

Forum:[Hack Forums](#)

Thread: [Finally done, 9 weeks of dying](#)

Wallet - March 23, 2016, 12:02 pm

[Video: <https://www.youtube.com/watch?v=i0Usg5MhBjo&feature=youtu.be>]

Excuse my fat fuck face at the end, It was after my session so excuse being out of breath too.

Über code - March 23, 2016, 12:04 pm

Good to see u coming back.

Marxist - March 23, 2016, 12:06 pm

Keep it up my man. Good to see the progress :)

Sadly I've stopped training my deadlift for strength, feels. man. Feels. :(

Wallet - March 23, 2016, 12:17 pm

(Mar 23, 2016 12:06 PM)Marxist Wrote: [\[CITE\]](#) Keep it up my man. Good to see the progress :)

Sadly I've stopped training my deadlift for strength, feels. man. Feels. :(

Damn, because of your back thats bothering you?

King Cin - March 23, 2016, 12:19 pm

I'm finally able to deadlift again after 3 months of lower back injury. Bad form, smh. I like the video though. Keep on winning fam.

Wallet - March 23, 2016, 12:25 pm

(Mar 23, 2016 12:19 PM)King Cin Wrote: [\[CITE\]](#) I'm finally able to deadlift again after 3 months of lower back injury. Bad form, smh. I like the video though. Keep on winning fam.

The feels when you can lift again <3

I had a broken elbow last April, couldnt do upper body movements for 5 months :P

Loser Douche Bag #35 - March 23, 2016, 12:31 pm

not bad man, keep up the work! what are your goals?

Marxist - March 23, 2016, 12:34 pm

(Mar 23, 2016 12:17 PM)Wallet Wrote: [\[CITE\]](#) Damn, because of your back thats bothering you?

Legs grow too fast. Sounds stupid but it's true. lol

For a while I swear my leg to upper body proportion looked like all I did all day was ride bikes up mountains really fast. So I take is sort of easy on most leg related work outs. Well, I still hit them every week but I do like deload/normal weight/deload/normal weight for legs if that makes sense. Keeps muscle memory while still growing but not growing at a stupid pace.

I still rep 405 but I don't go any higher than 405. No real desire to, dunno I also lost the drive to deadlift, idk. No pain or anything. I just do them to do them I guess. ?

Wallet - March 23, 2016, 12:38 pm

(Mar 23, 2016 12:34 PM)Marxist Wrote: [\[CITE\]](#) Legs grow too fast. Sounds stupid but it's true. lol

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Same, I really have to focus on my upper body to grow in par with my legs. My father has huge legs, so thats where I got it from. Its not an disadvantage but it fucks with my physique a little. Still not where I want to be upper chest, shoulder and arm wise, but my back is fucking thick and huge.

Marxist - March 23, 2016, 12:42 pm

(Mar 23, 2016 12:38 PM)Wallet Wrote: [\[CITE\]](#) Same, I really have to focus on my upper body to grow in par with my legs. My father has huge legs, so thats where I got it from. Its not an disadvantage but it fucks with my physique a little. Still not where I want to be upper chest, shoulder and arm wise, but my back is fucking thick and huge.

Yea physique is what I'm going for so I have to like try and work around certain things. Shit sucks. Not really an excuse though, I really have lost the the drive to work o increasing my max dead and squat :/

My upper body is finally catching up tho, and so it my bench haha
Just keep at it :)

I used to feel like I looked like this lmao

[\[img\]http://www.beselfpropelled.com/wp-content/uploads/2012/09/Big-Legs.jpg\[/img\]](http://www.beselfpropelled.com/wp-content/uploads/2012/09/Big-Legs.jpg)

Wallet - March 23, 2016, 1:01 pm

(Mar 23, 2016 12:42 PM)Marxist Wrote: [\[CITE\]](#) Yea physique is what I'm going for so I have to like try and work around certain things. Shit sucks. Not really an excuse though, I really have lost the the drive to work o increasing my max dead and squat :/

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Yup. I am going to start a bodybuilding split after I reach my strenght goals and maintain lower body strenght when going for a full upper split

Nostre - April 3, 2016, 10:14 am

Keep up the hard work. It will pay off.

SIM-1230922 - April 3, 2016, 1:01 pm

I have to ask, are you from Sweden?

jepper - April 3, 2016, 6:15 pm

(Mar 23, 2016 12:31 PM)Orgy Jr. Wrote: [\[CITE\]](#) not bad man, keep up the work! what are your goals?

no smoking

Reddit Upvotes - April 4, 2016, 4:19 am

Not bad progress, keep it up.

Caliban - April 4, 2016, 3:56 pm

I would love to get coached by Pete Rubish one day, i dont have enough deadlift/squat gainz yet tho. Once i hit a big plateau i might hit him up tho.

Wallet - April 5, 2016, 6:56 am

(Apr 4, 2016 03:56 PM)Caliban Wrote: [\[CITE\]](#) I would love to get coached by Pete Rubish one day, i dont have enough deadlift/squat gainz yet tho. Once i hit a big plateau i might hit him up tho.

I would say you are better off jumping on if you are new to get the correct groove and idea of training from the get go. You should already be dedicated, and you need to be able to follow instructions. Getting coached without resting and eating properly and not devoting yourself to the training is just doing you a mis-service