

Forum:[Hack Forums](#)

Thread: [Squatted 545 last night!](#)

frostbite - April 8, 2016, 10:00 am

I don't train specifically for strength but last night I managed to do 545 lbs for 1 rep. Feels good :)
One day I'll get wallet to come workout with me and teach me how to record :D

Wallet - April 8, 2016, 10:12 am

(Apr 8, 2016 10:00 AM)Frostb1te Wrote: [\[CITE\]](#) I don't train specifically for strength but last night I managed to do 545 lbs for 1 rep. Feels good :) One day I'll get wallet to come workout with me and teach me how to record :D

Haha wtf, my gf and friends record for me tho lol.

Teach your wife or your new born son how to film :P

frostbite - April 8, 2016, 10:20 am

(Apr 8, 2016 10:12 AM)Wallet Wrote: [\[CITE\]](#) Haha wtf, my gf and friends record for me tho lol.

Teach your wife or your new born son how to film :Phaha yeah, just my gym is a little crowded and i am awkward as hell. I can't wait too get my daughter to come to the gym in the future :p

Spongepower - April 8, 2016, 4:18 pm

(Apr 8, 2016 10:00 AM)Frostb1te Wrote: [\[CITE\]](#) I don't train specifically for strength but last night I managed to do 545 lbs for 1 rep. Feels good :) One day I'll get wallet to come workout with me and teach me how to record :D

How are those tree trunks growing out of your legs?

Caliban - April 8, 2016, 4:25 pm

Did you do an ATG 100% raw 5 second pause squat or only some quarter squat action? Record it next time man so we can know :D

Wallet - April 9, 2016, 3:41 am

(Apr 8, 2016 04:25 PM)Caliban Wrote: [\[CITE\]](#) Did you do an ATG 100% raw 5 second pause squat or only some quarter squat action? Record it next time man so we can know :D

fuck that he paused it for a 60 sec paused double

Caliban - April 9, 2016, 4:52 am

(Apr 9, 2016 03:41 AM)Wallet Wrote: [\[CITE\]](#) fuck that he paused it for a 60 sec paused double

So he did a no belt, no wraps, no pussy pad, no hands on the bar, bare feet, 60 sec paused double? He's doing whatever it fucking takes.

Goon Moon - April 9, 2016, 6:42 am

(Apr 8, 2016 10:20 AM)Frostb1te Wrote: [\[CITE\]](#) haha yeah, just my gym is a little crowded and i am awkward as hell. I can't wait too get my daughter to come to the gym in the future :p

Had a guy walk up to me and ask to record him doing dumbbell presses, wasn't that awkward at all and no one really cared too much

IBotnet - April 9, 2016, 6:44 am

Congrats man.

I never was one for squats but I do focus on chest and have some huge gains I've made recently.

Keep it up!

frostbite - April 9, 2016, 9:54 am

(Apr 8, 2016 04:25 PM)Caliban Wrote: [\[CITE\]](#) Did you do an ATG 100% raw 5 second pause squat or only some quarter squat action? Record it next time man so we can know :DI pass parallel when i go down but I find that it even gives the advantage of the bounce :p

I looked up ATG 100% and this is the closest I can get too show how far down and the pause I didn't take I don't have the knee support he uses or a belt. [Video:

<https://www.youtube.com/watch?v=WK7m6I5m6gY>]

Edit Damn I realized ATG means ass too grass. Lol I just got 3 hours of sleep after working 14 hours and i'm going back in for another 14 tonight.

Mangekyo - April 9, 2016, 9:56 am

That's like 5x what I can squat. Nice!