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Abdilo - February 20, 2013, 2:25 am

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Pineapple - February 20, 2013, 2:27 am

You're not going to make any progress doing 100 reps.

www.startingstrength.wikia.com

Go to a gym and do it properly.

Abdilo - February 20, 2013, 2:37 am

Pineapple Wrote: [\[CITE\]](#) You're not going to make any progress doing 100 reps.

<http://www.startingstrength.wikia.com>

Go to a gym and do it properly. You want me to do roids? oh lol its a book hahaha.

Do these books say anything else besides how to put the bar on your back and lifting it? i would like something that will teach me how to do the other types of lifting which i have no idea what its called but its ya know your on the ground on a bench and you push the bar up that has wieghts on it and the one where your standing up straight and lifting the bar up to your chest and down.

Pineapple - February 20, 2013, 2:47 am

You can buy the book if you like, but if you read through the website you'll find everything.

"Putting the bar on your back and lifting it" is probably referring to the squat. The "ya know your on the ground on a bench and you push the bar up that has wieghts on it" is probably the bench press. The "your standing up straight and lifting the bar up to your chest and down." is probably the overhead press (OHP for short).

Starting Strength is a routine to follow & it has all of those lifts. Watch the video section on form/etc.

OR you could not actually care enough and be expecting super quick results and never make any progress like 99.99% of the population who consider lifting for some useless excuse.

Abdilo - February 20, 2013, 2:56 am

Pineapple Wrote: [CITE](#) You can buy the book if you like, but if you read through the website you'll find everything.

"Putting the bar on your back and lifting it" is probably referring to the squat. The "ya know your on the ground on a bench and you push the bar up that has wieghts on it" is probably the bench press. The "your standing up straight and lifting the bar up to your chest and down." is probably the overhead press (OHP for short).

Starting Strength is a routine to follow & it has all of those lifts. Watch the video section on form/etc.

OR you could not actually care enough and be expecting super quick results and never make any progress like 99.99% of the population who consider lifting for some useless excuse. I am new and haven't been around anyone who bench presses or any kind of weights. A few years ago I used to do cross country and 100 meter sprint and I still run at least once a week and can still run pretty fast (Most of my weight is from my leg muscles :P).

There is never a way to get quick results in anything in my opinion I know that from sleeping and anxiety pills that never work.

Pineapple - February 20, 2013, 2:58 am

Do you have a gym near you? Find a gym that has a squat rack & read Starting Strength; then eat your heart out & lift some heavy-ass weights. ?

Abdilo - February 20, 2013, 3:04 am

Pineapple Wrote: [\[CITE\]](#) Do you have a gym near you? Find a gym that has a squat rack & read Starting Strength; then eat your heart out & lift some heavy-ass weights. There is one but it's 100km away and there's road blocks since of the floods so it's about 1-2 hours away. So I will go there sometime and have a look and get some more info :).

Peso - February 20, 2013, 4:32 am

I'm not a gym expert, but I'm pretty sure doing a 100 reps of 7.5kg isn't going to make progress at all.