

Forum:[Hack Forums](#)

Thread: [Yous' Fitness Log \[UPDATED 7/4/2015\]](#)

Yous - June 13, 2015, 2:13 pm

Hello fellow HF members,

I have some free time on my hands over the summer and thought why not make a progress thread to help keep myself more accountable and maybe even inspire some people :p

About Me:

I was born with fairly good genetics in terms of fitness and health. I am a Mesomorph (basically it means losing fat and gaining weight/muscle are of equal difficulty to me, and by difficulty I mean fairly easy lol)

I am 19 years old and I have been lifting since 2010 and have learned so much in the past 5 years. Over the past year I've pretty much been around 10%-11% body fat. I consider my approach to health and fitness very unique and it has made maintaining 10% fairly easy.

But now I want to see if I can tweak my methods and enjoyably maintain 7%-8% bodyfat year round. I am very confident in my approach and believe this will be fun to document on HF haha

A bit more about me ?:

- Studying for my personal trainer certification currently hoping to take the test the first week of August
- I have a certificate from MIT for social physics and am currently about to complete another certificate for Biochemistry from Harvard
- Played football/soccer in high school. Currently play soccer in college

The Purpose Of This Thread?

- To log my journey
- But more importantly to answer questions from you guys! I love reading your questions and answering them please ask anything, the more detailed the better!

Feel free to PM me your Skype if you want to talk further and ask more questions ?

Starting Pics:

6/13/15

I'd say I am around 11% bodyfat as of right now

Spoiler ([Click to View](#))

6/17/2015 picture update:

Spoiler ([Click to View](#))

Pictures 6/18/2015:

(I was in a surplus this past 3 days so no fat loss I think haha)

Spoiler ([Click to View](#))

LeTreehugger - June 13, 2015, 2:32 pm

Looking nice and tight OP.

Post them stats though, weight, height, bench, squat and deads.

Yous - June 13, 2015, 2:42 pm

(Jun 13, 2015 02:32 PM)LeTreehugger Wrote: [\[CITE\]](#) Looking nice and tight OP.

Post them stats though, weight, height, bench, squat and deads.

Thanks ?

Part of my approach is building the leanest possible physique while still being really strong. Not getting too bulky but more of a hollywood superhero look haha.

Currently:

5'9.5 (I tend to just say 5'10)

Weight: 171-174 range

Lifting Stats:

(I don't often max so i'll make some assumptions here based on my workout's this week)

Bench: I did 225 x 4 in a set this week. I'd say currently my max is around the 245-265 range. My goal is to do 315 for around 2-3 clean easy reps.

Squat: I hardly ever do legs I have naturally big quads and calves and I don't want them to get too bulky. But I did do a squat workout about 10 days ago. My last set was 315 x 5. I'd say my squat is probably 405 or just under 400. My legs are strong as fuck lol. I never even trained squats pretty much since I was 18 I could always do 315 for reps and I am happy staying in this area.

Deads: I don't do traditional deadlifts (will explain if you'd like), I do trapbar deadlifts every so often. Last week I did 4 plates on each side for 3 reps on the trap bar so I have no idea what that translates into as a max.

funtela - June 13, 2015, 7:29 pm

Posting here to check out your results!

Do you mind sending me your routine? I wanna compare it with mine. I'm currently trying to cut since I've already bulked as much as I wanted to :)

AbusedTheSysem - June 13, 2015, 7:30 pm

Why bother going to that low BF? You should bulk more man

ItsATumor - June 13, 2015, 7:40 pm

I'm very jealous of people who are born with the natural ability to be like that. You need some BF if you run or do a bike trip.

OT: I dropped about 20 pounds, and I think I'm at 15% or so BF. I've hit a plateau, any tips?

AbusedTheSysem - June 13, 2015, 8:06 pm

Just one thing with the picture, do you train chest and shoulders regularly? Because in comparison to everything else they are a lot smaller.

Yous - June 13, 2015, 8:08 pm

(Jun 13, 2015 07:29 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) Posting here to check out your results!

Do you mind sending me your routine? I wanna compare it with mine. I'm currently trying to cut since I've already bulked as much as I wanted to :)

I only workout out 3 days per week (that's all you need for a strong and lean contrary to popular belief).

The beauty of my routine is I rotate exercises often. 2 months from now i'd say about 3-5 things you see there will be rotated for something different.

It looks something like this currently:

Everything you see on there utilizes reverse pyramid training. Sometimes for stubborn muscles such as upper chest and delts I will utilize rest pause training (feel free to ask questions about any of these I love answering questions lol)

DAY 1/3:

- Bench Press 2 warm up sets, 3 working sets
- Incline Bench 1 warm up set, 3 working sets
- Incline DB press 3 working sets
- Assisted One arm pull ups (AMAP - As Many As Possible)
- Body weight reverse row on a bar (not 100% sure what this is called will clarify if needed)
- Close vertical grip lat pull downs 3 extremely heavy working sets
- Optional: Wrist curls with 10's (helps forearm development and keeps wrist solid)

DAY 2/3:

- Barbell shoulder press 1 warmup set, 3 working sets
- One arm standing dumbbell press 3 working sets
- Pull ups weighted (warm up 20-30 reps unweighted) 3 working sets weighted
- Bent over row barbell 3 working sets
- Farmer Carries around lap entire gym 3 working sets
- Optional: Wrist curls with 10's (helps forearm development and keeps wrist solid)

DAY 3/3:

- Weighted Pistol squats pause reps 3 working sets
- Trapbar deadlift OR medicine ball one leg squat thingy OR Weighted Sumo squats with DB (can explain later lol)
- Lateral dumbbell raises 3 working sets
- Ab machine heavy super set. 20 reps on 110, 20 reps 100, 20 reps 90lbs no breaks in between the sets
- Ab wheel 3 sets of around 15-20 reps
- Russian twists weighted 20-35lb dumbbell 20-30 reps 2-3 sets

(Jun 13, 2015 07:30 PM)RunTheSystem Wrote: [\[CITE\]](#) Why bother going to that low BF? You should bulk more man

I don't want to look like a bulky bodybuilder. Trying to look like a model or hollywood actor while still being able to out lift the 'bodybuilders' haha

(Jun 13, 2015 07:40 PM)ItsATumor Wrote: [\[CITE\]](#) I'm very jealous of people who are born with the natural ability to be like that. You need some BF if you run or do a bike trip.

OT: I dropped about 20 pounds, and I think I'm at 15% or so BF. I've hit a plateau, any tips? I'd need to ask you a bunch of questions so feel free to PM me and I can give you my tips/thoughts on Skype

(Jun 13, 2015 08:06 PM)RunTheSystem Wrote: [\[CITE\]](#) Just one thing with the picture, do you train chest and shoulders regularly? Because in comparison to everything else they are a lot smaller. I think the shoulders are okay, but I am working on making the deltoids have more of a 'pop' look. But I am working on my upper chest. To be completely honest with you I never took a serious approach in training my upper chest until this year (heck even a few months ago). Stay tuned to the thread i'd say about 4 weeks from now you'll see some differences. As for traps i'm not too big on training them I know they will naturally come from the pull ups and pull downs i'm doing. Like I said earlier stay tuned! ?

Ramisme - June 13, 2015, 8:11 pm

(Jun 13, 2015 08:06 PM)RunTheSystem Wrote: [\[CITE\]](#) Just one thing with the picture, do you train chest and shoulders regularly? Because in comparison to everything else they are a lot smaller. lol wat? his shoulders are completely proportional to the rest of his arms. chest might look like it's slightly lacking, but that's likely just due to him having a chest gap. his traps really are the only thing that seem to be lacking from this view. lats may be as well, but it's hard to tell.

funtela - June 13, 2015, 8:14 pm

(Jun 13, 2015 08:08 PM)Yous Wrote: [\[CITE\]](#) I don't want to look like a bulky bodybuilder. Trying to look like a model or hollywood actor while still being able to out lift the 'bodybuilders' haha This is exactly what I want as well lol.

ItsATumor - June 13, 2015, 8:18 pm

It's 11:30 right now, and I need to sleep badly. I'm having a good ol' fashioned BBQ tomorrow, and need to look presentable. I'll pm you when it's done, thanks for the offer.

Yous - June 13, 2015, 8:20 pm

(Jun 13, 2015 08:14 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) This is exactly what I want as well lol. I'm calling it now. This mindset is going to be the next wave of fitness. Girls don't dig the massive bodybuilder look.

Girls watch movies and see dudes like Zac Efron, Brad Pitt, and Chris Hemsworth. They see abs and just the perfect amount of muscle. Those are the dudes they really are attracted to. And that's just one bonus. You look so much better in clothes with those proportions and feel so much better.

The greatest feeling though has having that physique yet still being able to out lift bodybuilders and do badass things like 50" vertical jumps and one arm pull ups.

If this thread sticks and enough people ask me questions i'll consider filming some one arm pull ups haha

Ramisme - June 13, 2015, 8:21 pm

(Jun 13, 2015 08:14 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) This is exactly what I want as well lol.Yous Wrote:I don't want to look like a bulky bodybuilder. Trying to look like a model or hollywood actor while still being able to out lift the 'bodybuilders' haha protip: you'll never get anywhere near as big or "bulky" as a bodybuilder without supplements. That should be the least of your worries. Lift heavy, stay lean, and stop eating in a surplus if you ever feel

like you're bigger than you want to be.

Farquaad - June 13, 2015, 8:22 pm

Now when you squat how low do you go?

Yous - June 13, 2015, 8:24 pm

(Jun 13, 2015 08:21 PM)Ramisme Wrote: [\[CITE\]](#) protip: you'll never get anywhere near as big or "bulky" as a bodybuilder without supplements. That should be the least of your worries. Lift heavy, stay lean, and stop eating in a surplus if you ever feel like you're bigger than you want to be. I completely agree with this logic. It's sort of like when women fear become bulky from lifting. It does not happen over night, you simply stop when you get where you need to be.

I am saying though that the way I train is designed to give me strength gains. In return the muscles will grow the 'perfect' size (in my opinion) and they will be hard and dense. As opposed to bodybuilders who hypertrophy train doing sets of 8-12 reps with isolated movements for the sole purpose of building muscle size.

The size will come with the strength is what I am trying to say. Combining this with my approach to nutrition and dieting and the result is low body fat, abs, just the perfect amount of muscle, and strong ass lifts ?

(Jun 13, 2015 08:22 PM)Farquaad Wrote: [\[CITE\]](#) Now when you squat how low do you go? I naturally have very strong legs so I don't squat too often. But I recently spent some time working on my form and I feel so much better squatting now. I don't go ass to grass but I do go well below parallel.

But because I tend to go heavier and lower volume I don't go ass to grass. Ass to grass is good if your a 8-12 rep range kind of guy. On the occasions when I do squat i'm doing 315x5.

Ramisme - June 13, 2015, 8:27 pm

(Jun 13, 2015 08:20 PM)Yous Wrote: [\[CITE\]](#) I'm calling it now. This mindset is going to be the next wave of fitness. Girls don't dig the massive bodybuilder look.

Girls watch movies and see dudes like Zac Efron, Brad Pitt, and Chris Hemsworth. They see abs and just the perfect amount of muscle. Those are the dudes they really are attracted to. And that's just one bonus. You look so much better in clothes with those proportions and feel so much better.

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haha
>50" vertical

lol brah, weight are pretty irrelevant when you're talking about things like that. Ernie Lilliebridge JR deadlifts like 765lbs at just under 200lbs and still does backflips and crazy high box jumps and shit. Same with guys like Brad Castleberry who's like 250lbs. There's even a top level bodybuilder who's huge as fuck and still pulls off a full planche on stage.

AbusedTheSysem - June 13, 2015, 8:29 pm

If you don't mind me asking. How much do you bench/squat/dead?

Yous - June 13, 2015, 8:29 pm

(Jun 13, 2015 08:27 PM)Ramisme Wrote: [\[CITE\]](#) >50" vertical

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That power comes from their strength. All I am trying to say is I don't need more size in my legs lol.

(Jun 13, 2015 08:29 PM)RunTheSystem Wrote: [\[CITE\]](#) If you don't mind me asking. How much do you bench/squat/dead?

In all honesty I have not maxed in a while. I'll only attempt maxes when I have some friends who I trust to spot me. But i'll try to give you a range based on workouts I did recently.

Bench: This morning I did 225 x 4 reps in one of my sets. So i'd assume i'm somewhere in the 245-270 range for bench max

Squat: I don't squat often but last week I did 315 x 5 for multiple sets. I naturally have very strong legs so i'd assume my squat is somewhere around 405 most likely a bit under.

Deadlift: I don't straight bar deadlift (feel free to ask why). I did recently do some trapbar deadlifts and I did 4 plates on each side for 3 reps. So i'm not exactly sure what that would translate to so i'll let your imagination decide haha

Ramisme - June 13, 2015, 8:35 pm

(Jun 13, 2015 08:29 PM)Yous Wrote: [\[CITE\]](#) That power comes from their strength. All I am trying to say is I don't need more size in my legs lol.

Sure, but they're also jacked as fuck so it's not like getting bigger would stop you from doing those things. And like I said, you physically won't be able to get "too bulky" without roids as long as you stay pretty lean. That mind set is just going to hold you back tbh.

AbusedTheSysem - June 13, 2015, 8:38 pm

(Jun 13, 2015 08:29 PM)Yous Wrote: [\[CITE\]](#) That power comes from their strength. All I am trying to say is I don't need more size in my legs lol.

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Very impressive man. That's good i still reckon you should maintain or bulk. Fuck shredding

Yous - June 13, 2015, 8:41 pm

(Jun 13, 2015 08:38 PM)RunTheSystem Wrote: [\[CITE\]](#) Very impressive man. That's good i still reckon you should maintain or bulk. Fuck shredding

My approach is very unique I guess lol. I won't necessarily be getting 'smaller' just stay tuned for about 4 weeks. My upper chest will grow, shoulders and traps will grow. But i'll be decreasing body

fat so abs will pop out more and the muscles will be more defined.

Growing muscle while hitting strength PR's and losing body fat? Just wait and see ?

Ramisme - June 13, 2015, 9:27 pm

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Growing muscle while hitting strength PR's and losing body fat? Just wait and see ?

Hitting strength PRs and losing body fat is plenty possible, but gaining muscle while losing body fat isn't. Sorry to burst your bubble, lol

Jet??? - June 14, 2015, 1:06 am

I swear we have almost the same body
cept your abs are a lot more crisp but my chest game got you
nice fuckin vein on the right arm, looks sick

Yous - June 14, 2015, 6:46 am

(Jun 14, 2015 01:06 AM)Jet??? Wrote: [\[CITE\]](#) I swear we have almost the same body
cept your abs are a lot more crisp but my chest game got you
nice fuckin vein on the right arm, looks sick

I broke my wrist and was in a cast in march. Starting lifting again in April and in May got my lifts back up to where they were prior to breaking it. So I feel that month of no lifting made my upper chest loose a bit of muscle. In that month I only played soccer/ran and did not lift. But i'll say 4 weeks should be enough to start seeing some progress back there ?

Rooter - June 14, 2015, 11:42 am

Do you plan on staying at 7% body fat year-round? If so, good luck!

Yous - June 14, 2015, 11:48 am

(Jun 14, 2015 11:42 AM)Rooter Wrote: [\[CITE\]](#) Do you plan on staying at 7% body fat year-round? If so, good luck!

I'm fairly confident in my methods. I believe I will be able to maintain a 7-9% BF percentage year round enjoyably <- key word. Documenting my progress to show it's possible.

But step one is to get down from my current 10-11% to 7% or 8%

ItsATumor - June 14, 2015, 12:53 pm

Just talked to Yous for a little over an hour, and he gave me some awesome advice/tips. He knows his stuff and is a great dude. Good luck on your journey.

Yous - June 14, 2015, 1:10 pm

Update 1:

I'll be doing picture updates every 4-5 days so no pictures today.

Went to a party last night had cake, brownies, and kabobs lol. Earlier that day I had vanilla coffee, a hot fudge sundae pop tart, a fruit bowl, peanut butter crackers, chocolate protein shake, and a full pint of artic zero salted caramel ice cream. I stayed perfectly within my caloric and macro nutrient goals. That sure as heck beats chicken breast, eggs, broccoli and sweet potato's.

The key I think is to have fun and enjoy your diet. If you enjoy it the goals you set come without even trying. (Feel free to ask for the more in depth and scientific explanation of my diet)

Currently studying for my ACSM certification exam, got this folder on my desktop with all my study materials. Hoping to take the exam the first week of August.

That's about it for update one, most likely going to end my day today with lot's of foam rolling, stretches, and a 30 minute walk. (Feel free to ask more about that)

ItsATumor - June 15, 2015, 10:26 am

My diet has been terrible due to finals. No lunch, and no time to prep food when I got home. After tomorrow I'll be eating better though.

Yous - June 15, 2015, 10:53 am

Update 2:

Today was a workout day. So I woke up and had a protein shake, a banana, and a 2 chocolate wafers. I only drink a protein shake 3 times per week (right before my workout) rarely will I have more. I had to buy a safeway brand called 'Six star whey isolate' it looks okay and tastes decent but my favorite is still Whey Tech Pro by BodyTech.

For lunch I am having 3 tyson chicken strips and some cheddar rold gold pretzals.

For dinner i'm having some beef and beans stew thing. Most likely will end the day with a bowl of chocolate captain crunch ?

Picture:

(Nothing special it's only been 2 days)

Spoiler ([Click to View](#))

I am trying to keep this down to earth and real so I am not taking 30+ photos, flexing hardcore and hoping for the perfecting lighting lol. I only take 1 picture and throw it up on here.

I'm in a caloric deficit until I reach the 7-8% body fat range. I think that should take a 3-6 weeks. Once there I up my calories to around 2600/day. I really want to further develop my upper chest and make my shoulders pop out more to do this I am really focusing on them in my workouts.

I also am avoiding anything heavy with legs, I naturally have big calves, quads so I am looking to slim them down a bit. I've pretty much been doing a high rep unilateral leg circuit at the end of my workouts. (ask if you want to know more about it)

The caloric deficit will make my abs and shoulder pop out more once I get down to 7-8% BF. But I am considering doing a very brief 2-4 week 'bulk' because I really want to get my upper chest looking better before I start the whole 'maintaining 7% BF concept of mine'

Will post arm/back/leg pictures at some point in the next couple of days. Keep replying with questions/comments!

If between now and this time tomorrow this thread gets 8+ replies i'll include an in depth recovery

day routine that does wonders for your body. So feel free to ask questions/comment on things ?

Yous - June 17, 2015, 8:36 pm

Update 3

I'll probably be doing updates every 3-4 days. But i'll answer all questions daily (usually within a few hours)

Yesterday I did a refeed (feel free to ask more about that). Pretty much I ended up playing 3+ hours of soccer the night before my last workout and I felt it effect my energy on a few of my lifts.

So yesterday was a refeed I went into a slight 350 calorie surplus. In today's workout I felt great. I should start keeping better track of my weigh in's but I believe I am about .5 pounds lighter and my lifts are going up. The way I train there should be increases in strength every 3-4 weeks.

Pics will be posted in the next update.

Tip: If you don't have me added on Skype you're missing out. Everyone so far that has added me is getting tons of free tips/advice/workout plans etc.. Lot's of friendships being made ?. Anyone is welcome to PM me their Skype and I will add you within a few minutes/hours

EDIT: I ended up taking pictures for another thread I posted so I might as well throw them up here also

6/17/2015 picture update:

Spoiler ([Click to View](#))

Yous - June 19, 2015, 9:52 am

Update 4

Diet & Nutrition Thoughts

I can't complain too much here if you've seen my recent posts i'm having a great time eating what I want and tracking it all out. But I ended up intentionally going into a surplus for 3 days. I ended up playing 3-4 hours of soccer 2 days in a row so I wanted to do a refeed to make sure I had proper energy going into my workouts. The surplus was only about 200-400 calories.

Trying something newish?

So I think I might go back to intermittent fasting. It has so much upside and I gave it a try about 3 months ago and really enjoyed it, I have no idea why I stopped. I'll be glad to make a thread about it if anyone asks.

Pretty much I just stop eating around 9 or 10PM and don't start eating until around 2:30-4PM. In between those hours I only have zero calories drinks and my multivitamins, and some gum.

This style of controlled fasting has so many benefits (please don't hesitate to ask) also when in the fasted state when you combine that with a bit of caffeine your focus goes through the roof, I get so much work done during those fasted hours it's insane. I'm also burning all kinds of fat ? .

Another amazing benefit to this is you save all your calories for a 6-8 hour eating window which = big ass meals. You can eat an entire pizza for lunch and still have 1000+ calories to spare for dinner and snacks if you play it smart. Seriously I might eat an entire pizza to prove this haha.

Strength Gains

I need to just be patient. The way my workouts are designed I should be making ever so slight strength gains every 3-4 weeks. Not going to go into too much detail there but every workout 225 on the bench is ever so slowly feeling lighter. Once I can hit 6 reps two workouts in a row I then up the weight.

Pictures 6/19/2015:

(I was in a surplus this past 3 days so no fat loss I think haha)

Spoiler ([Click to View](#))

Yous - June 21, 2015, 9:58 am

Update 5:

I'll try to keep the updates shorter.

Not too much has changed. I've noticed some slight strength gains the past 7 days which is great. Bodyfat might have dropped a tad but I was intentionally eating at a slight 200-300 calorie surplus almost everyday this week due to playing a lot of soccer.

I'm now back at my daily 400-500 calorie deficit and will begin intermittent fasting tomorrow.

I should be down to the 7-8% bodyfat in 30-45 days I hope. I might be sitting at 9 or 10% right now.

Updated Picture Taken 6/21/2015

Spoiler ([Click to View](#))

I'll take better pictures in my next update from multiple angles

ItsATumor - June 21, 2015, 10:05 am

Never understood intermittent fasting, and it would not fit into my schedule. You're a bit more defined, but the noticeable visual results from this journey are probably not going to be showing at this stage.

Yous - June 21, 2015, 10:40 am

(Jun 21, 2015 10:05 AM)ItsATumor Wrote: ([CITE](#)) Never understood intermittent fasting, and it would not fit into my schedule. You're a bit more defined, but the noticeable visual results from this journey are probably not going to be showing at this stage.

I might make a thread about it. So many benefits I tend to recommend it for more advanced people (not that it's hard or anything lol).

tjessie - June 21, 2015, 11:07 am

Looking quite good, I can see there has been put some serious work into your body!

?Saint - June 21, 2015, 12:48 pm

Do you take any supplements?

Also I'm the same as you, I like aesthetic bodybuilders like Jeff Seid a lot more than the roid monsters.

Yous - June 21, 2015, 12:58 pm

(Jun 21, 2015 12:48 PM)?Saint Wrote: [\[CITE\]](#) Do you take any supplements?

Also I'm the same as you, I like aesthetic bodybuilders like Jeff Seid a lot more than the roid monsters.

I follow Seid his proportions are good. I'd like to be slightly slightly smaller than that but able to lift heavier ?

I currently don't take any special supplements. I do have whey protein at my house but I only really use it when I know I won't be reaching my protein goal for the day without it.

No preworkouts, I usually just have a black coffee or energy drink. I previously used something called Amino Energy it's just aminos and caffeine I might get that again because it's fairly cheap.

I also take fish oil and a multi vitamin. If anything those two are the only things i'd recommend to everyone.

?Saint - June 21, 2015, 1:05 pm

(Jun 21, 2015 12:58 PM)Yous Wrote: [\[CITE\]](#) I follow Seid his proportions are good. I'd like to be slightly slightly smaller than that but able to lift heavier ?

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I also take fish oil and a multi vitamin. If anything those two are the only things i'd recommend to everyone.

Yeah I take multi vits and fish oil too. What's the nutritional information on your protein? If you're watching your weight it's best to stick to low carb/diet whey.

Yous - June 21, 2015, 6:42 pm

(Jun 21, 2015 01:05 PM)?Saint Wrote: [\[CITE\]](#) Yeah I take multi vits and fish oil too. What's the nutritional information on your protein? If you're watching your weight it's best to stick to low carb/diet whey.

I use whey tech pro 24 by bodytech. But again i'll only use it once or twice per week

Yous - June 23, 2015, 9:33 am

Update 6

I changed the course

So I am changing up the plan a bit for those of you who have been following the journey. My ultimate goal is still to maintain 7% bodyfat year round while having elite level lifts. At the moment (I am being fully honest and transparent with you guys) I don't feel my lifts are where I want them to be on top of that I really feel like I have a few muscle groups to add a bit of size to.

So I am going on a lean bulk (sort of). Pretty much I am going to be approaching this lean bulk in a way backed by science. Science has shown us that the most muscle a person can put on per month

is 2 pounds. I am going to eat the exact amount to support those 2 pounds of muscle gain and nothing more. On top of that I will be intermittent fasting. This has been proven to be the best way to limit fat gain on a bulk. Might need to make a entire thread explaining this lol.

Now the term 'bulk' if you're like me makes you think big bulky etc.. But I only want to be doing this for a max of 2-3 months. The entire time I will be sure to never go over 10% bodyfat. The goal of this bulk is mainly to get a big more development in my chest, back, left calf (it's smaller than the right lol), and to mostly bring up my lifts. My biceps and triceps and shoulders have always been a strong point so I am using this 'bulk' to focus in on my weak points.

Where do I want my lifts and strength to be at?
These are the goals I've set for myself

315 bench for 3-5 reps (Current 225 for 4)
260-275 incline bench for 6 reps (Current 185 for 7)
120 pound weighted chin ups for 4-5 reps (Current 55 for 4)
185 pound barbell shoulder press for 4-5 reps (Current 135 for 2)
2 reps on each arm for one arm pull ups (Currently able to do 3-5 reps assisted with the other arm holding onto a dangling towel)
Ability to touch rim from a stand still position (no running start) (Have not tested yet)
100 pound pistol squat with a pause for 1-2 reps (Left side is much weaker than my right due to how I was born I currently am working to bring them even as of now I can do 60-70 pound pistol squats easily for 2 pause on my right, only able to do 50 on my left)

I feel these numbers will (in my opinion) put me at an elite level of strength, especially if I can do it at 7% bodyfat and weighing around 170-174.

Picture 6/23/2015
Spoiler ([Click to View](#))

Edit (someone on another forum was demanding leg pics, here they are lol):
Spoiler ([Click to View](#))

Picture taken last night I am pretty sure I am around 10-12%. I might want to slim down just a bit. I said during the 'bulk' I will not be going over 10% BF.

I now also have an instagram if you want to check it out i'd appreciate it
http://www.instagram.com/Memphis_Zee

I'm considering making a youtube channel cause these threads are becoming way to long to read haha, what do you guys think? Should I take the plunge?

Yous - June 25, 2015, 10:04 am
Update 7

I'll keep the updates super short since I don't think people read them lol...

I've been doing IF this week and feel amazing. Strength has been going up i've been hitting more reps on my heavy sets which I am happy about. Been eating at a very slight 200-500 calories surplus daily.

My biggest focus is on adding a bit of muscle to the upper chest, building core control, ab definition, and increasing my lifts

Picture 6/25/2015

Spoiler ([Click to View](#))

I've also been in a biochemistry course online which has really helped me develop so much of a better understanding of this stuff. All the way down to the molecular level of proteins, fats, lipids, carbs, metabolism all that good stuff just to name what we've done so far in unit one.

Them notes though....

ZYZZ BRAHHH - June 25, 2015, 10:25 am

Why don't you max just curious I think it was answered on this thread can't seem to find it?

Yous - June 25, 2015, 11:03 am

(Jun 25, 2015 10:25 AM)French Montanaa Wrote: ([CITE](#)) Why don't you max just curious I think it was answered on this thread can't seem to find it?

I probably should for my own personal knowledge. I'll try to go to the gym with my brother at some point in the next 2 weeks to do a max on bench.

But I am pretty confident I can assume a range based on my workouts.

Yous - June 29, 2015, 11:15 am

Update 8

So... it turns out I am much stronger than I thought. I pretty much got a 315 bench today. My spotter touched the bar even though I thought I had it. I am hoping within 2 weeks i'll be confident enough to do it without a spotter. This is a huge achievement for me. Honestly I thought my max was only around 265-275, but I've spend the past 2-3 weeks relentlessly benching as 315 for reps is my main goal right now.

Been following my own Zeus Bulking Program for the past 2 weeks. I plan on doing so for about one more week. The main purpose was to put size on my chest and increase my lifts. I am very happy with the size of my arms as of now which is why I am making this 'bulk' super short and benching a lot.

Hector Zeroni - June 29, 2015, 11:20 am

Good luck on doing this but being at that level of body fat isn't healthy. It begins to fuck with your hormones. Also you lose your libido. Good luck though.

StayAlphav- FrogtheJam

Yous - June 29, 2015, 11:24 am

(Jun 29, 2015 11:20 AM)#@FrogTheJam#@ Wrote: ([CITE](#)) Good luck on doing this but being at that level of body fat isn't healthy. It begins to fuck with your hormones. Also you lose your libido. Good luck though.

StayAlphav- FrogtheJam

The 7-9% range is fairly safe. I feel it will end up being more around 8-9 sometimes even 10% year

round.

The hormones and libido don't start getting screwy until you hit 5-6% maybeeee 7%. But in all honesty I feel like i'll only be at 7% for photoshoots, events and such year round will be 8-10%

ItsATumor - June 30, 2015, 8:34 pm

So benching and other arm lifts are helping your arms get bigger? Or just your chest. My shoulders and arms are sort of small, as you have seen in pictures. How would I go about getting that "v" torso shape and increase the size of my shoulders? Great progress so far.

Heres a picture for people to see what i'm talking about. Warning, very large picture.

Clicky [\(Click to View\)](#)

Yous - June 30, 2015, 8:46 pm

(Jun 30, 2015 08:34 PM)ItsATumor Wrote: [\[CITE\]](#) So benching and other arm lifts are helping your arms get bigger? Or just your chest. My shoulders and arms are sort of small, as you have seen in pictures. How would I go about getting that "v" torso shape and increase the size of my shoulders? Great progress so far.

Heres a picture for people to see what i'm talking about. Warning, very large picture.

Clicky [\(Click to View\)](#)

Benching is not optimal for muscle gains in the arms but it can have some effect on the triceps depending on what style you train with.

The v torso shape is mostly from a dropping of body fat and lot's of quality ab work. I'll most likely get some threads/videos up about my absolute favorite ab exercises that I don't see people doing too often.

Ramisme - June 30, 2015, 9:33 pm

(Jun 30, 2015 08:34 PM)ItsATumor Wrote: [\[CITE\]](#) So benching and other arm lifts are helping your arms get bigger? Or just your chest. My shoulders and arms are sort of small, as you have seen in pictures. How would I go about getting that "v" torso shape and increase the size of my shoulders? Great progress so far.

Heres a picture for people to see what i'm talking about. Warning, very large picture.

Clicky [\(Click to View\)](#)

Overhead press and bench work is generally enough volume for your triceps, chest, and shoulders to grow optimally assuming you're continuously getting stronger on the two lifts and eating enough food. If you actually have a tricep weakness that's holding you back from progressing on those lifts, then you should add in extra direct tricep work like push-downs or close grip bench. Otherwise you shouldn't need it.

Yous - July 3, 2015, 5:06 pm

Update 9

Alright so those of you who have been following know that I essentially have been 'bulking' for the past 2-3 weeks. I've made noticeable strength gains and i am seeing a bit (nothing much) progress in developing my upper chest which was a major goal of this bulk. I'll be ending this 'bulk' Sunday and beginning to cut down a bit.

Will try to post some video clips on my instagram soon of cool things like 100lb one legged pistol squats, 225 repping, and whatever you guys really want to see.

Instagram: @Memphis_Zee

ItsATumor - July 3, 2015, 8:52 pm

(Jul 3, 2015 05:06 PM)Yous Wrote: [\[CITE\]](#) Update 9

Alright so those of you who have been following know that I essentially have been 'bulking' for the past 2-3 weeks. I've made noticeable strength gains and i am seeing a bit (nothing much) progress in developing my upper chest which was a major goal of this bulk. I'll be ending this 'bulk' Sunday and beginning to cut down a bit.

Will try to post some video clips on my instagram soon of cool things like 100lb one legged pistol squats, 225 repping, and whatever you guys really want to see.

Instagram: @Memphis_Zee

So you'll try to maintain muscle mass while also decreasing body fat? Sounds good to me, and glad you've made such progress.

Frawshy - July 4, 2015, 12:01 pm

You've been lifting for a little over 5 years and that's how you look?

You might wanna change some stuff up. You look like someone on their first year or two of lifting. lol.

Yous - July 4, 2015, 12:09 pm

(Jul 4, 2015 12:01 PM)Frawshy Wrote: [\[CITE\]](#) You've been lifting for a little over 5 years and that's how you look?

You might wanna change some stuff up. You look like someone on their first year or two of lifting. lol.

Did not take it seriously until the end of 2014. I only lifted for sports so my goals were different. I tend to put on muscle/size very easily if I wanted to be massive I could (when I played football I was 195 pounds at 5'9 and not fat, abs were only visable when I flexed as hard as possible but my goal is not to be huge). All my training was for function not looks back then. Even though I consider myself not to have taken training/lifting seriously until the end of 2014 I love the fact that I had very good strength going in from my previous sports based training.

I am not trying to be a massive bodybuilder. I have parts I need to work on but the look I am going for is pretty much that of a fitness model, decent size, abs year round etc.. But I also want to build myself up to have elite strength.