nets. If you slouch, people can see it.

I wish I could tell you that poor posture can easily be fixed with back training, but it's not so simple. Improving the strength of your spinal erectors, upper back and lats will certainly make it easier to stand tall but is not a panacea. It doesn't take a lot of

strength to stand tall anyway. The body is built to hold the position easily. You don't have to deadlift 500 lbs to fix your posture because it's all in your head.

Unless there's a medical condition preventing you from straightening your back, the main forces behind poor posture are self-hatred, lack of confidence and profound inability to understand that the people around you are not better than you. If you don't start believing in yourself and reconstruct your pride, all the exercises in the world won't be able to fix your posture because the problem is not muscular. It's your perception of this world that needs a fix.

The best exercise for your posture is walking tall when you are outside regardless of your social status or state of success. I know it's not that easy because I've been struggling with the same problem for years, but if you don't fight back, your poor posture will eat you.

Tip: Contrary to popular belief, pinching your shoulders together does not fix your posture. Poor posture does not come from the shoulders. It comes from the spine. A better cue is to simply push your chest out. Don't think about your shoulders. Put your hand on your sternum and imagine that you are pulling it forward. This will improve your posture right away. Your shoulders will follow and assume their natural resting position.

### **Step 3: Build up and Thicken Your Muscles**

While I have no doubt that muscle size is incredibly limited when you are natural, there's a small room for improvement which has to be maximized. If you don't train, you will never be the best you can be. Even if all you can gain from training are 5 pounds, it's still something and will improve the way you look and feel.

There is no place for mysteries and voodoo here. You will have to perform basic exercises and get good at them. Find a movement that you like for each body part and progress. At the beginning, adding weight will be easy, but after six months, you will have to use more sophisticated methods to lie your body into getting stronger. If you are in this game solely for muscle mass, doing 1 rep maximums is a waste of time. Focus on reps above 3.

How much muscle you will gain depends mainly on your genetics. Since there is no way of knowing how your body will response to training, you have to go all in for a certain period of time. You cannot say that the system doesn't work when you haven't even tried your best yet. You have to play the game before saying it's rigged. For more information, I recommend my previous post on reaching your potential.

### **Step 4: Become More Athletic**

As a natural, you will benefit a lot from becoming an athletic master. Training solely for looks is a lost cause when you are a poor natty brah. There's more to lifting and exercising. Developing different athletic skills makes natural bodybuilding a lot more



interesting and enjoyable. Not only that, but it also improves your athleticism which has a deep impact on the way you look and feel.

Every single skill and athletic quality added to your character represents a new word in your vocabulary. Athleticism gives freedom and style to your movements. To the untrained eyes, the difference may be slim, but on the inside, it will make a big difference.

## **THE POWER OF MARKETING**

When you are unaware, naive and fragile, it's easy to fall for the marketing tricks of the modern world. The goal of marketing has always been to create a sense of inferiority.

Every product out there is meant to reveal a weakness and fix it for you.

The main goal of commercials is to make you feel like a buggy carbon creature that does not deserve to exist on this planet. There are many ways to achieve this effect. One of them is the perfection method.

Commercials are filled with images of perfection – the perfect family, the perfect clothes, the perfect couple, the perfect love, the perfect body...etc. When a person sees this, he or she immediately feels bad about his life and starts looking for a way to fix it. The solution offered by the commercial is a product. Since it's easier to purchase something and pretend to be better, we opt for that approach instead of fixing the problems the proper way.

Hot muscles have been used as attention magnets since the very beginning. Everywhere you look, you see sexually suggestive images, poses and some form of nudity. This creates the modern perception of what's an acceptable and good physique. As you probably already know, those images are fake. First, the guys in the photos are chemically enhanced. Second, the photos are taken by professional photographers in well-equipped studios. Third, the images are edited by graphic designers. Only then the magazines hit the shelves and attack the sad hearts of the humanoids around. We get used to those images and accept them as the norm. The mind starts to associate them with words like – beauty, sex appeal, perfection, muscle, hotness...etc. This creates a massive opportunity for frustration and pain when our expectations fail to meet reality.

A natural cannot look like the popular YouTubers who have both – incredible leanness and mass. A natural simply looks natural. He or she is slim when lean and does not carry an impressive amount of muscle mass by modern standards. The inability to satisfy the requirements results in depression and a defeatist mentality. This is especially true for guys who have joined the iron world because of poor confidence.

What's the solution? For some, it's to give up. For others, it's to join the dark side and become one of "the bad guys". Those decisions do not address the problem at its base. The patient suffering from depression caused by the lack of muscle must understand that he was not created by nature to look bad. No one healthy and in a good condition looks bad naturally. Of course, some are more impressive than others thanks to their

superior genetics, but insulting yourself over things you don't control will not improve the situation. You will feel inferior and stagnate.

Social media also play a huge role in this game because they increase the competition to unheard proportions. You may be good, but somewhere there's a guy who is many times better than you, 10 years younger and richer. This has a negative impact on the ego and the self-esteem of the individual.

In the past it was different. Your grandfather had to compete only against the guys from the local pub. He didn't have to beat the whole world in order to consider himself worthy and take the princess.

Some people will say that more competition stimulates improvement and is consequently good and even desirable. That may be true if we are talking about the market or something like that, but this situation is different. We are all fighting a losing battle when we try to be the best in the world. It cannot happen. There's no best.

The disease will not be cured until the patient starts loving himself for what he is instead of suffering from never-ending dissatisfaction caused by external comparison.

We are all born into this world with a set of genetic properties. Most of what we are, we have seemingly received for free. Did we get those goodies for doing the right thing in a previous life? Maybe. I don't know.

Nevertheless, one fact is clear – we are stuck with what we are given. Therefore, if you try to amplify it and better yourself, you've done a great job. You've hacked the code.

## **TRAINING COMES LAST**

As always, training comes last because it has a smaller impact on the way you look compared to the other two factors – posture and diet.

Here's the truth about size:

About 10 years ago, I could only do one pull-up. I remember the day like yesterday. I went to the closest pull-up/dip station and tried to pull myself up. I experienced a weird sensation. I felt like I was giving birth while holding on to a bag containing my last money. I even had to cheat by lifting my legs up. Terrible experience.

In the beginning of this year, I did a pull-up with 41 kg / 90 lbs added to me. (Don't worry! It didn't take me 10 years to get there.) Guess what? My lats are not much bigger. They are relatively developed compared to my other tiny muscles, but I am not a flying squirrel nor Bruce Lee. The visual difference between 1 bodyweight pull-up with bad form and 1 pull-up with extra 41 kg is not as large as one may think.

Furthermore, my biceps are very small and have poor insertions. I often see old dudes resembling tombstone candidates with bigger biceps than mine. The moral of the story is that training is not the muscle builder it's presented to be. There's some hypertrophy that takes place, but it's very limited. I doubt my biceps will grow more naturally even I take my weighted pull-up to 60 kg / 132 lbs. The muscle will get brutally strong for my size, but today we are talking about visual changes, not strength adaptation.

### **IT'S NOT ABOUT BEING THE BEST. THE GOAL IS TO IMPROVE.**

A long time ago, I was a skateboarder. I had a few years of hard skating behind my back when new blood started coming to me for advice. This is when I met Tommy.

Tommy was 5-6 years younger than me and was just about to face the same fears. One day I heard Tommy complain: "There are 7-year-olds who are better than me and already sponsored by Element."

Similar intrusive thoughts kept on torturing Tommy for a long time.

As anticipated, the comparisons were not motivating him to do better. They were halting his progress. Instead of trying to improve, he was sabotaging himself by rendering his work pointless. Two years later, Tommy turned into a weed man and stopped skating almost completely.

His story confirmed a controversial idea.

Some say that in order to get good at something you have to surround yourself with the best.

To be the best, you have to fight the best, right?

I don't think it's that simple.

Sometimes, if you want to improve, you have to surround yourself with losers.

When I was in school I had one very important math test. So important that I had to take extra lessons. My mom paid for a teacher in a special math school. We did an introductory test, and I got an average score – not good but not the worst either. Our teacher knew his stuff, but he was rushing too much. I had a really hard time understanding anything. The material was too complicated for my skills. I was unable to follow and learn a single element properly. Going to those classes turned out to be a complete waste of time and money for me. I felt stupid.

A few months later, I left and enrolled in a free course in my school designed to help low performing students. There were boys and girls with much worse grades than me. However, I learned a lot more from those classes.

As the quote says: “A smart man can learn a lot from a fool.”

Those extra lessons gave me a base that helped me tremendously. I passed the test with the equivalent of a “B”, which was great and almost unthinkable a year before. Of course, I did a lot of studying at home too, but I have no doubt that the “loser’s classes” helped me. Staying in the advanced classes would have been an expensive mistake.

That lesson taught me that you don’t have to be the best. You just have to improve and get good. Instead of comparing yourself to child prodigies, just try to do better than yesterday and call it a day.

You can think of it as lifting weights. Lifting too heavy for you will not make you strong. You can put as much weight as you want on the barbell, but if you cannot lift it, you are wasting your time. It’s better to meet the “loser’s weights” and fight them. By the time you are done with them, you will realize that they were just what you needed at that time.

Unfortunately, or not, this contentment will not continue forever. There is an inbuilt function in us to never be happy. Believe it or not, this is a growth mechanism. As soon as you accept a height as your peak, the only way to go is down. Hence we feel sad and unsatisfied after an accomplishment.

### **Don’t Turn Yourself Into a Hipster Muscle Douche**

There is a large group of desperate naturals who try to boost their physiques with special tactics. A good example would be the permabulkers who get pathetic tattoos on their fat arms to make themselves look big and mean in a tank top. Those try-hards don’t realize that acts like that only prove their idiocy.

But let’s not forget about the other end of the spectrum – the metrosexual insects. Those would be the guys who spend days in the bathroom shaving their legs and brushing them abs. The insects wear revealing outfits and extra small funky muscle

shirts so that the bitches can “mire” their natty development. The icing on the cake is the fake tan which increases the perception of leanness. The end result is a metrosexual lunatic obsessed with his looks. What’s the point of this?

I don’t want to tell people how to dress. Everyone is free and has the right to decide, but I don’t think those guys are making a conscious choice. They are simply turning themselves into something grotesque for the wrong reasons. The image is fake and eventually the bubble will burst. There is a difference between maintaining yourself and becoming a male doll.

## **Social Media – The Creator Of Never-ending Pressure**

In the past, the TV was the main technological product pushing success after success in your face. Today, the situation is much different. No one is watching TV anymore. It’s dead. The modern world is ruled by social media and the Internet. That’s the new TV.

Social media is a phenomenon that will be analyzed in greater detail in the future. 30 years from now, people would call our times The Era of Social Media.

Facebook and its brothers exercise a very special form of mind control. In the past, it was easy to ignore someone on TV who is better than you.

“This guy is living at the other end of the world. Who cares that he can dance so well.”

Today, the distance is seemingly smaller. The guy who is better than you is not unknown. He is an old friend, a former classmate or a college roommate. This is the power of social media – it allows you to spy on people you know. That’s why it hurts so much when you are not on their level. Social media is nothing but a factory for jealousy and self-hatred.

That’s also true when you compare yourself to strangers. The world seems denser and smaller today. Your weakness and “inferiority” have no place to hide. When you upload a clip showing your progress from 0 to 5 pull-ups, someone in the comments will post a video of a beast doing 50 pull-ups. All it takes are a few clicks.

Social media represent a constant test for the ego. It’s a game – you feel good when you are winning, but when you loose – it hurts like a bitch. The ironic part is that you can never win all the time. There’s always someone who is better than you. Always. No matter what. NO EXCEPTIONS!

When it comes to physiques it’s the same thing. Actually, it’s even worse. Natties’ feelings are destroyed by the constant spam generated by the horde of tren loaded fitness models. Deep inside the natty knows that the brainwashed girls want those guys. It’s been proven.

Once I sent photos of fitness models to a girl I’ve known for a decade and asked for her opinion. She was miring. Then, I sent her photos of naturals (local guys doing mainly bodyweight training). She was still miring but not as much. The heart of the natty is

aware of this, and the ego is constantly saying: "You are a loser. You are not worth much. You are absolutely nothing. Your existence is getting pointless." Little by little, thoughts like that destroy the confidence of the natty.

I can tell you the mother's quote: "They don't have what you have." but I know it's not going to work. Every natty has to pass through this process to find his personal solution. You can call this growing up.

Thanks to social media, people have never been more narcissistic and materialistic than before. According to Facebook everyone is living the dream, but that's happening only in a made-up virtual reality. Social media is a network for virtual alter egos communicating with each other. We are their slaves. Everything that we do is for those virtual egos.

Back in the day when I was recording my squats to see whether they are legit (below parallel), a guy asked me: "Are you filming this so to flirt with girls on Facebook?" I said no, but he didn't believe me. I have to admit that I understood his point. Today, we don't do anything without taking a selfie because without content our virtual egos starve. No selfies, no effort.

## **Disclaimer**

Always consult your physician before beginning any exercise program. If you experience any pain with these exercises and/or training routines, stop and consult your healthcare provider. NattyOrNot.com is NOT responsible for any injuries that can occur during your training. Reliance on any information provided by this book or the author is solely at your own risk.

# Chapter 3

# **Training**

Let me guess.

You think you are not big because you are not training hard enough.

You think you are not big because you are not doing the right exercises.

You think you are not big because you are not doing the right number of sets and reps.

You think are not big because you just can't find the right training frequency.

You think you are not big because you are not doing the perfect amount of volume.

You think you are not big because you are not lifting with the necessary intensity.

You think you are not big because you don't touch the barbell the right way.

Well, baby.

All of the above is total nonsense and shows only one thing – the system has gotten to your brain. Your perception is altered.

People from the industry always use the big three (genetics, training and nutrition) to explain why true natties fail. I've already told you about genetics and its cover-up role. Training does the same thing.

"If you are not seeing results, you are training wrong," say the pathological liars called bodybuilders.

Well. Here's a problem. Are those guys doing everything the right way themselves? Are they big because they have better form and more intelligent programming? Of course, not. Bodybuilders' training plans are a joke. In fact, most bodybuilders consider training a waste of time and do not even train unless they have steroids in their system. For most pros, training is the stupid thing you do in the morning before an expo right after fucking a fitness bimbo. Bodybuilders don't have training logs and couldn't care less about programming. They just go to a training room, get a nice pump and then re-inject their glutes with a sweet dose of synthetic hormones.

Despite all of this, those guys have the nerve to tell the crowd that the "right training" can produce steroid like results. Oh, baby, how I would like to slap their lies infested mouths with a weightlifting belt.

# Exercise selection

The first step to building the right training routine for you is selecting your exercises. To do that, you have to tune down all distractions.

Imagine that you are in a quiet room. The curtains are closed and you are alone with your thoughts. Your iPhone is not informing you of Instagram updates, you can't hear the neighbors penetrate each other, the refrigerator is silent...etc.

Draw three columns on a piece of paper and entitle them push/pull/squat or chest/back/legs.

Now, take a deep breath and under each title write the exercises you like doing. If you don't have experience, just write the movements you would like to learn. You don't need more than three movements per body part. At least one of them should be a compound movement.

Never forget that exercises do not get old. You don't need to patch them. What worked 50 years ago, can work just as well today.

## Chest

The best exercises for chest training according to my experience in the Muscle Wonderland are: bench press, push-ups, dips;

### The Bench Press

The bench press needs no introduction. It's the lift responsible for the male boob epidemics during the 70s.

Prior to the birth of the bench press, all bodybuilders and lifters had flat chests because they were focusing primarily on the overhead press, and dips were considered an underground lift. The bench press changed that and allowed muscle lovers from the whole world to build spectacular chests.

Ain't that amazing?

Benefits of the bench press

- Affordable;

You will be hard pressed to find a gym without, at least, one flat bench press. How else would the owners fulfill the desire of their customers to play Arnold?

- Straightforward programming;

The barbell bench press is not a complicated lift to program. You can calculate percentages very easily because it's a barbell lift.

- Effective;

Hate it or love it, the bench press is an effective movement. With good programming it will make your pushing musculature very strong.

Downsides of the bench press

- It's a killer.



The bench press is one of the few exercises in the gym that can cut your head off. Sure, if you do everything correctly and don't play gym idiot you may be fine. After all, there are plenty of people who have been benching for decades and still have heads on top of their shoulders. Nevertheless, it's worth mentioning that unless you have the right equipment for safe bench pressing and spotters, you can smash your face.

- It's a shoulder destroyer.

No matter what the lifting experts say, the bench press could turn into a shoulder destroyer even if your technique is perfect.

There are three main reasons for shoulder pain during bench pressing.

#### 1. Wide grip.

Wide grip benching is a dangerous monster. It puts a lot of stress on your shoulders and the outer edge of your chest muscles. Many torn pecs in this world will confirm it. Nonetheless, some people can handle wide grip benching just fine. Are you one of them?

#### 2. Too much weight

Boy enters the gym. Boy sees girl in Yoga pants. Boy decides to impress. Boy sits on the bench press, takes a deep breath, lifts his legs like a cockroach and loads the barbell. Boy finds out that it's easier for him to bench press with a wide grip because the travel distance of the bar is lower. Boy adds more weight. Boy's shoulders report bankruptcy on the last rep, but boy finishes the rep anyway. Boy looks away for approval. The girl in Yoga pants is gone, but the newly acquired shoulder pain is here to stay. Boy decides to go back home and put some ice on that hurt shoulder. Boy gets out. Boy sees girl in Yoga pants kiss another boy with tattoos and big biceps in front of a German import car. Boy cries. Girl goes to the movies and then makes babies with the tattoo guy.

#### 3. Bad form

The bench press is not a natural lift because you have to prevent all scapular movement. In simple words, your shoulders have to remain compressed and pressed firmly against the bench pad. The goal of this technique is to limit the range of motion and prevent excessive movements in the shoulder girdle. That's not the most intuitive thing to do. Many people allow their shoulders to get off the pad because of a little muscle called serratus anterior, which always wants to participate in the movement pulling your shoulders forward.

Of course, with the right attitude and good programming, you can develop a solid bench press form and do the exercise without pain for years.

#### 4. Barbells could be a bitch

The straight bar is a tyrant. It forces both sides of your body in a specific groove, which can create pain due to insufficient flexibility and strength imbalances between the right and the left hemisphere. This is a problem that dumbbells can fix. Unfortunately, dumbbells come with another issue - getting into a proper position with them is not the easiest thing.

**Q: What about hammer strength machines?**

Most of the hammer strength machines out there are essentially bench press simulators.

Some people hate machines, but I am not one of them. I like hammer strength machines. They replicate compound movements and add some flavor to the movement. They allow you to feel the muscle so to speak. The first time I tested a hammer strength bench press machine I was surprised how easy it was to focus on the chest. Therefore, I can see their place in a training routine. However, the hammer strength machines have two major downsides. First, they create an illusion of strength. 3 plates on a hammer strength machine don't equal even 2 plates on a bar. Moreover, hammers strength machines have a fixed pattern. Your shoulders will hate this, especially during pressing movements.

### The Push-up

The push-up is a highly underrated exercise, but it's a total baller nonetheless. It can build you up like a motherfucker. However, you have to know a few tricks to ensure progress.

First off, forget about the 100 push-ups nonsense you have seen in movies and heard from your grandfathers. Those legends are born because people have a fetish for big round numbers like a 100.

I propose the following push-up progression.

**Step 1:** Build up to 20-40 push-ups with perfect form. The goal of this step is to learn proper form and condition your body for the madness that's about to come.

**Step 2:** Lower the repetitions by making the exercise harder.

My preferred method is adding resistance with a belt or weight vest. Weighted push-ups are a highly underrated exercise for some reason and many treat them as a taboo thing.

**Step 3:** Cycle your weighted push-ups

Weighted push-ups can be programmed just like any other exercise. Sure, they are not as convenient as the bench press, but with a little patience and attention to detail, you can get used to the specifics of the exercise and build some pretty decent strength.

What if I told you that you can apply the programming principles of the bench press to push-ups? Sh... barbell snobs will hear us.

**Step 4:** Switch to a more difficult variation

There is a highly underrated push-up variation that is literally a chest killer.

Meet the Ring Push-up.

The ring push-up is an exercise that could make strong bencher cry like little babies when their fat guts start hitting the floor.

Since the rings can go in every direction the chest has to work extra hard to stabilize you.

The first time I did ring push-ups my boobs were fried. Honestly, going down the stairs fast was painful. Every fiber of my chest was talking to me. If you are going to do this exercise, be careful. It's easy to fall on your nose. Put a pillow underneath.

More variations: one arm push-ups (very difficult to do with straight form), weighted ring push-ups (chest murderer), explosive push-ups...etc.

## The Dip

The bench press is a girl I like, but she never looks at me.

The push-up is a girl that likes me, but I find her boring.

The dip is the girl that completes my heart... for the moment.

The main advantages of the dip are.

1. You can do it alone.
2. You can add weight easily.
3. It's brutally effective and less technical than a bench press.
4. It's easy to program. {I will show you my plan.}

The main disadvantages of the dip are.

1. It puts serious stress on your shoulders. Some even say that it's more shoulder unfriendly than the bench press.
2. It requires more equipment than the push-up.
3. Many gyms don't have proper dip bars.

## Programming the Dip

### Step 1: Getting your bodyweight numbers up

For the last year and a half, my only pressing exercise has been the dip. Currently, I can do a few reps with 43 kg / 95 lbs. I know that's not as impressive as what the guys on YouTube do, but it's just fine for the average person.

After a long layoff, I started doing pull-ups and dips as my primary upper body exercises because they were readily available.

I built myself a little routine. I started doing dips every fourth or fifth day. I did about 4-5 sets. Each consecutive workout, I was adding an extra repetition to my last set. I considered the first few sets warm-ups.

Example routine:

Day 1: 5,6,7,8,9

Day 2: 5,6,7,8,10,4,2,1

...etc.

This simple plan got me to 17-18 bodyweight dips in a row for a few sets done with plenty of rest in-between. At that point, I built myself a dipping belt from a chain covered in foam and began doing weighted dips.

Linear cycling was my method of choice.

My first weighted dips session was as follows:

5 – five repetitions without weight;

5 + 5 – five repetitions with 5 kg / 11 lbs;

5 + 7.5 – five reps with 7.5 kg / 16.5 lbs;

5 + 10

5 + 15

5 + 17.5 – final set with 17.5 kg / 38.5 lbs

I kept on adding between 1 to 2 kg / 2.2 to 4.4 lbs to the last set. The other sets remained the same.

This got me to 24 kg / 53lbs for five repetitions fairly quickly (about 8 weeks).

At that point, I reduced the final set to a triple and continued adding weight.

**Note:** Weighted dips done for heavy triples are not exactly health lovers. Keep in mind that this was my only pushing exercise. I did nothing else. No push-ups. No overhead presses. Just dips.

Eventually, I stalled at 29 kg / 64 lbs for a triple.

Here's how that workout looked:

Dips April 24

5

5+5

5+10

5+16.5

3 + 29 heavy as fuck but decent form, left shoulder feels tired;

Then, I decided to go for 30 kg / 66 lbs because of the inherent human fetish for rounder numbers.

Here's the workout

Dips April 30

5+5

5+10

5+16.5

1+30 - had two but lost balance;

## 1+30 - right pec feels abused;

At this point, I ended the cycle and began a new one with a top set with 25 kg / 55 lbs.

I followed the same cycling approach and eventually reached 43 kg / 95 lbs for a few repetitions at the beginning of 2016.

**Note:** I am not saying that this is the best way to program dips. This is not a top secret routine nor is it special. All I know is that it gave me acceptable results over a decent period of time. Each of my cycles was between 6 and 9 weeks.

Since I was tired of heavyweight, I switched to a high volume approach. I currently do ladders with 26.5 kg / 58 lbs.

Ladders work like that: you do 1 rep, 2 reps, 4 reps, 5 reps and when the weight gets heavy, you begin again at 1.

The goal of this method is to build up your work capacity and increase your strength with volume rather than intensity (heavy weight).

### **Q: Are dips really shoulders destroyers?**

They haven't killed my shoulders yet. I feel just fine. However, this hasn't always been the case.

I remember the first time I did dips. I was 17 years old and barely got a rep and a half. The rep I did was probably not even full range, but I no longer remember. My shoulders felt destroyed, and my elbows were shaking like nobody's business.

That day I called dips shoulders destroyers, but in reality, my pain was nothing but a weakness that had to be murdered. That's why I advise people to be a little more patient before giving up on dips. The exercise certainly places a lot more stress on your shoulders than push-ups, but that does not mean that you can't do it safely eventually.

Possible reasons for shoulder pain during dips

1. Weakness – your shoulders hurt because you are a weak bitch. In that case, you can build yourself with close grip push-ups preferably done on push-up handles. The goal is to increase the range of motion of the push-up and prepare yourself for the dip.

**Note:** Don't do the bench dips you see in beach body programs. Those are a joke and place even more strain on your shoulders than the regular dips.

2. Bad programming

Boy decides to train chest. Boy goes to the gym and benches like it's independence day. Boy then goes to the hammer strength machine to get a nice pump. Thereupon, boy does chest flies a.k.a. shit flies. Finally, boy finishes the whole workout with a set of dips. In the middle of the set, a sharp pain stabs boy right in the shoulder. The next day things get worse. Boy's shoulders are shut down and revolt. Boy blames the dip.

If you want respect from the dip, you have to respect it first.

3. Poor flexibility

If you have poor mobility, dips can be a problem because your shoulder is not used to the range of motion. In that case, you can improve gradually by starting with regular push-ups and then graduating to extra deep push-ups.

### **Q: What about ring dips?**

Ring dips are a great way to make the exercise harder. Some even say that the rings reduce the stress on the shoulder because your joints can find a better position. Even if that's true, you will first have to develop a solid ring support and increase your parallel bar dips numbers before getting on the rings.

### **Q: Will dips make my boobs look saggy?**

No, bro. Dips won't make your boobs age prematurely. Forget about lower, middle, upper and outer chest. It's true that angles and exercises change the stress area, but in the long run, you are better off not worrying about it. Just pick the chest exercises you find suitable for your body type and move on. Let the chest fetishists lose sleep over the perfect upper chest exercises.

## **Back**

A complete back workout focuses on your spinal erectors (mid and lower back), latissimus dorsi (wings) and upper back.

### **Lower back**

The lower back is the drama queen. It's the weakest element of the chain and recovers super slowly. Regardless of how you feel, you have no choice but to respect its wishes because otherwise it will chain you to the ground.

### **Q: Why is the lower back such a bitch?**

It's the part of the back that bears the most load. It's very easy to place your lower back in a position where the torque is enormous. Many people deadlift with a round upper back just fine, but you won't find a single successful deadlifter who bends his lower back. You just can't get away with it.

Moreover, the lower back is excessively disrespected in the life of the modern office drone sitting for 15+ hours every day. The lower back hates sitting with a passion, especially when your posture is poor.

That's why one of the best ways to relieve lower back pain is to walk tall. In the past, I had some chronic back pain and walking fixed it. Standing tall does not place as much stress on the lower back and allows it to get some air.

Most people's lower backs are simply tired of kissing chairs and car seats. They want to live.

### **Best lower back exercises**

There are four primary lower back exercises:

1. Hyperextensions and reverse hyperextensions;
2. Barbell pulls from the floor;
3. Kettlebell or T-handle swings;
4. Isometric bodyweight movements;

## **Hyperextensions**

One year I stopped doing pulls from the floor and focused on hyperextensions exclusively. I got to 75 kg / 165lbs for a set of five at the fragile bodyweight of 155lbs / 71 kg. The unaware noobs in the gym looked at me like I was insane. They thought I was crazy strong because many people are just afraid to train their lower backs directly and use paper weights. There's a voice in people's heads telling them that the lower back is made out of glass.

That period told me that hyperextensions are an underrated exercise. In my book, they are one of the best ways to strengthen the lower back directly. An added bonus is that the exercise does not burn your CNS (central nervous system like the deadlift).

## **Barbell pulls**

For most people, barbell pulls are the king of spinal erector exercises. Pulls murder your back from top to bottom. Every single muscle has to contract in order to keep the back in proper alignment. The range of motion is short, but the effort is extremely high. This is the reason while weightlifters and powerlifters have the thickest backs in the whole world. Gymnast can't come even close because they are lat + arms boys.

The primary barbell pulls are: deadlifts, rack pulls, and the Olympic lifts.

## **Deadlifts**

The deadlift is an ego lift just like the bench press. Have you seen the little brahs that put on 5 plates on each side, hoping to get noticed? I have not only seen them; I was one of them for a long time.

The deadlift allowed me to lift a lot of weight. And since I am an ectomorph with very thin bones, I looked even more ridiculous. I loved it. This was my way of saying FUCK YOU to the bigger guys in the gym.

"Yes, you can call me skinny, but guess what – my deadlift isn't."

This ego lifting was a bad move in the long run. My form quickly went downhill because of my mindset. I have a video of my first 190 kg /418lbs deadlift. It was terrible and still gives me nightmares. My upper back was rounded like a paper clip. Thanks to the grace of God, I didn't break in half.

This is why I advise people to always record their working sets. Always. You have no excuses if you don't. Did you forget? We live in the Era of the iPhone. Instead of taking selfies, record your deadlift. This will save you a lot of trouble in the future. I did it and eventually surpassed my previous 190 kg PR with proper form.

Below are a few tips that will help you improve your deadlift.

### **1. Respect the deadlift, but never become its bitch**

The deadlift is scary, but not that much. You can always drop the barbell and call it a day.

## **2.Low volume is king**

At the beginning, when you are deadlifting 95 lbs / 45 kg, you can deadlift three times a week, but once you get to heavier weights, you will have to gradually reduce the sessions to two and eventually one. Heavy deadlifting demands long recovery.

## **3.The deadlift does not require a lot of volume**

You can become a pretty decent deadlifter with only one deadlift workout a week. The deadlift is not a lift that loves volume. It's a high-intensity lift that drains your battery faster than an HD movie playing at full brightness.

## **4.Don't squat after deadlifts**

The deadlift is a finisher. There's a reason why it's done last at powerlifting competitions. It kills your lower back. And as you know, squatting with a dead lower back is a fool's game. Forget about it. After deadlifts, just go to sleep.

## **5.Don't use a mixed grip for your deadlift**

The mixed grip is an ancient technic in my eyes. It has severe downfalls. First, it places too much stress on the biceps tendon. Secondly, it forces you to pull from an asymmetric position, which increases the stress on the lower back.

Instead, you can use the hook grip or straps for your final set. I would rather be called a pussy for my straps than spend 6 months rehabbing a torn biceps.

**Note:** The hook grip has downsides too. It can cause damage to the nerves of the thumbs.

## **6.Push your chest out**

One of the most useful cues during deadlifts is to push your chest out. It's simple and fixes a lot of problems. Just try to touch the wall in front of you with your sternum. Your back will align properly, and you won't look like Quasimodo when you deadlift.

## **7.Keep the bar close to you**

Keeping the bar close to you accomplishes three things:

- 1.The closer the bar is to your body, the less sheer force there's on the lower back.
2. Your lats work hard.
- 3.The long head of your triceps is forced to contract (similar to a pullover or a front lever). This will prevent elbow flexion (bending of the elbows), which is a big no during deadlifts.

## **8.Deadlift only on flat and even surfaces**

One time I was in a gym with uneven ground preventing me from keeping the barbell straight on the floor. The right side was always in front of the left one. This placed extra stress on my lower back and I felt it. Do yourself a favor. Don't do off-road deadlifts. Always choose a flat surface for your deadlifts.

## **9.Don't fight the bar on the way down**

Fighting the bar on the way down will place a lot of stress on your lower back. The goal is simply to guide the bar. If it makes noise and the floor is shaking, you are doing right.



## **10. Imagine that you are a gorilla crushing the barbell**

When I first got 160 kg/350lbs something in me broke. I lost my confidence. I felt as if I were lifting the whole building. Little did I know, that I was just a weak little bitch. Another day, when I was due to pick 165kg / 362lbs from the ground, I saw the picture of a screaming gorilla on the Internet and it stood with me.

I imagined that I was that gorilla during the first pull from the floor – the hardest part for me. It worked. Since then I've used this placebo technique many times. As soon as my brain tells me that the weight is heavy, I push my chest out and imagine that I am that gorilla, and the bar is a banana.

I know that this doesn't sound very professional nor scientific, but a little bro advice from time to time won't hurt.

## **11. Don't deadlift for the sake of deadlifting**

The deadlift is not a mandatory lift. You won't go to gym hell if you avoid it altogether. Don't think you're missing something. The deadlift can easily be replaced by a combination of exercises despite what the bulking soldiers in this world are saying.

## **12. Don't deadlift after pull-ups or barbell rows**

Deadlifting with tired arm flexors (biceps, brachialis...etc.) is just bad form. You can get away with tired triceps, but deadlifting with fatigued biceps is simply dangerous.

## **13. Make your arms longer**

The longer your arms are, the easier it is to deadlift. Longer arms make the distance shorter and allow you to be in a more upright position.

Don't worry, I am not talking about hanging off a bar like a dead meat in order to become the stretch man from the Fantastic Four.

There are a few technique tweaks that will make your arms "longer" during deadlifts.

### **1. Use a hook grip or straps**

The mixed grip "shortens" the arm in underhand position (palms facing away from you).

On the other hand, by using weightlifting straps or a hook grip, you can keep your arms at their longest possible state during deadlifts. One could argue that this adds about 2.5 cm/1 inch of extra length.

### **2. Use a narrow stance**

A narrow stance increases the distance between your hips and the floor (also known as DTF - dick to floor). This makes the movement longer, but also offers an opportunity:

A narrow stance equals a narrow grip.

A narrow grip equals "longer arms".

Longer arms equal an easier deadlift.

This technique has been used by deadlifting legends such as Vince Anello.

## **14. Maintain proper posture when you are unloading the barbell**

After a deadlift, most people are too tired and want to go home without unloading the barbell. I am one of those people. I have left many heavily loaded barbells with all kinds of weird configurations (too many small plates) on the floor. This method worked just fine until I found myself in a gym run by a guy with OCD. The guy was mental when it came down to returning the weights to their home.

Each time he was spying on me. He even had a pathetic wannabe agent 007 plan. He would come into the weight room and pretend to be cleaning the bench press pads. His real goal, however, was to see whether I was returning the weights back in the rack. I wasn't. I kept on leaving everything loaded.

The guy got mad and one time started screaming hysterically at me. I had to make a choice – either play by his rules or find another gym. The gym was nothing special, but its location was perfect for me. Moreover, it was cleaner than a hotel room. Therefore, I started returning the weights to the rack.

One time after a heavy deadlift, I decided to stack two 45lbs / 20 kg plates together in order to return them to the rack faster.

40 kg? Nothing special, right?

Yes, it's nothing special unless you put your back in a weird position. I did. My back snapped a little bit. I felt like an idiot for hurting myself not during the deadlift, but during the deload.

Why did it happen? Poor back alignment powered by disrespect.

### **15.Never forget that the deadlift is a groove lift.**

Bro, you may feel like a caveman when you're deadlifting, but you are actually taking advantage of new technology. You are lifting a sophisticated piece of equipment called a modern barbell. It comes with rotating bearing and knurling.

Why is this important?

Many people think that a big deadlift equals real life dad strength. It does, but not always. Every single condition is perfect when you deadlift. That rarely happens in real life when you have to lift weird things like fridges, washing machines, fat dogs, pigs...etc.

### **16.The deadlift is not a squat**

To the untrained eye, the dealift is a squat with a bar in your arms. In reality, it's not. The deadlift is a hip dominant movement. The knee movement is very small compared to a full squat. The deadlift starts with your hips high in the air. The ascend during squats starts with your hips below the knees. The deadlift starts with a push and then transitions into a pull. The squat is mostly a push with some pulling elements.

### **17.Don't shrug. DOWNSHRUG instead.**

For some reason, many people experience great pleasure in shrugging the bar on the way up. It usually happens when the weight is too heavy, and the lifter tries to jerk it upwards somehow. Shrugging your deadlift equals bad form. When you shrug, you make your arms shorter. This makes the deadlift unnecessarily hard and puts too much stress on your back.

The role of the traps during deadlifts is isometric.

If anything, you should actually **downshrug**.

This is an advanced technique that requires good mind muscle connection with your lats (the downshrugging muscles).

Here's a mirror exercise to experience downshrugging.

Stand tall. Push your chest out. Keep your arms close to your body and completely extended at the elbows. Make sure your palms are pointing behind you.

Try to touch the floor with the tip of your fingers without bending at the waist at all. If you do it right, your shoulders will sink a little bit, and your hands will get closer to the ground. Like I said, don't bend at the waist at all. The movement should come from the shoulders. If you do it right, you will feel your lats and even chest tense a little bit. This is downshrugging.

Downshrugging will make your arms "longer" and pack your shoulders tightly to your torso. It will also activate your lats during deadlifts. When you learn this technique, you will experience a great pump in the lats from deadlifts or similar barbell pulls.

### **18.Never forget that your arms should be nothing but hooks**

In order to lift heavier weights safely and activate your back, you have to imagine that your arms are just cables connecting you to the bar. You are a human crane, and your arms are just ropes.

### **19.Don't pinch your shoulders together**

Many people wrongfully assume that proper posture comes from the shoulders. It doesn't.

Proper posture comes from the spine.

Thinking about pinching your shoulders together is bad form during deadlifts.

Similar to shrugging, shoulder pinching shortens your arms and places unnecessary stress on your upper back and shoulder muscles. Instead, just push your chest out. This will automatically improve your posture.

### **20.Don't bounce your deadlifts off the floor**

People always try to make deadlifts easier by letting the bar hit the floor and jump upwards. That's just silly. It prevents you from building strength off the ground and gives you a false illusion of strength.

Bouncing could easily pull you out of position. It's better to pause your deadlifts. You may do fewer reps, but does this really matter?

### **21.One working set is all you need**

Have you ever done 5x5 squats with a heavy weight?

Well, 5x5 deadlifts are two times more brutal. They will murder your body. You will need something like 15 days to recover completely provided that you are not injured.

It's better to stick to one working set. That's what champions have been doing for a long time. It works and is safer.

# Upper back

The upper back has two portions – the upper spinal erectors and the group of small muscles covering them.

The spinal erectors receive plenty of work from squats, deadlifts and barbell pulls. Alternatively, exercises like front squats, farmer walks and bent over barbell rows will also get the job done.

When it comes to the other group of muscles (traps, rhomboids, teres...etc.) forming the upper back, the name of the game is rows.

Nothing works the upper back as good as a set of rows. The good news is that there are plenty of rowing variations to choose from.

Below is a list of tips summarizing the main points to remember during rows:

## **1. Don't pinch your shoulders together at the beginning of the row.**

Just like I said earlier, far too many people try to fix the world by pinching their shoulders together. Many wrongfully believe that the proper execution of rows starts with pinched shoulders. It doesn't. You have to let the shoulders assume a natural position. Don't fight the resistance just yet. Let the scapula protract. You are not going to die.

Tip: Stand tall and push your chest out. Lift your arms until they are parallel to the ground. Straighten them completely at the elbows. Without bending forward or letting your chest cave in, try to get your hands closer to an object in front of you. You will notice that your shoulders roll forward a little bit. That's scapular protraction and is the natural position of your shoulders at the initial phase of any row.

The only time when you pinch your shoulders together during rows is at the end when the bar or dumbbell is close to your chest.

This technique not only makes it easier to activate your lats but also prevents shoulder impingement.

## **2. Touching high on the chest = more upper back involvement. Touching low = more lats.**

When you pull the weight close to your upper chest, you place more stress on the upper back muscles – rhomboids, teres, rear delts, upper traps...etc.

When you pull the weight close to your navel, you place more stress on the latissimus dorsi.

## **3. The upper back can take a huge beating**

Unlike the lower back, the upper is a crazy tough motherfucker. It can take an absolutely brutal beating with a smile on its face. More than likely, your elbows and wrists will start hurting before your upper back. This is especially true for the traps – the toughest muscle of them all. Consequently, you can get away with a crazy amount of volume.

## **4. Don't waste your time doing too many rows**

The fitness gurus come up with new row variations every month. They insert fear in your head by saying that if you don't row, your shoulders will explode. Many people fall for this tactic and do 5 different rows to counteract every pushing exercise and satisfy some made up push to pull ratio requirements. Don't be afraid. The body is not so fragile. Just choose 1 to 3 rowing variations and do them consistently.

I advise you to stay away from the exotic rows. The classic rowing variations work better despite what the ghost writers of popular muscle media say.

**Q: Can you achieve steroids like results from training alone?**

Deep down inside of us there is a little Rocky that needs to be satisfied.

We put on the big headphones, blast an epic song and dream BIG, don't we?

The whole entertainment sector stimulates this natural human weakness/desire all the time.

Consequently, we have transformed into a horde of wannabes who believe that everything is possible if you just work hard enough. That's what the movies told us. It's true, but there is a little twist that's always omitted from the mainstream formula. It's an invisible ingredient that the so-called successful people keep hidden.

The same can be seen in the world of bodybuilding.

Every teenager pumping hard in the gym has a plan to become exceptionally big by working so hard that the planet performs a summersault.

Bro, it's not going to work. I don't care how hard you lift. I don't care that you wake up at 5 in the morning to take your protein powder, creatine, glutamine, BCAA, multi-vitamins, fish-oil, ZMA, test boosters, test rocket launchers, pre-workouts, mass gainers, brain enhancers, cat's claw, dog's claw, alligator's claw, mad cow's claw, reasonable cow's claw, casein...etc. You are still not going to break nature, which is technically your goal. Nature says that you cannot have the physique in the magazines naturally. To look enhanced, you have to be enhanced.

When people hear this, their feelings are terribly hurt.

"What prove do you have, hater," say the hurt souls.

I have a proof so hard that even your dog will understand what I am trying to explain.

Females are the proof.

Females are a lot weaker and smaller than men.

Why is that? One word – vagina.

Women just don't have as much testosterone as men. That's a fact of life that even the biggest feminists in this universe cannot deny. Women are estrogenic creatures, sorry.

That's why they are smaller than men.

Can that change with training? Yes and no. If a woman starts to train really hard, she will surpass the majority of the weak sissies who spend most of their time buying mods for CS:Go and playing League of Legends. However, will she surpass the males that train

as hard as her? No way. She doesn't have the hormonal profile needed to develop mad cow level of strength.

The same is true when you compare enhanced brahs to natural lifters. The former just have more potential for muscle growth and strength increase. No amount of "hard training" will ever be able to change this fact. It's just not possible.

You cannot destroy steroid users by training harder. That's the equivalent of becoming richer than Trump by working harder at your job as a clerk. It ain't happening anytime soon.

Training is the stimulus for growth, but it cannot change your genetic make-up.

At this point people will ask a logical question:

**If training can't make me look like Lazar Angelov, what good is it for?**

Many muscle philosophers like me, have been trying to determine whether the average natural bodybuilder is a delusional person that cannot figure out reality.

The truth, however, is that training is not supposed to give you steroid like results. Its purpose is to upgrade you and differentiate you from the average office drone afraid to lift a big water bottle.

"We are living in the 21<sup>st</sup> century. Isn't there an app for that," says Mr.Sales.

Training will boost your physical prowess so much that many people will wonder whether you are a human or not. I am not joking. People who are in the lifting community are used to all kinds of physical feats, but the outsiders know nothing because their level of fitness and knowledge is incredibly low.

Moreover, training keeps you young inside.

People say that every new decade is painful. It's true.

Turning 10 hurts... as far as I remember.

Turning 20 is a bitch. You think that your life is over even though it hasn't even started yet.

Turning 30 is a nightmare. You are an ancient man at that age, right? You are supposed to start deconstructing. That's why so many people in their 30s just give up.

What's left to fight for when you are that old, right?

Most people in their 30s are married a.k.a. "I-will-not-be-alone-cause-I-signed-a-contract-why-should-I-bother-training" and let themselves transform into complete potatoes.

Turning 40... well, you are supposed to be dead at that age.

The saying that some people die at 25 is not false. People often give up too soon and lose the battle prematurely.

Training helps you fix that moronic mindset. There are people in their 60s who are in top condition compared to teenagers. How do they do it? Of course, some of them use low doses of steroids, but training also plays a crucial role. Steroids help you maintain and build muscle mass, but they cannot keep your skills.

I always advise natural bodybuilders who are about to give up to focus on skills and mobility. As a natty, you cannot get super big, but you can become a ninja living in a world made of humanoids whose only physical exercises are pressing the elevator button and texting.

## Lats – The Mysterious Muscle

The latissimus dorsi represents a mysterious muscle that very few people know how to train properly. Even some professional bodybuilder fail to do so and hire overpaid trainers to scream in their ears.

There are three steps to developing strong lats.

### **Step 1: Mind muscle connection**

Activating your lats is one of the most poorly understood topics in the fitness industry. I blame the gurus for that because they always like to overcomplicate stuff. Some books say that it takes years to develop a strong mind muscle connection with your lats. While it's true that you will need some time to master the lat connection, you can reach a pretty decent level quite fast.

### **Q: What the hell are the lats?**

The lats are big muscles on your back responsible for pulling your upper arm close to your body. They insert under the armpit and connect to the spine. When they contract, the tendons pull the upper arm close to your body. Since the lats have an insertion connecting to the spine, they also participate in back hyperextension but are not the primary movers.

Most people cannot activate their lats because the muscle is extremely underdeveloped in average humanoids whose only physical activity is ironing. The smaller the muscle, the weaker the mind muscle connection is.

When I first started training I had absolutely no muscle on my chest. Therefore, it was really hard to activate my pectorals. Once my chest was slightly bigger, I could do that easily.

The good news is that there is an extremely simple trick that helps you activate muscles rather easily.

You just need to perform a movement that requires a contraction from that muscle no matter what.

A simple example would be biceps curls. You cannot perform a bicep curl without activating your biceps. It's physically impossible and is the equivalent to getting a boner without activating your dick.

Let's do the same with the lat muscle.

Find a bar or something you can hang off comfortably. Grab the bar and hang. Don't pinch your shoulders together. Just imagine that you are 10 years old again and hang as if you were a laundry. If you do it right, your shoulders will come into your ears. Don't worry. That's fine.

While keeping your arms completely straight at the elbows pull your shoulders down. If you do it correctly and do not bend at the elbows, your shoulders will drop below your ears and will be packed tightly to your torso. Moreover, the angle of your torso will change a little bit – your shoulders will not be below the bar but a little bit behind.

Congratulations! You just activated your lats. That's all there is to it. You can't do that movement (it's called scapular pull-ups) without using your lats. It's physically impossible. You will feel a pull under your armpits.

Alternatively, you can also do the same trick using the pull-down machine or bands. The core of the method remains the same.

### **Activation of the lats during pull-ups**

When I first started training, I didn't know what the lats were. I thought they were an American beer or something. Anyway, I wanted to meet them. My biceps were feeling lonely doing all the work during pull-ups. I needed a change of direction. A new girlfriend.

Here's the lat activation technique I have developed:

1. Do your pull-ups on rings – this is optional but very useful.
2. Start each pull-up as a scapular pull-up (the technique described above). This will ensure a lot of lat involvement since the start.
3. As you are going up imagine that your arms are just hooks and you are pulling the elbows, not your hands. This will make your lats burn like there is no tomorrow.
4. Don't fuck around with hollow pull-ups until you are a master. As a beginner, stick with the classics – chest out pull-ups/chins-ups.
5. Keep your grip narrow

Contrary to popular belief, wide grip pull-ups do not equal wider lats nor more lat activation. They just shorten the range of motion and shift the attention to the teres. On the flipside, narrow grip pull-ups increase the range of motion greatly and work the lats more fully.

6. Use a thumbless grip

If you are performing pull-ups with an overhand grip (palms facing away from you), stick to the thumbless grip (the thumb should be on the side of the other four fingers). This trick ensures that your wrists are in a better alignment, weakens the biceps and makes it easier to treat your arms as hooks.

7. Start each pull-up from a dead hang

Half-hangs/Biceps hangs/My style or whatever people call it is the wrong way to do pull-ups. That method shortens the range of motions and places more stress on the biceps. Also, it's a good way to cause shoulder impingement. It's more natural to start from a dead hang.

I know that there are many strong dudes who get away with partials, but that does not make it right. After all, we've all seen the powerlifting refrigerators who squat



thousands of pounds with poor form. No one denies that they are strong, but that does not make their technique correct.

8.If you are too weak to practice the techniques described above on the pull-up bar, try them on the pull-up down machine or use bands.

9.Imagine that you are bending the bar apart.

10.Stretch your lats at the end of each workout to strengthen the mind muscle connection.

11. (optional) Before pull-ups perform a light pull-over warm-up

This particular technique is called pre-exhaustion. By working a muscle with an isolation exercise prior to a bigger compound movement, you make that body part the weakest link. Therefore, it's easier to feel the same muscle work during compound movements. Don't overdo it. Keep the pullover weight light.

12. It's easier to feel your lats during chin-ups than pull-ups.

For some people, it's easier to activate the lats during chin-ups.

### **The Lats Are a Hard Muscle to Overtrain**

The lats die last in a battle. You will have a really hard time overtraining them. It's neither impossible nor unheard of, but in most situations your biceps tendons, shoulders or forearms will go down first.

However, I've hurt my lats on a couple of occasions. The first time, I did a ton of pull-ups and developed a small inflammation at the insertion under the armpit.

Another time, I killed my lats from deadlifts and rows and had a really hard time breathing without pain for the next few days.

### **Example Lat Focus Routine (unlimited equipment)**

Below is a routine that focuses on your lats.

Day 1:

Pull-ups – 5 sets of as many as you can do with decent form;

If you can do more than 12 reps in a set, you can graduate to weighted pull-ups.

I prefer to train weighted pull-ups like weighted dips – warm-up to one heavy set and call it a day.

Alternatively, you can simply do 5 sets of pull-downs or horizontal bodyweight rows.

One arm dumbbell rows - 3 sets of 6-12 reps;

The one arm dumbbell row helps a lot with the lat mind muscle connection. I find it easier to feel my lats during dumbbell rows than regular barbell rows. Finish the day with a pushing exercise of your choice.

Day 2: rest;

Day 3: Lower body;

Day4: rest;

Day 5: Repeat the workout from day 1 with the same or lower weights. Alternatively, you can also switch the exercises.

Example: Instead of weighted pull-ups, do regular bodyweight pull-ups and focus on form (lat contraction).

You could also try other exercises such as one arm rows on a hammer strength machine (those are great for lat activation).

Finish the day with a pushing exercise of your choice.

This is a routine focused on back training. Every other body part takes the back seat.

### Variation 2 (Poverty)

In this case, I assume that you either have only a dumbbell or just a pull-up bar.

If that's your situation, you don't get to drink from the fountain of variety, but you can still get results.

Day1: Guess, what?

Pull-ups or one arm dumbbell rows until the sun goes to sleep.

Start with narrow grip pull-ups and perform ladders.

{Remember? Ladders work like that: 1 rep, 2 reps, 3 reps....8 reps...begin again, 1 rep, 2 reps...etc.}

This method ensures high volume, which is your only option when you don't have a lot of equipment.

Note: I do not recommend using ladders for rows. That's annoying as hell.

If you are only going to do one arm dumbbell rows, just do 5 sets of as many as you can with perfect form. Rest and do 5 more sets. You can lower the weight if you want during the second phase. The choice is yours. Listen to your body. Make it cry but keep it happy.

Finish the day with a pushing exercise

Day 2: Rest;

Day3: Lower body – you can do a few easy sets of pull-ups or rows on this day to facilitate recovery.

Day4: Rest;

Day5: Repeat your workout from Day 1.

Note: If you have a dumbbell and a pull-up bar, you can do pull-ups on day 1 and rows on day 5.

Day 6 and 7 – rest;

The above routines only work if you cycle the intensity. I will talk more about cycling in a dedicated programming chapter.

## **LEGS – Oh, baby, please don't**

## **Myths about leg training are still torturing the world of natural bodybuilders.**

The first thing that comes to my mind when I hear “leg training” are the lies spread by the fitness gurus. It seems that the whole world has once again been convinced in false ideas.

There is an army of naturals who claim to have exceptional leg development. They think their legs are humongous. So big that fitting jeans are a rarity.

Well, bro, if your legs are so big that you cannot find jeans, why don't you just put on the spandex yoga pants and call it a day?

Many gurus claim that once you start squatting your legs become tree trunks two times faster than a baby can grow. This is a blatant lie.

It's true that when most people start training their chicken legs, there's some initial growth. That's hardly a surprise because the most common leg exercise among first-worlders is sitting on your glutes.

Unfortunately, or not, the guys who have a hard time finding pants after squatting for three months are just permabulkers who are simply fat as hell.

“Oh, no. My legs are so big now. They hit each other and compress my huge balls too. What can I do coach,” says Mr. OreosTilliDie

“Check yourself for ovarian cancer,” says the coach.

Wait, I have a different solution? Just get to 15% body fat. I promise that your legs will no longer hit each other. There is a big difference between big muscular legs and cellulite powered permabulking hams and hips.

Q: Can I develop huge legs as a natural? I heard that the 20-rep squat is where it's at.

Baby, let me stop your right there. Did you read what I just wrote? Training cannot give you steroid like results. Not even the 20-rep leg bends routine advertised by the kings can help you overcome your limitations. Sorry, but squat torture will not hack life.

Nevertheless, you can definitely develop decent leg size as a natural, especially if you are a female. Women are lower body dominant creatures despite what the feminists on steroids tell you while flexing their fake steroid biceps. By the way, ask those women how often they shave their faces if you can endure listening to steroid voices for long.

Bottom line: Women have an easier time building their legs. The ironic part is that heavy weights are not even needed.

Example:

At the beginning of my lifting career, I tried to save the world by squatting. I wanted to become a squatting monster. I did squats every workout until I injured my hips so hard that they started shaking like Shakira.

When the weight got heavy (for me) I increased the rest periods to something insane like 15 minutes. I needed every second of it. The whole time I was sitting on a chair next to the squat rack looking like a guy trying to figure out the meaning of this world. There was chalk on my hands and back. I looked like a badass... only in my head. During one of those breaks I saw a girl train.

She was doing those nonsense things called lunges (I hate that exercise but that's a different story). She was using something epic like 10kg/22 lbs dumbbells per arm and yet had perfect legs.

Her figured entered my head (I replaced her head though for aesthetic purposes). I became her stalker. I wanted to know whether this was all she was doing for her legs. A few weeks later, I had the answer – Yes.

In comparison, my legs looked like sticks even though I was many times stronger than her. Her bench press was something like 60 lbs/27 kg.

Why is that? Why do men have a harder time developing their legs?

I can't give you a precise science answer. According to some, it's because men have fewer androgenic receptors in their lower bodies, but even that's a speculation. Let's just say that it's nature's design and leave it at that.

### **Upper legs**

The best exercises for the upper legs seem to be squats and leg presses. Everything else looks like a gimmick to me. I am not a fan of lunges because they place too much stress on the knees and are more of a conditioning exercise for sports than a true strength builder.

### **Squats**

Over the years, I came to the conclusion that squats are a great exercise only if you have short femurs (upper legs). Guys with long femurs and a short torso are fucked when they squat. The long femurs force you to bend over more because this is the only way to balance the weight. This makes the squat very similar to a good morning.

The perfect example would be Layne Norton. He has long femurs, and his squat looks funny. Moreover, if you look at his physique, you will see that his quads are not his strongest body part either.

On the other hand, people with short femurs love squats more than fat kids love cake. The squat is the dwarf's exercise, and not even the master gurus can deny this obvious fact.

I learned this the hard way. I am a guy with crazy long femurs and a short torso. I didn't learn that until I recorded myself squatting. When I squat I look like a frog that's about to jump. I bend over way too much. That's why the squat has always been a hip and lower back exercise for me.

If you have an NBA built like most ectomorphs, you will have to do more than squats to build your quads.

This is where the evil leg press comes to save the day.

People hate the leg press.

Even homos call it homoerotic.

Coaches call it an overpriced weight stack. A loser's choice. The shame machine. The bigot's choice...etc.

Bad news, brahs.

The leg press is just fine. You are all those things, not the machine.

The leg press offers something that the squat doesn't. It allows you to train your legs without back based limitation. You just put on the plates and start pressing. You know that your legs are doing all the work, not your back. Therefore, the leg press is a great way to add some extra leg work to your otherwise unproductive squat sessions. Also, it helps the first part of the deadlift during which you push the floor away.

**Q: What about front squats? Can they fix the problem?**

To a certain degree, they can, but there's a big problem with front squats – they are just not as comfortable as back squats. Sets of five reps are not recommended because it's very difficult to maintain the weight in the rack position.

The front squat does not allow you to lift as much weight as the back squat because you are using less of your posterior chain, and maintaining the rack position exhausts the upper back.

**Q: What about pistol squats? Can they fix the problem?**

Don't make me laugh. Pistol squats are worse. They also require you to bend over a little too much when you have long femurs.

Pistol squats are more of a sports conditioning tool used to develop unilateral strength, balance and knee resilience rather than a basic leg exercise.

You can hate me as much as you want – the leg press offers something unique to the table no matter what the underground trainers say.

Bottom line: If you have long femurs, the leg press is one of the best compound leg exercises you can do.

**Q: What about hack squats?**

I've done my fair share of hacks squats when I was doing HIT training. The exercise definitely murdered my quads, but I didn't like it enough to keep on doing it forever. If your knees can handle it, I don't see a problem with it as long as proper form is maintained. Another downside to it is that not every gym has a good hack squat machine.

**Q: What about Vince Gironda's sissy squats?**

Baby, please. Don't follow for the tricks of a Scorpio.

Gironda's sissy squats represent some sort of a standing leg extension. I am not a fan of it even though I can do it safely without knee pain – something that not everyone can say. I just don't like. It places too much stress on the knee ligaments and quadriceps' tendons. This is not always a bad thing. It can be used to condition the joints if you know what you are doing. Other than that, I would rather do a leg press, a squat or even a lunge before this bastardized exercise.

I know that there's a horde of Gironda's pupils who adore his principles but honestly – most of the claims are powered primarily by nostalgia, fanboyism and unjustified mysticism.

**Calves**

Myth number one about calves is that you can beat your genetics. You cannot. If you are born with short muscle bellies and long tendons, you will have a really hard time building your calves.

I am that person.

Let me tell you a story.

Over a year and a half, I started doing standing calf raises for 5 sets of 5 reps on the calf machine at a local gym. I got to moving almost the whole stack. At the beginning, even half of that was crushing me. Guess, what? My calves did not grow at all despite the weight increase.

My calves got stronger for sure, but I would be extremely delusional if I tell you, that there has been a visible growth. That's just the nature of the beast when it comes to calves. There are girls who can't do 1/5 of the weight I lift on the calf machine, and yet they have calves twice the size of mine.

Why is that?

Calves are hard to grow when you are a naturally skinny ectomorph with small ankles and short muscle bellies. This combination is incredibly common for black people. Some argue it makes running easier, while others believe that's a myth, and the real speed comes not from the long Achilles tendons but from high hips. (The two often comes together.)

Whatever the case it, it seems that almost nothing can help this anti-growth situation. Not even steroids.

There are plenty of professional bodybuilders who eat a whole pharmacy every month and yet have exceptionally small calves.

As always, on the other side of the spectrum, there's a winner. People with long calves and short Achilles tendons have big calves by default. All they have to do is walk.

**FAQ:**

**Q: Hey, idiot, I squat! That will make my calves big no matter what!?**

Sure, buddy. Who told you that? Dave Tate?

Many confused teens believe that the squat has miraculous properties just because it's so hard to execute. I am sorry to inform you, but the squat will not make your calves bigger. Calves are not a limiting muscle group during squats.

What does that tell you?

**Q: I can't feel my quadriceps during squats? What now?**

**Step 1: Switch to high bar squats**

Low bars squats are a powerlifting invention meant to "utilize the glutes to their full capacity". In short, the low bar squat allows fat men called powerlifters to lift more weight. That's fine, but the low bar reduces the stress on the quadriceps.

When I first started lifting, I was on the low bar squat hype train. That's what I did for the first six months. I was one of those guys obsessed with developing a proper hip

drive. I was looking at the butts of powerlifters in order to analyze their technique and emulate it. Thanks to my perseverance, I was able to develop a pretty decent hip drive, and my squat became extremely hip dominant. I felt like my quads were nothing but watchers. That gave me a bubble butt that is still with me and will probably never leave me for good or for bad. At the same time, my quadriceps muscles remain underdeveloped.

At this point, many will say that I should simply do more quad dominant movements now to fix this problem. You are right, but only partially.

Here's how I see things.

You can only build a certain amount of muscle naturally. After you reach your threshold, it's game over. That's why you should be very careful how you train.

Example:

People who focus on their upper bodies for a long time often have a harder time building their legs up.

My explanation, which is not particularly scientific, is that at the beginning of your journey it's easier to grow. After you have added some muscle to your body, it becomes incredibly hard to add more. You are simply closer to your limit.

Well, the choice is yours. Will you spend that muscle on your butt or invest differently?

### **Step 2: Stay as upright as possible**

The more upright you are during a squat, the more your quadriceps work. Don't lean excessively when it's not needed.

### **Step 3: Use a narrow stance**

The wide sumo stance is another invention of the powerlifters. Its purpose is to further increase the involvement of the hips. This time, you are adding the adductors (inner leg muscles) to the equation. Also, the wide stance shortens the range of motion.

### **Step 4: Don't be afraid to push**

Many people are afraid to use their quads during squats. The quads are the condemned muscle of this age, whereas the glutes and the hamstrings are kings.

Everything comes from the hips, says Mr. Fantastic.

Cool story Yoda. If we don't need quads in our legs, why do we have them?

The quad is a big muscle that can push some insane weights. Is it a crime to use it a little more?

And before you throw that "people are too quad dominant these days" nonsense on me look at the quads of your co-workers and friends. I bet their quads are undercover a.k.a. nonexistent. The quads of most people are thinner than their knees. This is especially true for the sensible emo generation complaining that there isn't an app for hypertrophy.

### **Step 5: Add a more quad dominant exercises to your training regimen**

**Q: Can I develop my legs with just calisthenics?**

I wish I could say yes, but it's not so easy, cowboy. You can certainly condition your legs exceptionally well with bodyweight only training, but you cannot build pure strength. The resistance is not there.

Nevertheless, exercise like sprints will murder your posterior chain. Sprints are very similar to weight training. They require you to work really hard over a short period of time. The downside of sprints is that they place more stress on the joints compared to squatting.

What's certain is that you can't build strong legs by fucking around with bodyweight and Hindu squats while scratching your balls on the beach.

The legs need resistance – lots of it.

Bodyweight squats are the equivalent of wall push-ups for your chest.

**Q: I am tired of having chicken legs. I am starting Smolov. You mad, brah?**

Smolov is a routine for enhanced centaurs and a false cure for the illness known as permabulking depression.

Are you ill? Do you have any symptoms?

In the long run (at least 6 months from now) the benefits from Smolov will be long gone.

Quick fix routines like Smolov come at a cost. They fuck you up.

One of the main downside of all Smolov like routines is that they treat you like a machine. You type in your numbers in a calculator and receive a questionable output.

Furthermore, I have never heard of a single person able to satisfy the demands of Smolov naturally. Modifications such as extra rest days and deloads are always added in order to complete the program.

At the end of the day, I see Smolov as a gimmick that comes with a lot of hype and just as much, if not more, pain.

Of course, if you are enhanced, things could be different.

**Q: Can I train my legs at home with kettlebells and see good results?**

I am not a fan of kettlebells for personal reasons, but the answer is still yes. You can certainly build strong legs with the help of kettlebells.

My favorite bell exercise is the front squat. Kettlebells make front squats a lot more comfortable than barbells and dumbbells.

At the same time, things like swings, one leg Romanian deadlifts...etc. will strengthen your posterior chain.

Truth be told, this may be all the average person needs. Nevertheless, don't let yourself believe that you are building "crushing" leg strength this way. You are not.

**Q: What are the best hamstring exercises?**

The best overall hamstring exercises are the classics – deadlifts, Romanian deadlifts, back extensions and leg curls. You don't need some super-secret posterior chain exercises.



## **Q: But the guys from WestSide barbell say...**

Let me stop you right here. I see what you are doing. You think you are Batman because you have a bat costume. Many people compare themselves to the pros and try to emulate them in an inappropriate fashion.

It takes a certain amount of intelligence and experience to know what to take and what to leave.

Don't waste your time emulating the pros all the way. Their methods cannot be your methods because you are in a different context. In the case of WestSide Barbell, we are talking about big guys with a lot of experience and plenty of juice in the veins.

## **ARMS**

### **Give me BICepZZZZ, please!!!**

Those little muscles called biceps have produced many millionaires in the fitness industry. The public has been bombarded with biceps advertisement since the start. Today, it's the same thing. The only difference is that now we have Photoshop and more steroids.

Biceps is what attracts the eye. People want them. If the banks were giving big biceps loans, men would gladly sign whatever contract. They want their BIG Bicepzzz Now.

That's why on every single cover of a muscle magazine there is a text saying BIG ARMS or BIG BICEPS.

Why is that?

Simple. Biceps seem to operate a lot like boobs – the attract an incredible amount of attention.

There are more biceps exercises and routines than there are biceps in this dome world.

Every single gym is always filled with biceps machinery.

That's understandable. The horde of biceps hungry motherfuckers forms a large percentage of the clientele and therefore the desire has to be satisfied somehow. When the crowd wants something, it usually gets it.

As anticipated, the stature of the biceps in the modern world opens a door for never-ending speculations and formation of training myths that are borderline insane. Let's destroy those myths.

### **Myth 1: You need a lot of exercises for your biceps**

If you stay in a commercial gym for more than an hour, you will eventually hear a confused pimple teen say: "What should I do to elongate my biceps?"

Nothing. Do you really expect to find a way to elongate your biceps? Is your body made out of rubber or gum? You have better chances elongating your dick than your biceps.

But let's go down a level below.

Why do people want to elongate their biceps?

What's so special about long biceps?

Simple. Long biceps look fuller and bigger.

The guys with pussy slaying arms have full, impregnated biceps muscles inserting right at the elbows. As a result, many desperate men who want to become pick-up artists start looking for mysterious ways to elongate their biceps and recreate the same look.

Bad news, people. You cannot do that. The gap at your elbows is what you get for having short muscle bellies and long tendons. You cannot fill the void by doing biceps exercises. Nothing will help you. Not even Scott curls.

You can still try, but what good will ever come out of this peril? A diploma for wasted effort is the only thing you will get.

In reality, the only way to fill that elbow gap is a nasty tendon reattachment surgery that would require a long recovery time and will leave your elbows permanently weakened. I would not be surprised if some are already doing it. After all, we live in a world where men and women insert implants under their chest and cheeks in order to look like Barbie dolls. Human vanity goes a long way, doesn't it?

The truth is that you don't need a lot of biceps exercises if you can ignore nonsense like elongating your biceps, developing a "proper biceps peak" and other lies and myths spread by guys with good genetics born with those biceps properties.

I advise people to just train their biceps with mechanically sound exercises.

A simple example would be pull-ups on rings and standing dumbbell biceps curls.

Q: Why pull-ups on rings?

Pull-ups on rings allow you perform hybrid pull-ups. The movement starts as a pull-up and transitions into a chin-up. This is the safest possible way to do pull-ups. Your wrist and elbows will appreciate the kindness.

Q: Why standing dumbbell curls?

Dumbbell curls are less stressful to the wrists and elbows compared to the straight barbell. Doing them standing with flexed abs will reduce the stress on your back.

If you get strong at those two exercises, your biceps will grow.

**Myth 2: Barbells build bigger biceps than dumbbells**

Many people in the gym have a fetish for barbell curls.

Maybe when they were young daddy bought them a muscle magazine with Arnold doing barbell curls on the cover, and that image stuck with them.

Grow up and meet reality. The barbell is not more anabolic than dumbbells. It's all in your head. Your perceptions have been altered through persistent Hollywood like marketing that just doesn't seem to go away.

**Myth 3: You should hit the biceps from all angles**

Why? Are you satisfying some kind of angle Gods?

That's nonsense.

Are we training the biceps muscle or are we doing biceps Kama Sutra?

#### **Myth 4: You MUST have a dedicated biceps day**

I am not against dedicated arms day, but you definitely don't need one to reach your potential.

#### **Myth 6: The EZ Curl bar will fix all elbow and wrist pain**

The EZ curl bar may reduce the wrist and elbow discomfort, but very often it is not enough. Dumbbells are way more effective.

#### **Myth 7: People don't want big biceps**

Everyone sees the horde of biceps worshippers, but behind them, there's another group of humanoids – the Big Biceps Deniers.

Those would be the functional guys who hate the "bodybuilding bulk". Hahaha. You guys are so cute. Don't lie to me!!! Remember? I am a master shrink. I've been where you are right now many times.

You reject the idea of big biceps not because you want to be functional, but because you cannot have them. Been there done that.

Every boy wants big biceps.

Biceps are an important muscle group whether we want to admit it or not.

"Why do people want big biceps so bad," asks HarryTheBicepsFlexKilla.

Calm your tits, Harry. I will tell you.

There are four main factors that contribute to the incredible biceps popularity in this world.

Factor 1:

#### **The Intimidation Factor**

Big biceps are intimidating. If you are a man, you already know this on a subconscious level.

When two average men stand in front of each other, they evaluate each other's musculature in order to select the most logical winner of a future fight. The body part that has the biggest effect are the arms – this is especially true if we are talking about people who can't fight at all.

In short, having big biceps can save you from a lot of attacks.

Factor 2:

#### **The Big Dick Factor**

Women may love financial security and big houses more than big biceps, but a great set of arms is always appreciated.

Big biceps are a bonus point when you are trying to seduce women.

One could even argue that big biceps can sort of negate unsatisfactory size downstairs.

Factor 3:

### **The “I Look Like I Lift Factor”**

The “do you even lift” detector always evaluates your biceps first. If they are small, you don’t lift. It’s that simple. You can be big elsewhere, but who cares? You suck where it counts. Big biceps make you look like a lifting brah. Big legs make you look like a nerd centaur with masturbation addiction.

Factor 4:

### **The Professor**

When you have big biceps, people listen to you. They see you as an expert in the field of muscle. You are allowed to make mistakes. You are the girl that knows nothing and yet people love her because she is pretty.

## **TRICEPZZZZ**

The triceps complete the big arms looks.

Therefore, there is an army of triceps warriors who wake up in the morning with one single mission – to build their tricepzxxx.

Those are the guys who do set after set of triceps push-downs and other clown exercises seen in the bodybuilding videos where thong warriors pump their muscles after having injected a massive amount of steroids in their big and yet fragile rears.

Many of those brahs are simply lost. I pass by them and feel nostalgic for the times when I was doing the exact same thing. But I don’t feel bad for them. There are far worse things in this world than the pointless pressing of a dirty, sweaty bar towards the ground while making sounds suggesting medieval torture.

I let them be. I don’t talk to them. Who am I to teach them?

I can give an advice but will anyone listen?

No.

People don’t listen when you don’t offer them another exit that they like. And since I don’t have an exit that most people would like, I don’t bother talking to those nerds.

I let disappointment a.k.a. the biggest teacher in this world tell them what the truth is.

One day they will wake up and see the reality of this crazy world.

But for those interested in my opinion, I have prepared a list of triceps tips that will help your training. I don’t promise big triceps, just better training.

### **Q: Why is triceps isolation so bad?**

Triceps isolation sucks because it places too much stress on the triceps tendons due to enormous leverage created during most triceps extensions. The muscle and tendons form a pulley system, and sometimes there’s too much stress at the insertion points.

This is especially true for beginners who are just starting out.

Those would be the guys who have never met their triceps.

Truth be told, most beginners believe that the triceps muscle is located in the forearms. Don't laugh. It's true.

When you are a beginner, you don't have proper mind muscle connection for two reasons – lack of experience and small muscles.

The smaller your muscles are, the harder it is to connect with them. This is where big bodybuilders have a big advantage. Their developed muscles are easier to activate and reduce some of the stress on the joints. Small natural guys don't have that luxury and often perform the exercises mindlessly only to wake with sore elbows the next day.

That's why as a beginner it may be wiser to stay away from triceps isolation.

The good news is that there are plenty of compound exercises that are incredibly triceps dominant. Compound exercises are much kinder to the triceps tendons.

If we assume that the quadriceps is the lower body triceps, then all triceps isolation is what? A variation of leg extensions.

Leg extensions are also notorious for causing knee pain when done improperly. There are people who can do squats, leg presses and even hack squats pain free but experience great discomfort during leg extensions. Sometimes it's just a form issue, but often it's the nature of the exercise.

Let's go over the compound triceps exercises.

### Close grip push-ups

Close grip push-ups are a great choice for beginners and even advanced muscle warriors. However, keep in mind that I am not talking about diamond push-ups. Those suck and damage your elbows. Don't bring your hands super close together. Anything less than shoulder width can cause unnecessary elbow flexion, which in return can hurt the triceps tendons.

The most important part of the close grip push-up is to tuck your elbows (keep them close to the body). This makes the exercise triceps and shoulder dominant.

To make the movement even harder, use push-up handles or something similar to increase the range of motion. You will be surprised how hard this push-up variation actually is. For example, permabulkers can barely do 3 sets of 15 reps. I kid you not, kid.

### **One arm push-ups**

One arm push-ups are heavily dependent on your triceps. Proper form requires that you keep the elbow close to your body and tuck it. It won't take many reps for your triceps to get completely cooked.

The main problem with the one arm push-up is that most people do it wrong because it's a hard exercise, and there are many ways to cheat. It's safe to say that if you are looking like someone fucking the floor in a missionary, you are doing it wrong.

I advise you to record yourself with your iPhone and compare your form to the pros. An extra benefit of the one arm push-up is that it's a great show and works each side separately.

Very underrated and misunderstood exercise.

### **Weighted Dips**

To me, dips are the king of triceps exercises.

They allow you lift incredibly heavy weights, do not require a spotter and offer a large range of motion. If you can do weighted dips, you are a lucky man. You are in bed with one of the best triceps exercises in existence. Before adding extra weight make sure you can perform at least 15 reps in a row. This phase is meant to build a base and prevent future problems.

The main downside of the weighted dip is the shoulder stress. Some humanoids have rather fragile shoulders and need to take it easy. No problem. You can simply do dips as your last pushing exercise and never add weight.

For example, here's a killer bodyweight triceps routine you can do at home:

- close grip push-ups (3 sets of 20-25 for example),
- 3 sets of 5-10 one arm push-ups;
- 3 sets of dips until you can no longer maintain proper form;

Another way to get the dip benefit is to use a machine that simulates dips. It may not look as sexy as regular parallel bar dips done in the park under the horny looks of attractive female runners, but it is very effective and can be programmed like the bench. If your gym has it, give it a try. Your triceps will be fried.

### **Close grip bench press**

The close grip bench press needs no introduction. It's a classic compound exercise for your triceps. It's less stressful on the shoulders than the regular wide grip bench because the grip is narrow and the elbows are closer to the body. There are people who do all their benching with close grip in order to avoid shoulder issues.

### **Overhead press**

The overhead press is another pressing movement that will build your triceps although it is mainly a shoulder exercise. Since you are pushing the weight upwards in a vertical plane, you cannot use a lot of weight. This means less stress on your triceps. Nevertheless, the overhead press still a decent compound exercise that will make your shoulders and arms incredibly strong.

### **Pull-ups**

Not many people realize, but pull-ups are a great triceps exercise.

"How so," asks Harry the Biceps FlexKilla. Aren't pull-ups a biceps exercise?

Harry, you are not paying attention.

Pull-ups are a biceps/arm flexor exercise, but the triceps also participates.

The long head of the triceps attaches at the scapula and pulls your arm down during pull-ups. It's not uncommon to experience triceps soreness from pull-ups and other pulls such as the front lever.

I consider weighted pull-ups one of the best triceps exercise for the long head.

### **Muscle-ups**

This is a triceps killer.

Why?

It combines a pull-up and a dip while adding a nasty triceps dominant transition in-between.

The pull-up part murders the long head, whereas the transition and the dip kill all three heads. Your triceps will not be resting for a second.

If you don't want to do muscle-ups on bars (I don't believe you.), you could simulate the exercise with bands attached to the ceiling or a pull-down machine. The next day your triceps will be screaming at you.

**Note:** Don't engage in keeping muscle-ups – not even in the beginning. Leave those to CrossFitters. At least, they get paid millions to do them.

### **Q: Can I ever do triceps isolation?**

Of course, you can. No one is stopping you from engaging in triceps fallacy. Once you have built some decent strength with compound exercises you can add isolation movements if you so desire.

### **Q: What about pin presses? Powerlifters love them.**

As a beginner, stay away from fancy powerlifting exercises. You have no business overloading the triceps with so much weight.

### **Q: How many times a week should I train to build big, huge, massive, shredded arms?**

The wannabe hypertrophy scientists with PhD in nonsense synthesis have convinced the world that they hold the secret formula to building big arms. The best part is that those nice people are willing to give it to you for FREE.

Y-e-a-h,

r-i-g-h-t!

It's true that many of them know what it takes to build the large arms of bodybuilders (steroids + GH + very strong liver + alienesque kidneys), but they prefer to fill your head with supernatural stories entitled:

"Arm Specialization"

"4 Weeks to Big Arms"

"1000-Rep Arm Workout"

"Bastard Of Biceps"

"Triset For Hypertrophy"

"One-Day Arm Cure"

"Quit Internet Porn and Build Large Arms"

and many more.

I expect them to soon come up with a 10 Minute Arm Cure too.

Those celestial muscle info bombs are nothing but a marketing bag full of lies and digitally enhanced photos of shaved steroid junkies. The authors talk about how you need to develop an "alpha mind", use visualization, train as frequently as possible, perform preacher curls from the right angle and superset with incline biceps curls in order to make that stubborn biceps peak pop.

They call it – The SECRET.

I call it:

Nonsense. Absurdity. Madness. Silliness. Trash. Jokes. Legends. Drivel. Hogwash.

As expected, most of the articles are filled with minor yet deep mentions of tactical supplement sauce designed to make you a muscular animal in the gym. It works as much as RedBull gives you actual working wings. To boost the effect, there are pictures of g4p masters accompanied with a dozen of "profound messages" that are supposed to "wake up the lion in you".

Examples:

"Average sucks."

"Kick Monday in the Balls"

"Be an Alpha"

"Train Hard, Eat Right, Have Sex with The Lights On"

"Cowards Never Start"

and of course, my favorite – "How Bad Do You Want It?".

The teens see this digital wisdom (memes) on their iPhones and intense lava like lust begins.

The T-shirt busting biceps, the veins, the tank tops, the stretched to the limit butt spreading yoga pants of fitness Anavar whores...

Those images overclock the CPU of the individual. Dreamland is activated.

We want the arms and the muscle – live is too short to be small, right? As a result, people turn off their mental firewalls, and their brain inbox is immediately filled with ineffective illusory ideas – byproducts of a symbiosis between Photoshop and steroids.

So, what changes the final outcome? Does training your arms every day like a mad monkey with all kinds of exercises make a difference? Is there a secret routine? Does frequency help?

No.



This negative answer becomes obvious once you understand a few basic principles.

What is training all about?

It's about hurting the muscle – every set done with meaningful weight digs deep into the tissue and causes damage. The muscle repairs itself, you get strong and hopefully bigger.

The question is, does more frequent training speed up that process?

The answer is: it depends.

The first thing that's really important to grasp is the concept of total lifting tonnage. This is the amount of weight you lift in a workout and is calculated like this:

5 sets of 10 repetitions with a 10 kg dumbbell equal  $5 \times 10 \times 10 = 500$  kg / 1100 lbs total training tonnage.

Another important factor is called intensity.

If the whole purpose of the iron game was to reach a really high training tonnage, people would develop extreme strength from texting on their iPhones. Obviously, this is not the case. Why? Because the intensity has to be above 50% of your one repetition maximum to count for strength and/or hypertrophy work.

In simple terms – to progress you gotta suffer.

If you have a person training once a week and another individual who lifts every day and both have identical weekly lifting tonnages at the same intensity, do you think the guy training more frequently is getting extra benefits from spreading his lifting over more days?

I don't think so.

If I have to do a certain amount of work that can be done in a day, am I really doing more by dividing the whole project into pieces? Obviously no. After all, you can do the same thing in one day. The end result is often similar.

The next logical question is:

What about using the extra days to increase the lifting tonnage to record highs that cannot be safely achieved in one day?

In that case, you would actually be doing more volume (work). Up to a certain degree, this will benefit you, especially if your rivals are lazy idiots who do the same thing every workout without upping the iron dose.

However, getting stronger is a process part of natural law. This means that it requires time. You can't simply force it and build bigger muscles by training every afternoon. Therefore, after a certain point, you are in the land of diminishing returns. You do more and get nothing in return.

I've been there many times in all aspects of life.

What's the point of doing more and more work every day if you are not going to get any extra benefits? That becomes apparent in the world of fixed salaries. I have worked in a similar position for almost ten years. The past six years I had no salary raises despite

doing more and more work and really helping the company. In fact, I had a minor (10-20 dollars) salary decrease – they take a little money from everyone’s paycheck to fix holes, buy plants for the office and luxury bikini for the secretary.

A sane person would ask: Why would I work more? What’s the point?

Unless you are into self-inflicted suffering, there is no point, really. You are just making the rich richer.

Meanwhile, the wheel keeps on turning until you are old, ugly and useless. At that point, you are replaced with a new model.

The same goes for higher training frequency. If one year from now I find myself in the same position whether I am training my arms once a week or five times a week, why would I do the extra work?

Unless you have a nice excuse such as: “the extra days in the gym calm me down and I don’t want to hammer people anymore”, you should use your time to do something else instead and save some time, money and calories.

Many brainwashed muscle apprentices don’t want to hear this. They don’t understand that lifting is not about developing extraordinary skills. You are at the mercy of bioprocesses. If I play the piano for 10 hours daily, I would get better faster. Cool. Lifting does not work that way.

People really want to believe that high-frequency tactics can skyrocket their ability to grow. Those are the type of guys who feel bad when the gym is closed on New Year’s Eve because they can’t do their set of preacher curls for the day.

“Oh, nooooo. How am I going to do the Penguin arm specialization routine,” they say while hitting the closed door with their winter boots.

Those guys feel like they have failed their captain – Charlito The Penguin or another muscle “sensei” with an inflated ego.

So, when is the point of diminishing returns reached?

Training your arms more than 2 times a week requires mental examination and does not produce more growth. Of course, I am talking about workouts that are somewhat challenging. Anyone in good health can do biceps curl on a daily basis with 5 kg plastic dumbbells bought from Wallmartinio. That doesn’t count. It’s like saying that by putting on your socks every day you are getting stronger. Maybe for the first few years of your life, that’s true, but not much strength is gained afterwards. To create a stimulus that can cause meaningful adaptation, you need to increase the weight by following training cycles. Yes, that applies even to arm training. Why would one of the oldest principles of getting stronger be any different for the muscles of the arms? It’s not.

Of course, this does not mean that your arms will self-destruct if you punish them more than twice a week. It’s simply not needed to get ahead. I would even go as far as saying that once a week is enough if you do it right.

This may be hard to understand if you have been sucked into CT Fletcher’s vacuum of nonsense and overtraining decorated with Hollywood glamour. The things the guy says and does in his videos are ridiculous.

You have to understand the concept of branding. Everybody has/is a brand.

You are a brand and so is CT Fletcher.

What's his brand?

Obviously, it's arm training, beards and saying motherfucker as many times as possible.

Professional video editing makes this possible. It captivates the average person who knows nothing about training and thinks ninjas from movies are real. If that's you, you are buying from CT's brand.

"But he has arms bigger than your glutes. Natural too. McDonald's Inside!!! No, steroids!!! He knows what he is talking about," writes a teen on his iPhone bought with the raise mommy received after exposing her breast to more air at the office and "accidentally" rubbing against the right people.

Well, I have news for you, kid. The commercials of sugary drinks like Coca-Cola make you feel like you are about to drink the juice of life too, but the liquid is simply a rust removing substance.

I get it. I was like that too. One time, mom and dad were fighting. It was Christmas Eve and the drama was hard to take.

"Who's gonna buy me a remote control truck," I was thinking and crying.

I was little and stupid. I remember eating an adult sized cake in front of the TV while watching some movie about cavemen. There were heart touching Cola commercials in-between. A happy family sharing one big fake smile gathered around a fire.

Oh, brother!

I bought a hardcore Cola dose when I got back to school that year. Didn't work as advertised.

The same principle holds true when it comes to building big arms by training every day – it's a dream that only exists in the movie editor. In reality, daily training comes with tendon pain, soreness and usually zero extra gains. I know that many natural bodybuilders who are into the "latest and greatest way to build big arms" will disagree.

Those are the type of guys who do "blood flow restriction training" by putting cock ring like straps around their biceps. This is nothing but a useless and stupid "invention" meant to milk the mentally ill natural bodybuilders. I have nothing good to say regarding this method. Cut your blood flow and train your arms every day. I don't care. I know the same results can be obtained with once or twice a week training and without the usage of sexual toys.

Finally, we arrive at another myth – infrequent training is for the steroid bodybuilders who can do whatever they want and still get gains. You hear this all the time from the 5x5 marketing zealots and squat lovers who will bring water from Hell to justify their fat guts.

It's true that professional bodybuilders train in an idiotic fashion: machines only; no training logs; do whatever you feel like; short range of motion; too much text messages and posing in-between sets; Rich Piano mentality...The list never ends.

However, I am not talking about similar training. That will get you nowhere regardless of how many times a week you train. You can do a pump workout every day. It's irrelevant. What I am talking about is progressive overload – the attempt to get better, the struggle, the grind. You do that by adding weight and using training cycles later on. If you are following this principle, you will do much better than the guys living in a fabrication created by videos with special effects and tons of “motherfucker” in them.

Today people's knees bend when they hear somebody screaming “motherfuckerrrrr”. They think it's an entity speaking. It's an actor. Wake up!

## **THE FINAL**

I am not against high-frequency training if that style suits you, and you can justify it. However, at the risk of offending the salty barbell nerds, I will continue to say that super frequent muscle beating does not offer benefits over the infrequent version.

As long as your approach follows a progressive mechanism, it will cause strength increase and maybe some growth too if you don't starve and have the genetics.

There is no real evidence other than the fairy tales of broken clock fitness gurus that training every day can speed this process to a worthy degree justifying the extra stress on the joints as well as the lost time, money and effort.

## **Shoulders – 3D Lies**

Legend has it that big shoulders make you a real man.

There are hundreds of routines promising round, 3D, Godzilla delts that will make you look like a trooper from the future.

Sorry.

That fairy tale is not going to happen either

Even an infinite amount of lateral raises won't change the end of the story.

The secret behind the round delts of the pros is not training. The roundness of their delts is a result of powerful anabolic cocktails. I am not talking about one steroid. It's a combination of many drugs. One of them is, of course, the favorite of the modern bodybuilders – TRENBOLONE a.k.a. Tren a.k.a. “I may be a toxic bitch inside but at least I am big”.

Surprised?

What!? Did you really think that doing lateral raises on the hammer strength machine half asleep was the answer?

The shoulders love anabolic steroids. That's why you will be hard pressed to find a pinning brah who doesn't have decent shoulders.

I know that you want to find a secret routine that will finally allow you to build those trooper shoulders, but that routine doesn't exist. You can train your whole life... nothing will change. It's the nature of this beast.

Women on steroids support this fact too.

Look at them. Many pinning ladies have shoulders rounder than those of Eugen Sandow.

### **Shoulder Training Misconception Numero Uno**

**Unless you do all kinds of rotator cuff exercises, your shoulders will deconstruct extremely fast.**

Here's how this myth was born.

Men have been trying to impress other men and sometimes women with bench press prowess. Consequently, many lifters have been doing nothing but the bench press every training day. The frequency, the weight and the poor form began killing rotator cuff after rotator cuff. This is when the fitness experts came to save the day with their rotator cuff science.

The gurus started promoting all kinds of rotator cuff work consisting of isolation exercises performed with pink dumbbells and tuna cans.

The noobs fell for the tactics. They thought that those funny little exercises can allow them to bench press heavy once again.

This resulted in the formation of paranoid lifters scared to train without rotator cuff isolation.

As one could expect, this is nonsense.

Here's why.

The body is made out of many small muscles. You can't train them all with isolation. Besides, do you really think shaking a tuna can will make your cuff that much stronger? Do you really think this will negate the damage caused by poor benching? No. We need a better approach and more sensitive programming.

In general, I am against rotator cuff isolation (unless it's done for mobility or rehab). I also think that direct shoulder work is a complete waste of time.

The shoulder consists of small muscles that work during every pushing and pulling motion. What's the point in doing front raises and rear delt flies if those muscles are already working hard on push and pull days? Moreover, exercises like the overhead press work the rotator cuff really hard. No amount of tuna can isolation can come even close to the overhead press.

## **Forearms – Make me Rambo, please!**

Muscle warriors lust after big forearms on a daily basis. You can thank Rambo for that.

The sad news is that the forearm muscles are exceptionally similar to the calf muscles when it comes to growth.

If you have short muscle bellies and long tendons in your forearms, your development in the area will be exceptionally limited. Most bodybuilders with impressive forearms usually have short tendons and long muscle bellies.

Just like calves, the guys with the biggest forearms probably don't train them outside of their regular routine.

I've seen some exceptionally fat people with forearms bigger than my legs, and I have no doubt in my mind that those motherfuckers have not seen a gym or a weight even on a picture. However, since they are fat and have good forearm genetics, they get to drink from the fountain of Rambo muscles. The ironic part is that many don't even realize it because you never see what you have – only what you don't.

Another factor that has a tremendous impact on your forearm sex appeal is wrist circumference. When I was in 9<sup>th</sup> grade, I took a picture with a girl and one of my classmates. At the time, I was probably 135 lbs /62kg at 182 cm/6'. Maybe even lighter. I don't remember. I looked like a stick, but I couldn't care less because I was not trying to be big. I was a skater living on a waffle and a bowl of beans every day.

Here's the deal – my forearms were exceptionally small because of my fragile bone structure, not just the lack of muscle and fat. Even the girl had bigger forearms.

Back in the day, I also had a nice dive watch and had to downsize the bracelet to exceptional shortness because the bracelet was falling off easily.

Smaller wrists usually mean that you are an ectomorph a.k.a. you have the sprinter's body. More often than not, ectos have both – short calf and forearm muscles. Therefore, expecting to develop enormous forearms as an ecto is often a chimera. There's simply no muscle to grow. Just like with calves, sometimes even steroids can't change the situation. There are many professional bodybuilders with lagging forearms despite all the anabolic steroids in their system.

Otherwise, training your forearms is exceptionally simple.

If you want to target the forearms specifically, you have to do wrist, not finger exercises. There is a big difference between training your grip (fingers) and forearms. If your goal is to build your forearms, grip training is not enough. (The opposite is also true – forearm training will not improve your grip as much as dedicated finger work.)

The best equipment for forearm mass is the wrist roller. However, the commercial versions that make you hold the device in front of you are a joke. You need something stationary. You want to train your forearms, not your shoulders.

## Abs

**Q: Why are guys with shredded abs on every single underwear billboard?**

Two reasons.

1. Money.

2. Control.

Let's talk about money, baby.

Shredded six pack abs sell very well. Most of the fitness based products advertised to the crowd have something to do with abs.

The explanation is simple – shredded abs look great and represent a rarity in this world filled with grotesque creatures. But abs are not a rarity only on the street. They are a rarity in the gym too. This makes abs a unicorn.

It hasn't always been like that. Back in the day, when people had to work hard physical jobs and didn't eat as much processed food, abs were not just an urban legend.

What happened? Why did people get so fat?

Simple. The Lollipop plan got activated

and

the carbs took over.

Carbs are everywhere because they taste great and are rather cheap.

When I am hungry, I can easily eat three waffles in a few minutes. Those waffles are about 200kcal each. This equals 600 kcal – the amount of calories contained in 7 eggs. Obviously, waffles cannot even compare to eggs. What are eggs? The beginning of a new life. They contain everything needed for the birth of a bird. What are waffles? Processed sugar and artificial flavor. What do you think offers better value? Even hardcore vegans and fruitarians will admit that this is the truth.

Cheap “modern” carbs make it easier to overeat without providing your body with the proper nutrients. Hate it or love it, carb overconsumption is reason numero uno for the fat gut phenomenon. Couple that with the sedentary lifestyle of the modern humanoid (PC-car-smartphone-PC-smartphone-fleshlight-bed) and you have a recipe for a horde of fatsos. Not even training can fix that because when you lift, you don't burn that many calories.

Of course, this does not mean that you can't develop an exceptional gut from good, clean food too. You can. That's what I did during my bulking phase.

When I was bulking I cut all processed sugar to the point where every single sugary product felt weird to me. Everything smelled like toothpaste. I was a clean eating man – only meat, eggs, vegetables, fruits and cheese. My usual daily consumption looked like this: 15 eggs, 300 grams of cheese, bananas, tomatoes, chicken, can of tuna before bed. I had really hard time eating all of that but I did it for a few months and gained around 44lbs / 20kg. Most of the weight was fat, water and glycogen. I ended at about 28% body fat.

My cheeks suggested that I inflate balloons for a living, but my permabulking brain fog stopped me from seeing the fatso in the mirror. Eventually, the fog faded, and I decided to lose weight due to the fear of becoming a guy with man boobs.

I cut my calories aggressively and lost the fat relatively fast even though I wasn't eating super clean foods.

Why is that?

Calorie quantity comes first. Good food or not, extra calories make you fat and hide your abs like dirt on a nice car.

By the way, can you see what's happening here?

People are charged twice.

First, the masters form, or at least influence, our habits by bombarding us with all kinds of garbage food meant to generate easy money. As a result, we have transformed into uninformed idiots with fat guts.

But that's not enough. Making us fat by exploiting the natural human weakness is just the beginning. The second part of the master plan is to rob us through a fake way out. Initially, you pay to get sick. Then, they charge you one more time for a fake cure. Lovely.

## **Exercises**

Forget about crunches and other floor bullshit you see in "beachbody" videos.

Classic crunches are essentially nonsense that places too much stress on your lower back without making your abs strong.

"I just did 200 crunches," says Mr. AerobicInstructo.

Good for you. Do you know why did so many? Because crunches are easy as hell, have ridiculously short range of motion and do not build strength.

Unless you are in a very specific situation, the best way to train your abs is with compound exercises.

One of the best exercises for your abs is the weighted pull-up.

Anyone who's ever done high volume weighted pull-ups knows that the next morning your abs feel trashed from top to bottom.

Why is that?

### 1.The angle

When you do pull-ups, you move at an angle. The abs and the back support you. The extra weight hanging off your waist makes it even harder to maintain that body position. Thus, the abs have a very difficult task.

### 2.Cheating

Let's face it. We all tend to cheat a little during the hardest pull-up reps. Even if you lift your legs ever so slightly, you are technically cheating. When you lift your legs, however, the stress on the abs increases because you are essentially performing knee raises and pull-ups at the same time.

**Note:** If you don't want to do weighted pull-ups, you can try L-sit pull-ups or L-sit hangs.

But if you insist on doing crunches, there's a solution.

You can do cable crunches with a machine or elastic bands. That way you don't have to do 100s to strengthen your abs. Moreover, the stress on the lower back is reduced greatly.

## **In conclusion**

The good ab exercises are: L-sits, some planks, pull-ups, weighted pull-ups, L-sit-pull-ups, deadlifts, Romanian deadlifts, barbell squats, standing overhead presses, push-ups, one arm push-ups, front lever, knee raises, hanging leg raises, cable crunches...etc.



The bad ab exercises are: crunches, rotating crunches, ab wheels (too much stress on the shoulders for some people), trying to fuck the floor like they do it on TV and many more.

## **SUPPLEMENTS**

What are supplements?

According to the official story, supplements are a modern technology that allows people with busy lifestyles to supply their bodies with substances for optimal performance.

Of course, the official story is twisted.

I am here to untwist it for you.

Fact 1: Supplements are one of the only ways to monetize bodybuilding.

In this world, you only make money by selling stuff. You are either selling your products, your time or both.

Back in the day, the bodybuilding masters asked themselves:

“What can we sell? We can’t possibly sell steroids, can we?”

Initially, they tried to sell weights and magazines, but that didn’t work well because iron rarely needs to be replaced.

Finally, dietary supplements came to save the day.

The benefits of selling supplements enormous. Here’s why:

1. Supplements can make people dream.

Goal number one of each supplement is to make you dream. That’s achieved through larger than life images of big bodybuilders promoting powders and pills. People are not really buying a supplement; they are buying the dream it stands for.

2. Supplements have already been accepted.

People have already been conditioned to the idea of taking supplements. The network and the infrastructure are very advanced. You can thank the Godfather for that.

3. Supplements come with nice margins.

Supplements are not that expensive to make. If people only knew what they were actually taking, they wouldn’t pay that much. This is especially true for the ghetto brands trying to cut as many corners as possible in order to produce the cheapest powder.

**Becoming a supplement whore is easy.**

A supplement whore is someone who spends 30% or more of his salary on all kinds of miraculous substances, pills, powders and liquids that supposedly make you better at everything.

I would even go as far as saying that some people have supplement OCD. They feel incomplete without taking all their pills in the morning or evening. A little voice in their

heads is torturing them. "Did you take your pills?" When they hear that mean voice they have no choice but to obey and swallow the tablets.

Probably 90% of the lifters have been a supplement whore at one point in their lives. Some recover fast when they see the lack of results, but many keep on buying more products with the hope that the "new revolutionary formula" will finally offer a solution.

I guess part of the reason for the supplement addiction is the need to believe in magic. Turning off the TV while the cool Sci-Fi movie is playing is difficult because once the screen is blank, you will immediately experience a profound emptiness in your heart.

One of the main reasons why people get addicted to supplements is that those magic pills come with incredible claims and little to no side effects. There's a supplement for everything. Can't sleep? Take a supplement. Can't build muscle? Take a supplement. Can't get it up? Take a supplement. Can't concentrate. Take a supplement.

## **Old school vs. New school**

Here's another fact.

If you take a natural lifter from the pre-supplement era, he will be similar or bigger than modern supplement brahs. If you don't believe me, just search for pictures of your grandparents.

A few years ago, I found a photo of my grandfather from the time when he was 22-29 years old. He was at a river. Guess, what? He was bigger than me. Was he training? I doubt it. Was he taking supplements? No. The conclusion is that supplements do not change the game significantly. Steroids do.

However, one could argue that like every modern invention, supplements could make life easier too. For example, back in the day writers did not have computers and software. You make a mistake; you retype the whole page. Today, technology makes the process a lot easier. The same is true for music. In the past, composers didn't have DAWs (digital audio workstations). It was way harder to compose.

Supplements operate in a similar fashion. You can supply your body with all kinds of nutrients by just taking a pill. That's an advantage compared to the past.

### **Popular supplements**

Protein powder – protein powder and amino acids are the backbone of the supplement industry.

"Muscles are made out of protein. You have to take buckets of it," says Mr. MuscleExpert.

Every day teens from all over the world are ordering all kinds of powders, hoping to transform into big shredded mofos.

The truth is that protein powders are essentially processed food.

I don't care what kind of protein you buy. It comes from food. Therefore, you have to ask yourself the question – why do I expect to develop an extraterrestrial physique simply by eating? Do you really think you can get steroid like results by consuming processed cheese residue? Of course, you can't. It's insulting to the brain to even suggest this possibility.

Protein powders have their place, but first, you have to absolutely kill your expectations. Don't expect anything! Treat protein powders like food or even lower.

You can think of powders as a convenient way to add more calories and protein to your diet – not an anabolic monster.

For example, if you have some sort of mouth/jaw injury, you can add more protein to your diet by drinking a protein shake with a straw. Supplements excel when you are placed in similar exotic situations.

10 years ago, I spent some time abroad, but had neither the time nor the money to go to the fruit guy and buy “natural vitamins.” I simply took a multi and called it a day.

### **Creatine**

I consider creatine a nonsense supplement that inflates you like a balloon through water retention while also stressing your kidneys. I don't think creatine deserves to be one of the most popular supplements. Why are people taking it? The list of retarded claims is endless:

“It makes you retain water and you look bigger.”

“It adds two extra reps to my final set. More reps = more growth.”

Cool story, man. Write a book about it.

Bottom line: While protein powder could be useful, creatine is bullshit.

### **Multi-vitamins**

The main problem with multi-vitamins is that people expect way too much from them. One idiot once told me that he can eat junk food because he is taking “a cleansing multi-vitamin pack” that protects you against radiation and helps the functions of your liver.

Do you think eating at McDonalds every day can be reversed by taking a multi? Think again.

### **Overdosing vitamins**

Many of the so-called vitamin packs are an overdose.

For example, the popular Animal Pak that comes with 10 different pills makes your urine neon green. You feel like you are peeing with Obe-One Kenobi's sword instead of your own dick.

Why is that? More than likely, the pack comes with too much stuff packed in it, and the body has no other option but to export it.

### **Testosterone boosters**

Testosterone boosters work. They boost your testosterone. Guess, what? This means nothing. The increase is too little to cause a change.

Think of it as a small salary raise. It's enough to buy you an extra meal but too little to buy you a house even if you save for 20 years. Unfortunately, big muscles are not an

extra meal. They are a house. Natural testosterone boosters will not give you a steroid physique.

Nevertheless, they may be useful for other purposes, but since I am not writing erotic books yet, I will ignore this part.

### **Joint support formula**

Those are the most mystic supplements of them all. They are supposed to resurrect your joints from the dead, but do they really work?

Of course, they do. After all, there are plenty of people on Amazon who post positive reviews backing the effectiveness of joint support formulas and packs.

Sorry. I don't fall for it.

I think most of it is placebo. Back in 2004, there was a study which confirmed that. People with joint problems were given chondroitin and glucosamine (a classic joint support formula) for a little while. Then, the pills were replaced with empty/placebo ones. The results? No complains. The placebo worked just as well.

What does that tell you?

Placebo is a powerful drug.

Some people say that they have no problems with placebo effects from supplements.

"Even if it's just placebo, it still works, and I see no problem with it," says the Zen Master.

I get it, but most people don't want to admit that the effectiveness of a supplement comes from the mind rather than the bottle.

A long time ago, I suffered from many forms of tendonitis. The bitchiest one affected my Achilles to the point where I had to stay in bed for a long time. I tried many supplements. I bought glucosamine and chondroitin even though I didn't have a lot of money. One time even the pharmacists asked me: "Is this effective?"

I said yes because I didn't want to sound like a loser buying ineffective stuff, but deep in my heart, I didn't have a real answer.

Long story short, my tendonitis did not end until I found out about the so-called TMS syndrome according to which the brain could generate real physical pain in order to distract you from your emotional problems. Many will say that this is a psycho's explanation, but it made perfect sense to me because back then I was completely lost. I embraced this explanation and never looked back. My tendonitis died.

Does this mean that everything is placebo? Of course, not. But in my case, the answer is Yes.

What's yours?

Only you will know.

### **Fat burners**

Fat burners are an iconic example how brain dead some people can be. When you buy fat burners, the boy tells you that the product only works if you diet and train. Oh, really? You mean that if I am in a caloric deficit, I will lose weight? Hahaha.

Don't you find that funny? This is like having a genie in a bottle that can give you money only when you earn them with more and more work.

I am not saying that fat burners don't have fat burning properties. They do in fact elevate your heart rate and help you burn a few extra calories, but more often than not, the magic ends there. Most of the results attributed to fat burners are fueled by the actual diet.

Another effect coming from the fat burners is that people tend to be stricter with their diets.

When you are paying money for fat burners, you want everything to be perfect because otherwise you would be losing money.

Therefore, the user has extra motivation to keep everything in check.

### **The 3 Months Test**

This is a test that the supplement whores hate with a passion.

It works like this. You spend three months taking all the supplements you want.

Then, you stop everything for three months.

No powder, no nothing.

The result?

The results will shock many natural bodybuilders. In most cases, you will look exactly the same. I am not saying that you will feel the same, but your body composition will not change. Your muscles will not evaporate.

What does that tell you?

It tells something you already know. Supplements are supplements. They are not the engine and never will be.

### **New Supplement Companies Are Born Every Year**

Every year a former bodybuilding champion retires and starts a supplement company, which is supposed to be revolutionary and offer supplements "that work".

Why is that?

Like I already told you, supplements are one of best ways to monetize biceps curls. The pros simply want to make cash off of their names.

Since there's a sucker born every minute, this tactic continues to work and will never stop.

My favorite is when the new lines are advertised as a groundbreaking panacea.

In reality, the only thing difference is the label.

The core never changes.

# **Programming**

People brainwashed by naïve movies think that all it takes to succeed is willpower and hard work.

You need those, but you need many other things too.

You need to learn rules of the game, get smart and become a master player.

Programming is just that – a strategy built according to the rules of the game.

Without a good strategy, you will either fail or arrive at your destination later.

### **Programming is business too**

In case you don't know it yet, I will tell you: the world is a business.

Programming and training do not make an exception.

Your goal as a lifter is to generate revenue/profit. Your programming is your business plan.

Gains are the desired outcome of every business venture, aren't they?

Therefore, you have to treat your training like a business if you want to make a profit.

There are seven major business rules:

1. Know your market
2. Write down a strategy
3. Work day and night to build your shop
4. Be patient.
5. Don't get scammed.
6. Reinvest
7. Repeat

Of course, there are many more rules, but right now I would like to focus on the classics.

#### **1. Know your market**

Investing is not easy. If it was easy, everyone would be an investor. Knowing 100% what the market will do is impossible. Even the best in the business cannot predict everything and have to eat their losses sometimes. However, the more experienced you are, the less likely it is to make a mistake. Noobs are notorious for burning money because they simply don't know the game.

There are many people who get wrecked for making really bad business investments.

There are too many reasons for that, but the two major ones are, of course, greed and lack of experience.

Beginners do that all the time in the gym. They set unrealistic goals because they don't have the experience to realize that what they want is completely impossible. When I first started training, I thought that I can look like Bruce Lee in a month. I was up for a big surprise.

You have to suffer and learn from yours and other people's mistakes before you can create a successful lifting strategy that will bring you gains. You can't win this game without knowing its rules and yourself.

## **2. Realistic strategy**

People who don't plan rarely get what they want. I am not saying it cannot happen, but most of the time it doesn't. All I know is that everything I have achieved was the result of a plan. Sure, sometimes my plans were incredibly short-term focused, but they were plans nevertheless. Without having at least an idea what you want, how will you get what you want?

Make no question about it, strategies change all the time. The plan you have today will be different tomorrow when you start applying it. The only strategy that works is the flexible one.

The minute you write down a plan, you get ahead of most people who just walk around like mindless chickens without a purpose. Those would be the individuals who go to the gym and do whatever they feel like doing. You cannot succeed training in this fashion because you are a complete slave to your moods.

## **3. Work**

After you have a strategy, it's time to work like you've never worked before. Most people fail here.

## **4. Patience**

Back in the day, I tried selling watches on sites like eBay and other auction platforms. I went out and bought three medium quality watches at a nice discount. I had to dig really hard to find the watches at a decent price. They were rare units made in Japan, although I bought them from Singapore.

I wanted to make a total of 45 dollars from all three watches. My prices were more than reasonable for the current market situation. I knew the market because I had been following the lower class sector of automatic watches for a long time. I wasn't praying for a miracle. Also, I wasn't greedy as you can see by the margins.

However, fate had other plans for me. Nobody wanted the watches. My offers were hot and had hundreds of views, but for some reason, people were not buying. Many weeks passed before I was able to sell one of the watches. The guy even requested a discount. Since I was tired of this "watch business", I agreed.

I made 4 dollars after the endless fees of the auction site and the trip to the post office. Was it worth the time? Of course, not. I got fucked up. Ironically, a couple weeks later a guy wanted to buy the watch (I hadn't removed the listing from all websites) for the original price.

Moral of the story? Selling stuff is hard. You have to be patient.

Training is no different. We think we can add tons and tons of weight to the bar quickly, but we can't.

Be prepared to sell many watches and earn only 4 dollars. But guess what? If you sell 100 watches, that's 400 dollars. If you sell 1000, you will gain 4000 dollars. You get the idea. Little adds up when it's multiplied. Strength increases happen the same way.

I would like to tell you that this is how growth happens too, but it's not entirely true. At one point, growth just stops completely, and you don't even get 4 cents let alone 4 dollars.

### **5. Don't get scammed**

It's easy to get caught in the get rich quick schemes. Don't. Nothing good happens fast. Everything worth having requires a build-up. Therefore, sudden success exists only in fairy tales. You can't become super strong by accident. The only way to become super strong is by telling the universe every single day that's what you want. The only language that the universe understands is called actions.

Here's an interesting question:

"What's better: building a lifelong business or winning the lottery and earning the same money in an instant?"

Most people would probably choose to win the lottery, but is this really the right choice? Many lottery winners lose most of their money pretty quickly because that money is not a result of hard work. On the other hand, when you have a business, you have more than money – you have a purpose and experience.

In many regards, lottery winners are essentially irresponsible steroid users who don't know how to train. Their gains are sort of artificial and most fail to maintain their muscle mass for a long period of time without upping the dose. Eventually, when the drug life ends, many of those guys disappear into the nothingness and look worse than some naturals.

### **6. Reinvest**

At the core of every successful program, you will find some form of cycling, which works like this: you lift until you reach a PR, then you reduce the weight and build-up until you reach another PR ever so slightly higher than your previous accomplishment.

Cycling is essentially reinvesting in the world of iron. You are stacking your profit (gains) and building a fortune little by little. You are expanding your business (strength) one step at a time.

### **7. Repeat**

The process never ends. You have to be passing through all steps constantly if you want to keep your business alive. You don't just go from 1 to 7 and call it a day. There is no end. Only doing.

## **Programming myths**

Training allows bodybuilders and fitness models on steroids to speculate heavily.

Here are some myths in regards to programming.

### **1. There is a special rep range that will build MORE muscle.**



Many believe (my past-self included) that you can crack the “get big” code by performing “just the right amount of sets”.

Wrong. There isn't a special rep range that will open the Gains Safe for you. It just doesn't exist and never will. I don't care if you do 5x5, 10x10, 20x20, 3x5 or whatever. There isn't a growth rep range.

Why is that?

1.The body cannot count.

2.No matter the stimulus, you can only grow so much.

The goal of training is to condition the body for growth. However, this does not mean that more TRAINING stimulus equals more growth. Beyond a certain point, the extra reps do not equal more profit. They just expand your work capacity.

And yet the gurus do not want you to see this rather simple truth. They want people to believe that getting big is simply the result of doing the right amount of reps and set. Honestly, this is the equivalent of saying that people are not making money because they are not working the right amount of hours.

As always, I learned all of this from first-hand experience.

I am a guy who has done 3x5, 5x5, 3x10 (heavy duty style), 8x8, 10x10.

In my case, there was no difference in terms of growth.

## **2.High reps will build more muscle than low reps**

I used to believe this lie too. When I first did a Starting Strength inspired routine, I thought that my overall lack of growth was caused by the incredibly low volume. Therefore, I switched to a high volume bodybuilding routine. Of course, the results were not spectacular. This is when I seriously started to question the validity of both – high and low rep training.

What was the common denominator?

The poster boys for both camps were guys on steroids.

## **3.You can't build strength with high reps**

This is a partial myth. It's true that you cannot build strength with really high reps because they cannot recreate the needed CNS adaptation, but you can still use reps to get stronger.

Let's say that I can do a weighted pull-up with 10 kg/22lbs for 3 reps. Increasing the reps from 3 to 10 will make me stronger, will it not?

## **4.I am not big because I am not following the right program**

Hahaha. That's classic that the magazines want you to believe in. Honestly, it's not about the program but the effort. Even a bad program will give you results if you push yourself. Provided that you are not a lazy bastard that never tries to do hard things and always chooses the easy way out, your program is not going to stop you from reaching your potential even if it has many flaws.

## **5.I am special. Therefore, I need a unique unseen before program**

Another myth in the training world is the belief that everyone's special and needs a unique routine.

Isn't this funny?

When we go to the pharmacy to buy a generic medicine such as Aspirin we don't ask: do you have a special Aspirin just for me. We buy the common one and expect that it will work on us the way it works on the rest of the population.

Why would training be any different?

I am not against tweaking programs. In fact, I have never in my life done a routine straight out of the manual. I've always had to tweak stuff. However, there's a difference between accommodating something to your needs and expecting to do something incredibly unique to get results. In this case, you are simply buying a different aspirin brand.

Adjust your routines when you have to but don't expect to find something with an engine build just for you. You are special but not that special.

## **6. Big guys know how to train**

Most professional bodybuilders don't know more about training than an average dude with 3 years of experience in the weight room. In fact, they may know even less.

What they know, however, is how to find discount steroids and inject them in a fashion that will not kill you fast.

Being a drug expert does not make you a training expert.

## **7. Powerlifters are programming Gods. That's why they are big.**

Programming is very important for powerlifters because without a strategy you cannot improve your strength continuously. You cannot train whenever you want and expect to achieve miraculous results.

Compared to bodybuilders, powerlifters are programming Gods, but that's not why they are big. Powerlifters are on drugs too.

I've trained in a powerlifting gym myself. All powerlifters there were on steroids. Most were not even that strong for powerlifters (struggling with a 350lbs bench press at a 275lbs bodyweight) but were still on steroids.

Drugs represent a fundamental part of the three main muscle sports – powerlifting, bodybuilding, weightlifting. Without drugs, the records will go into the ground. The 900lbs deadlifts will easily become 700lbs at best. That's a fact of life that's incredibly hard to admit when you are a refrigerator with a big ego, but stays true nonetheless. No amount of intelligent programming will change that. Even if the original constructors of the pyramids design your program, you still won't be able to break the drug records.

At one point, powerlifting starts to behave a lot like bodybuilding. The gains become miniscule. You train six months to add 5lbs / 2.5 kg to your bench press or even squat. Programming simply cannot overcome this limitation. However, it's not supposed to. Its purpose is to take you to it. Nothing more, nothing less.

## **8. Russian/Soviet programming is the best**

No one can deny the effectiveness of Soviet programming. It works. It's one of the main reasons why the Soviet guys were the bomb back in the day and Americans couldn't compete.

Of course, some will tell you that the reason for the Soviet success were drugs, but that's not entirely the case. Explanation? Yeah, Soviet brahs were essentially walking pharmacies pissing alienesque substances, but do you really thing the rest of the world was clean? Hahaha. Everyone was on tons of steroids. The reason for the Soviet guys' success was their brutal training and mindset.

When you live under a hardcore communist regime, you have a different mindset than a guy residing in a nice house somewhere in California. To a large extent, weightlifting was a do or die thing for many lifters from the communist bloc. Failure had hard consequences.

Most of the weightlifting kids had poor education and no real future after their careers as human cranes. There was no ifs or buts with those guys. It was kill or be killed. Returning without a medal equaled a ticket back to the plantation or the minimum wage world at best.

One could argue that a champion in a Soviet country was still living below the middle-class standards of the Western world. For many, weightlifting was the only option to acquire an apartment and a car. I kid you not.

As you can see, the members of the Soviet crew had a more profound motivation than Americans.

The need to win was clearly reflected in their hardcore programming.

Out of the countries with Soviet influences. Bulgaria had the most hardcore regime under the popular coach Ivan Abadjiev whose training methods are currently widely spread in America thanks to John Broz.

Unfortunately, for every champion, there were dozens of people with fucked up backs, torn tendons and ligaments, and disk hernias. It was natural selection at its finest that only the top guys could survive.

That's why I laugh when people try to attribute alien qualities to Soviet programming.

It was fucking medieval torture at its finest.

The guys were training until 1 a.m. Their bones were hurting so much that they couldn't sleep despite the fatigue.

Is this what you want?

I doubt it.

## **9.Isolation exercises cannot be programmed like compound exercises**

Every exercise can be programmed. Even biceps curls. There are arm wrestlers who treat biceps curls like powerlifters treat squats. This is not a joke exercise to them. Having strong biceps is super important for an arm wrestler, and thus, the movement gets special attention.

Programming represents a set of principles than stand true regardless of size.

## **10. Listening to your body is the way to go.**

Just like everything in this world, the body is subject to dualism.

Sometimes it's sending misleading signals.

We are both – lawyers and prosecutors of our actions.

Let's say that you want to do something scary and uncomfortable.

A simple example would be walking to a girl in a mall and saying: "I would like to penetrate your vagina with my veiny cock."

A part of you will challenge you to do it and will say things like:

What do you have to lose?

What will she say?

What's the big deal?

Do you care so much what others think?

Can't you fight your ego?

Are you a scared representative of the new gender?

**And yet another part of you will say:**

What's the point? Do you expect her to say yes? Do you really think she will appreciate your honesty? Will she kiss you or just spit in your face and call you a cynical bastard?

Will you gain anything other than embarrassment and frustration?

Why don't you try to be politer and seduce her the right way?

Neither of the voices is completely right or wrong. Both sides have good and poor arguments. Since you are the judge and the jury it's up to you to decide what to do.

But more often than not you will trick yourself like we often do.

We love tricking ourselves into doing things in order to avoid pain and frustration.

Therefore, we can easily become corrupt judges with an ambiguous moral that serves one of our main masters – the inherent human weakness.

Sometimes you feel like you don't want to train. You are tired, maybe even a little sick, and you read that as a signal to stay home and watch movies while loading yourself with popcorn. That feeling is often a lie that we want to believe.

Training is always difficult after the first enthusiastic phase is over. It's very similar to love. Initially, your choice seems perfect, but eventually you learn that he or she isn't anywhere near perfection. Your relationship with the barbell is no different. Good days come with bad days. Divorces are also pretty common.

That's why I am against training whenever you feel like it.

You cannot reach your potential if you freestyle every day.

There have been times when I would approach the bar and tell myself that there I can't do what the paper says for the day, and yet the weight would go up. That's the power of

programming. Sometimes your body is misled. It's lying to itself, and you will actually regress if you listen to it.

I also have another example.

One day I felt like deadlifting, even though I hadn't deadlift in over a year.

"Why not? I feel strong and powerful today," I said to myself.

I put 1 plate on the bar. The barbell felt surprisingly heavy, but I felt like a pussy for noticing it.

I put 2 plates on the bar. The weight was obviously heavy, but I didn't admit it.

I put 2 plates + two 10s on the bar. Felt heavy, but I decided to proceed to three plates anyway

Then I put three plates on the bar. At the time, I had gotten back to my skinny state, and that was pretty much a double bodyweight deadlift. I approached the bar, lifted the barbell 1 hair off the ground, and something in the right side of my lower back cracked. It was an immediate injury.

While there were other factors that contributed to this outcome (uneven barbell position, not enough tightness in the core...etc.), the main reason for this epic fail was letting my mood choose how I should train. With proper programming similar problems could easily be avoided.

If you want to freestyle, that's fine. But first, you have to earn your right to do so with a lot of experience.

### **11. Programming can help you overcome the limitations of natural bodybuilding.**

"If I program my training perfectly, I will break the records naturally," said HarryTheBicepsFlexKilla.

That's a good one, Harry.

I am sorry, but you ain't breaking anything naturally.

Eventually, programming just stops working. You either reach your genetic potential and stall indefinitely or hover around it without much progress.

### **12. Programming doesn't work because you cannot plan your life**

You can't plan everything, but that doesn't mean that you shouldn't plan anything.

Most people have routine lives. There's always a pattern to everyone's existence. You are always following a schedule even if you aren't.

Freestyle training is reserved for two groups - Gods and steroid pinner.

Gods don't need to program anything. They are the master coders. How many of us are Gods? Enough said.

On the other hand, many pinner go to the gym just to showcase their muscles. They don't train, they pose. It's all about getting a pump and sticking it to the small brahs in the gym.

Plan what you can and fight the rest.

# What's the best training frequency? Can I train every day?

Baby, I told you: **training is a business.**

Your energy, time and effort form your capital.

Training volume is the number of purchases you make each time you go to the shop/gym.

Training intensity is the amount of money (weight) you spend (lift) on every purchase (set).

The combination of training volume and intensity determines how often you can spend capital.

If you want to train every day, you have to reduce your intensity because otherwise you will go out of money incredibly quickly and have to rest/starve for the rest of the month.

But if you plan your budget perfectly, you can train every day with no problem.

In short: when the volume goes up, the intensity has to go down. The opposite is also true – when the volume goes down, the intensity has to go up. Otherwise you are not spending enough money to make a meaningful investment/purchase.

Both methods can work, though. The end goal is to spend a reasonable amount of money and get a decent return on your investment.

**Bigger investments do not always equal higher return.**

If I buy a watch for \$200 (all my capital) and sell it to you for \$215, I make a \$15 profit. That's nice, but what if I buy a 5-dollar watch and sell it to you for \$20? The profit is the same, but in the second case, I have to make a smaller initial investment and lose less of my capital. I could use the rest of my capital to buy more 5-dollar watches and make even more money.

In the world of lifting the above translate like this:

If lifting three times a week can produce the same results as daily training, is it worth investing in every day pumping? Wouldn't it be wiser to save your capital for other purposes?

The choice is yours. There isn't a definitive answer.

# Building a routine.

## Putting the plan into action.

Once you have selected the exercises you want to do, it's time to program those suckers and make them work for you.

### Training Cycles

Training cycles are one of the best ways to program your routines.

Here's how cycles work.

Let's say that your deadlift is 200lbs /90 kg for 7 solid reps.

You can increase it with a basic cycle that lasts between 8 and 12 weeks. I usually stick with 8 weeks, but longer cycles are more than welcome, especially when you are more advanced.

Example:

Note: Since the deadlift allows you lift really heavy weights, you can make bigger jumps.

Week1: 180lbs x 8

Week2: 190lbs x 8

Week3: 200lbs x 5-6

Week4: 210lbs x 5

Week5: 220lbs x 5

Week6: 230lbs x 5 – the weight is getting really heavy. You know that the end of the cycle is extremely close.

Week7: 240lbs x 4

Week8: 250lbs x 4 – the weight is too heavy. Time for a new cycle.

The starting weight for the second cycle could be 190 lbs.

Week 1: 190lbs x8

...

Week8: 260lbs x 5 – 10lbs PR.

Time for a new cycle.

### Types of Cycles

There are three main types of cycles – linear (gradual weight increase such as the example above), step cycle and wave cycle.

The step cycle requires you to keep the weight the same for a workout or two.

A step cycle could like this:

Week 1: 245 x 5

Week 2: 245 x 5

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Week 3: 260 x 5

Week 4: 260 x 5

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Week 5: 275 x 5

Week 6: 275 x 5

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Week 7: 290 x 5

Week 8: 290 x 5

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Week 9: 300 x 5

Week 10: 300 x 5

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Week 11: 310 x 3-4

Week 12: 320 x 3-4

The end.

The benefit of step cycles is that your body and central nervous system have more time to adapt because you are not increasing the weight each session. However, when the weights are light, step cycles are a waste of time unless you are practicing technique.

## WAVE CYCLES

Wave cycles come with a built-in deload session.

Here is an example:

Week 1: 265 x 5 – initial light workout

Week 2: **275** x 5 – increase of 10 lbs

Week 3: 265 x 5 – return to the previous load from the most recent light workout

Week 4: **275** x 5 – repeat the increase once more

Week 5: **285** x 5 – add 10 lbs again

Week 6: 275 x 5

Week 7: **285** x 5

Week 8: 295 x 5

Week 9: **285** x 5

Week 10: 295 x 5

No waves anymore – straight up increases from here; time for PRs;



Week 11: 305 – 310 x 5

Week 12: 315 – 325 x 3-5

The end.

This type of cycling is saved for more experienced lifters. Regular people don't need such fancy deloads.

However, you can still use this approach even as a beginner. Nothing bad will happen, it will just take you more time to reach heavier loads.

### **Q: Why do training cycles work?**

I had a friend from high school whose crazy brother didn't cut his hair for 4 straight years. Surprisingly, his hair did not grow much. Why? Because of the enormous amount of split ends.

When you have a lot of split ends, your hair length cannot effectively increase. The hair grows at the root, which is considered the only alive part. When you have split ends they keep breaking off and whatever growth you get is offset by this. If you want to grow longer hair, the solution is to cycle. You let your hair grow up to a certain point, then you remove the split ends and allow the hair grow even more – three steps forward, two steps back.

The same logic stands behind training cycles. You have to cut your hair (weights) more often in order to allow it to get longer (heavier).

That's accomplished by cutting your working weights after a PR in order to allow your body to rest, repair itself and get ready for the next training cycle.

Another phenomenon explaining the principles behind training cycles is the duality of the planet.

You will always have a plus and a minus. The examples are endless – day and night, birth and death, young and old, man and woman, sleep and awake hours...etc. Since the science of lifting weights is affected by the very same laws, we can't close our eyes and pretend that this principle does not exist.

### **Q: How big should my jumps be?**

In general, you should keep the jumps between 3 and 5% of your best weight. When you are really strong, you can take even bigger jumps at the beginning of a cycle.

Also, jumps are exercise dependent. The deadlift usually requires 10-20lbs /5-10kg jumps while the bench press does not tolerate weight increases above 7lbs/2.5 kg unless you are a monster.

Jumps become even smaller and can drop to – 0,5 kg – 1 kg / 1-2 lbs for exercises such as weighted dips and pull-ups.

### **Q: Can I keep on using cycles forever?**

Yes, but the gains will slow down tremendously after a few years. Your first 4-8 week cycle may add 20lbs / 9 kg to a lift, but when you are advanced, you may have to spend 12 weeks to add just 5-10 lbs /2.2-4.5 kg.

Progress gets slower, but that's the reality of life.

### **Q: How many working sets should I perform?**

I prefer doing only one top set, but you can do more. Going over 2 working sets could be quite painful once you are stronger, though. One way to do things is to start with a really high volume such as 10×3 or 5×5 and later switch to less working sets. This reduction actually acts as a deload. The weight may be increasing, but the volume is decreasing.

Here's an example:

**Note:** Deadlifts for 5×5 are not recommended because the last sets can cause an injury.

Week 1: 230 lbs – 5×5

Week 2: 240 lbs – 5×5

Week 3: 250 lbs – 5×5

Week 4: 260 lbs – 5×5 #I hate this world

Week 5: 270 lbs – 5×5 #Am I dead?

Week 6: 280 lbs – 5,4,2,1 #I must be dead.

Switch to 1-2 working sets for 3 reps. It will feel like a deload.

Week 7: 290 lbs 2×3

Week 8: 300 lbs 2×3

Week 9: 310 lbs 2×3

Week 10: 320 lbs x 2 – I am tired. Fuck this.

End of cycle

**Q: I had to work on a very important project and missed 2 weeks worth of training. What should I do?**

When you miss a workout, you can simply repeat your last one and build back up again.

I realize that in some cases it's hard to have your training uninterrupted for 12 consecutive weeks. That's why I prefer shorter 8-10 weeks cycles at most.

**Q: Can I apply training cycles to bodyweight exercises?**

Of course, you can. But you have to specify your goals first. If your main aim is to increase the number of reps you do, you should up the volume each workout.

Let's say that you want to increase the number of push-ups you can do in a single set. A good starting point is to cut your reps in two.

Here's a possible cycle for a guy who can do 20 with a good form:

Workout 1: 5 sets of 10

Workout 2: 5 sets of 11

Workout 2: 5 sets of 12

Workout 3: 5 sets of 13

Workout 4: 5 sets of 14

Workout 5: 5 sets of 15

Workout 6: 5 sets of 16 – starting to hate life

Workout 7: 5 sets of 17 – form is not the best but it's still decent

Workout 8: 5 sets of 18 – twilight zone

Workout 9: 5 sets of 19 – I can't anymore.

Rest 3-5 days, test your max and start again by dividing the new number in half.

Notice that I used "workout" instead of "week" because you can safely do more than one push-up session a week, provided that the rest of your training permits it.

## **Building a balanced routine**

Building a balanced routine is not as complicated as people make it.

All you have to do is combine three types of movements – push, pull and squat. If your routine has representatives of those 3, the basics are covered well.

Examples

### **Routine Fancy Brah {variety and high frequency}**

#### **Day1: Heavy push, light pull;**

Bench press (you can also do weighted push-ups or dips) – heavy;

Pull-ups – only bodyweight, no added weight; If pull-ups are too hard, horizontal rows will do the trick.

Overhead press – heavy;

Rows of some kind – medium weight;

Assistance exercises

#### **Day2: Rest;**

#### **Day3: Legs/Squat;**

Squat or leg press – heavy;

Romanian deadlifts – heavy;

Calf raises – heavy;

Note: You can add a light upper body exercise before the Romanian deadlifts.

#### **Day 4: Rest;**

#### **Day 5: Pull heavy, push-light;**

Deadlift or another pull from the floor;

If you don't want to do pulls from the floor, just do rows or pull-ups instead.

Dips or push-ups – bodyweight only;

Rows or pull-ups heavy;

Dips or push-ups – bodyweight only;

Assistance exercises;

#### **Day 6+7: Rest;**

Done.

I personally consider the above routine a little too complex because I am a training minimalist and prefer to do as little exercises as possible.

Here's a simpler routine:

### **Simple Brah**

**Day 1: Push;**

1 main pushing exercise – dips, bench press, weight push-ups...whatever.

1 assistance pulling exercise to prevent shoulder imbalances

**Day 2: Rest;**

**Day 3: Legs;**

Squat or Leg press heavy;

Calf raises - heavy

Hamstring exercises - heavy;

**Day 4: Rest**

**Day 5: Pull**

1 heavy pulling exercise;

1 assistance exercise;

For example, if you are doing pull-ups as your main pulling exercise, you may benefit from extra lower back work.

**Day 6 + 7: Rest;**

**A pull-up focused routine**

Below is a routine I used to increase my pull-ups from 5 to 10-12.

Each fourth or fifth day, I did a pull-up workout consisting of a warm-up, one working set and many back off set.

I did block consisting of two workouts.

**The first workout, I was adding a rep or two to the last back off sets.**

**The second workout, I was adding a rep to the working set.**

**Example:**

Warm-up – joint rotations;

5 sets of 1 with a few minutes of rest in between;

The goal of this phase is to prepare your body and mind for the workout.

You don't want to cause fatigue too early.

**Working set – 5 reps;**

**Back of sets – 4,3,2,1,**

The whole workout looked like this:

1,1,1,1,5,4,3,2,1

The next workout was something like this:

1,1,1,1,5,4,3,2,2

The third workout was something like this:

1,1,1,1,6,4,3,2,2

The following workouts would like this

1,1,1,1,6,4,3,3,2

1,1,1,1,7,4,3,3,2

1,1,1,1,7,4,3,3,3

1,1,1,1,8,4,3,3,3

1,1,1,1,8,4,4,4,3

1,1,1,1,9,4,4,4,3

...etc.

The above routine can work with other bodyweight exercises such as push-ups, dips...etc.

### **Cycling High Intensity and High Volume**

I am a fan of cycling high intensity and high volume.

Let's see how this works.

When I first started doing weighted pull-ups, I focused on high intensity (heavy weight). I did just a few warm-up sets prior to a single ultra-heavy working set. That method worked relatively well and got me to about 41kg / 90lbs for 1 repetition.

At one point, I needed a change. My mind was tired of constantly pulling heavy weights and guessing whether I was going to make it or not. Therefore, I decided to switch to a high volume routine consisting of ladders (1,2,3,4,5,1,2,3,4,5,1,2,3,4,5,6,7) with about 60% of my 1 repetition maximum.

Instead of adding weight to a working set each session, I started adding reps to my sets whenever I could. This is somewhat less stressful than going into the unknown (lifting weights you have never lifted before) but still makes you stronger. If you turn your 5 repetition maximum into a 10 repetition maximum, you have gotten stronger without adding weight to the bar.

You can think of this training process as sleeping on one side and then turning to the other when it becomes too painful to remain in the same position for too long.

I found this method very effective for upper body training, but I cannot see why it wouldn't work with lower body exercises too.

However, you have to remember that there is a transition period. You cannot go from low volume + heavy weight to high volume + medium weight without an adaptation process.

The body and mind become accustomed to one thing and need time to reprogram themselves before you can see the benefits. That's why at the beginning of the high-intensity phase, you should start with more conservative weights and build back up again to PRs. This is how you cultivate your strength.

### **How long should the phases be?**

I prefer longer phases. 1 week won't do it. 2 weeks won't do it.

I personally would do at least two months of high intensity or high volume before switching to the other.

# Outro

The journey in the labyrinth of muscle usually works like this:

## **Phase 1: Enthusiasm**

When I first started reading about muscle in the summer of 2005, I was full hope and enthusiasm. I taught that I will soon look like the shredded brahs in underwear commercials and Hollywood action movies. Oh, brother! I was so wrong.

When I failed to achieve the size and the leanness I was after, I moved to phase two – mad anger.

## **Phase 2: Anger**

During this phase, you learn that there is no Santa. Naturally, just like any spoiled kid, you will be mad at the world. You will feel scammed and betrayed, but sooner or later, you grow up, lose your “innocence” and understand that the world is a mess.

People use steroids and lie. That’s a fact of life.

## **Phase 3: Move on or give up**

Once you learn the truth, you have two options – reject it or accept it. Many people give up when they learn how fake this muscle world is. I was one of them, but I kept on coming back nevertheless. My longest layoff was a year. I thought that I would never come back, but one day I passed by a pull-up bar, and the cycle was restarted.

I was still mad at this fake muscle world, but I find a reason to continue the journey.

## **Phase 4: Find a meaning in the madness**

If you truly love lifting, you will stick with it one way or another for as long as possible. You will continue to play the game even after realizing that the whole thing has been built on less than honest expectations. You will be there when the special effects are failing, and the only thing left is the raw desire to better your physical abilities with or without visual and external rewards. I can’t say that I am there yet, but I am definitely closer than before.

I hope the pages above will help you get closer too.

Thank you for the support.

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## **Disclaimer**

Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises and/or training routines, stop and consult your healthcare provider. NattyOrNot.com is NOT responsible for any injuries that can occur during your training. Reliance on any information provided by this book or the author is solely at your own risk.

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