

Forum:[Hack Forums](#)

Thread: [545 attempt, stupid fail lmao](#)

Wallet - October 21, 2016, 12:34 pm

Lesson learned: Do not try 1rms when all you've done is sets of 8-10

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

Jester Race - October 21, 2016, 12:55 pm

Fucking try dont embarrass yourself

Wallet - October 21, 2016, 1:02 pm

(Oct 21, 2016 12:55 PM)Jester Race Wrote: [\[CITE\]](#) Fucking try dont embarrass yourself
I fucking loled so bad. The last warmup flew up, then on 545 like nah ah lol.

I tried to shake it off but it just affected my whole session. Finished up with some good mornings at the end it seemed like

Grimzyy - October 21, 2016, 1:58 pm

Ngl bored of ur squats and deadlifts.

show us your bench or upper body accessory work.

tbh more bench idc if its poverty.

Wallet - October 21, 2016, 2:02 pm

(Oct 21, 2016 01:58 PM)Blackness Wrote: [\[CITE\]](#) Ngl bored of ur squats and deadlifts.

show us your bench or upper body accessory work.

tbh more bench idc if its poverty.

Sure, I put some bench up on my IG a week ago. I did the 80s for 4x10 on DBs which is not too shady. I'm way stronger on dumbbells which is weird lol.

Hydroclitoric Acid - October 21, 2016, 5:53 pm

Dunno if it's just me, but your form looks bad as fuck.

Watching you squat, I was just waiting for your spine to fuck up haha.

daymon - October 21, 2016, 5:58 pm

(Oct 21, 2016 05:53 PM)Hydroclitoric Acid Wrote: [\[CITE\]](#) Dunno if it's just me, but your form looks bad as fuck.

Watching you squat, I was just waiting for your spine to fuck up haha.

This. No need to throw your but at the bottom like that haha. Also, you should arch your back up more with your deadlifts, kind of like how you do with your squats. You could pull some muscles if you don't. Good shit though ?

Wallet - October 22, 2016, 12:49 am

(Oct 21, 2016 05:58 PM)Sin+ Wrote: [\[CITE\]](#) This. No need to throw your but at the bottom like that haha. Also, you should arch your back up more with your deadlifts, kind of like how you do with your squats. You could pull some muscles if you don't. Good shit though ?

That is usually what happens when fatigue starts setting in ;)
I dont know what happened to the deadlift top set, it just looked horrible

Coon and Friends - *October 22, 2016, 8:34 am*

(Oct 21, 2016 05:58 PM)Sin+ Wrote: [CITE](#) This. No need to throw your but at the bottom like that haha. Also, you should arch your back up more with your deadlifts, kind of like how you do with your squats. You could pull some muscles if you don't. Good shit though ?

When he comes up from the squat he isn't using his legs, just the bottom of his spine. Lower the weight if you can't do it, no point using bad form because it looks horrible