

Forum:[Hack Forums](#)

Thread: [445x6 raw deadlift easy @200](#)

Wallet - December 22, 2016, 1:02 pm

Really happy about this set. Could have done 8 if my grip wasn't fading off due to the shitty bar we have at this gym. Got turned up. I've cut 30lbs in 15 weeks, so I'm coming back, there is no stopping me.

[Video: <https://www.youtube.com/watch?v=0K9CjgbUnTo&feature=youtu.be>]

Pow3r - December 23, 2016, 5:47 am

Looking strong there Wallet. I am also glad to see your spine is more neutral than in some previous videos, looks more mechanically solid, I used to pray nightly for your spine Brother ;)

Keep going mate.

Wallet - December 23, 2016, 5:48 am

(Dec 23, 2016 06:47 AM)Pow3r Wrote: [\[CITE\]](#) Looking strong there Wallet. I am also glad to see your spine is more neutral than in some previous videos, looks more mechanically solid, I used to pray nightly for your spine Brother ;)

Keep going mate.

problem I have now is my hips are shooting up. My big goal for next year is to lift 660

Lucifer's Inferno - December 23, 2016, 5:48 am

You seem to be rocking some mega explosive power. What type of split do you do for training if any?

Wallet - December 23, 2016, 5:54 am

(Dec 23, 2016 06:48 AM)Lucifer's Inferno Wrote: [\[CITE\]](#) You seem to be rocking some mega explosive power. What type of split do you do for training if any?

I always try to lift my warmups as violently and explosive as possible with great form, I think that carries thru to the heavier weights as well. Right now I am actually doing a 3 day split, 1 squat, 1 dead/ bench and 1 bench session. 4 day a week is optimal but I am 8-9 weeks out from my first meet so I'm taking recovery very seriously. Also doing light cardio 1 time a week, dropped that down from 2-3 since I'm already at my goal bodyweight to compete in the IPF -93kg class, also because it helps my lifts as well.

My trainer has me on a program which he writes out for me so I'm honestly not doing any thinking at all, just execution lol

Lucifer's Inferno - December 23, 2016, 5:55 am

(Dec 23, 2016 06:54 AM)Wallet Wrote: [\[CITE\]](#) I always try to lift my warmups as violently and explosive as possible with great form, I think that carries thru to the heavier weights as well. Right now I am actually doing a 3 day split, 1 squat, 1 dead/ bench and 1 bench session. 4 day a week is optimal but I am 8-9 weeks out from my first meet so I'm taking recovery very seriously. Also doing light cardio 1 time a week, dropped that down from 2-3 since I'm already at my goal bodyweight to compete in the IPF -93kg class, also because it helps my lifts as well.

My trainer has me on a program which he writes out for me so I'm honestly not doing any thinking at all, just execution lolAtre IPF meets drug tested meets? (As in genuinely drug tested meets xd)

Vape Nation - December 23, 2016, 6:00 am

I'd get some chalk if I were you. It helps a lot on these weights.

Wallet - December 23, 2016, 6:01 am

(Dec 23, 2016 06:55 AM)Lucifers Inferno Wrote: [\[CITE\]](#) Atre IPF meets drug tested meets? (As in genuinely drug tested meets xd)

Its a drug tested federation, they can come and knock on my door anyday to get a urine and blood sample. I'll do two meets in IPF, then Ill jump on the gear in summer and fly out to England to compete 2x a year with a real fed, 24 hour weigh ins, special bars etc

Pow3r - December 23, 2016, 6:03 am

(Dec 23, 2016 06:54 AM)Wallet Wrote: [\[CITE\]](#) I always try to lift my warmups as violently and explosive as possible with great form, I think that carries thru to the heavier weights as well. Right now I am actually doing a 3 day split, 1 squat, 1 dead/ bench and 1 bench session. 4 day a week is optimal but I am 8-9 weeks out from my first meet so I'm taking recovery very seriously. Also doing light cardio 1 time a week, dropped that down from 2-3 since Im already at my goal bodyweight to compete in the IPF -93kg class, also because it helps my lifts as well.

My trainer has me on a program which he writes out for me so I'm honestly not doing any thinking at all, just execution lol

I love to train as explosively as possible. The Human body reacts best to more extreme changes and performing explosive and heavy movements with excellent form carries superb potential for growth and strength increases.

On your off days I would be doing hip and core mobility work as well, it will ensure you have the required ROM to lift mechanically soundly, without compensations and it will provide further stabilization for you to go heavier and remain safe whilst doing so.

Looking good though so far mate, keep up the good work.

Wallet - December 23, 2016, 6:05 am

(Dec 23, 2016 07:03 AM)Pow3r Wrote: [\[CITE\]](#) I love to train as explosively as possible. The Human body reacts best to more extreme changes and performing explosive and heavy movements with excellent form carries superb potential for growth and strength increases.

On your off days I would be doing hip and core mobility work as well, it will ensure you have the required ROM to lift mechanically soundly, without compensations and it will provide further stabilization for you to go heavier and remain safe whilst doing so.

Looking good though so far mate, keep up the good work.

Thanks! And writing this I just came home from my cardio/ mobility/ stretching day. I'm squatting on Christmas Day so I need to ensure Im mobile enough!

Lucifer's Inferno - December 23, 2016, 6:06 am

(Dec 23, 2016 07:01 AM)Wallet Wrote: [\[CITE\]](#) Its a drug tested federation, they can come and knock on my door anyday to get a urine and blood sample. I'll do two meets in IPF, then Ill jump on the gear in summer and fly out to England to compete 2x a year with a real fed, 24 hour weigh ins, special bars etcFor your cycle, what do you plan on taking and where are you getting it from? It's okay if you haven't thought of this yet but would you be obtaining pharmaceutical grade gear or are you flying to Oxygen Gym in Kuwait for that Oxygen Gym Gear xd

Wallet - December 23, 2016, 6:08 am

(Dec 23, 2016 07:06 AM)Lucifers Inferno Wrote: [\[CITE\]](#) For your cycle, what do you plan on taking and where are you getting it from? It's okay if you haven't thought of this yet but would you be obtaining pharmaceutical grade gear or are you flying to Oxygen Gym in Kuwait for that Oxygen Gym Gear xd

I'm buying 4 bottles on test, arimidex on hand and anadrol for strength.

Plan on doing 12wks 500mg test, then do a 6 week cycle with anadrol for peaking, then back to test only, blast and cruise just before my meet in England

Yeah Dragon Pharma or what its called, buying from a trusted online source with high success rate in Norway

Lucifer's Inferno - December 23, 2016, 6:09 am

(Dec 23, 2016 07:08 AM)Wallet Wrote: [\[CITE\]](#) I'm buying 4 bottles on test, arimidex on hand and anadrol for strength.

Plan on doing 12wks 500mg test, then do a 6 week cycle with anadrol for peaking, then back to test only, blast and cruise just before my meet in EnglandDamn that's a decent stack. No PCT or you just using the test as your PCT?

EDIT: oh i see, legal for self use?

Wallet - December 23, 2016, 6:10 am

I dont wanna do dbol for all the bloat i will get, I wanna be a lean beast at 95kg

(Dec 23, 2016 07:09 AM)Lucifers Inferno Wrote: [\[CITE\]](#) Damn that's a decent stack. No PCT or you just using the test as your PCT?

EDIT: oh i see, legal for self use?

I dont plan going off. ?

Just lower the dosages periodically, I dont think Im going full natty again once I've made the transition

Lucifer's Inferno - December 23, 2016, 6:13 am

(Dec 23, 2016 07:10 AM)Wallet Wrote: [\[CITE\]](#) I dont wanna do dbol for all the bloat i will get, I wanna be a lean beast at 95kg

I dont plan going off. ?

Just lower the dosages periodically, I dont think Im going full natty again once I've made the transitionJust be careful with your cycles, you don't want your body to become to dependent on the gear. We all drink black coffee before we have our double espresso's, same applies here.

Would love to see how the cycle goes though man

Wallet - December 23, 2016, 6:15 am

(Dec 23, 2016 07:13 AM)Lucifers Inferno Wrote: [\[CITE\]](#) Just be careful with your cycles, you don't want your body to become to dependent on the gear. We all drink black coffee before we have our double espresso's, same applies here.

Would love to see how the cycle goes though man

I have talked to top guys about what to do, and I'm going to have someone help me with the drugs, training and diet, so I'm in good hands. Just make sure I can plow 1-3 years of solid training, eating and supplementation.

Of course I will start a thread in June where I show my progress and journey when juicing, lifts, and how my body looks

Lucifer's Inferno - December 23, 2016, 6:17 am

(Dec 23, 2016 07:15 AM)Wallet Wrote: [\[CITE\]](#) I have talked to top guys about what to do, and I'm going to have someone help me with the drugs, training and diet, so I'm in good hands. Just make sure I can plow 1-3 years of solid training, eating and supplementation.

Of course I will start a thread in June where I show my progress and journey when juicing, lifts, and how my body looks

Weird question, do you take Creatine Nitrate or Monohydrate / have you noticed any difference between the two? I've seen some of your calorie surpluses before, you got the dedication to do it well.

Wallet - December 23, 2016, 6:19 am

(Dec 23, 2016 07:17 AM)Lucifers Inferno Wrote: [\[CITE\]](#) Weird question, do you take Creatine Nitrate or Monohydrate / have you noticed any difference between the two? I've seen some of your calorie surpluses before, you got the dedication to do it well.

I could take monohydrate but I honestly cant be bothered to try it lol. Would be fun to take 10grams a day for a few months to see if I actually can feel a difference. And yeah, internal motivation and dedication is key for longevity and to achieve anything.

I've bulked from 55kg to 105kg, and from 105kg to 92kg ish while being in a deficit for 3-4 months

Pow3r - December 23, 2016, 6:23 am

You going with testosterone suspension? You could add halo to that stack and some cheque drops on the day of the competition. The bonus of halotestin of course is that it won't shut you down and won't aromatize either.

Wallet - December 23, 2016, 10:16 am

(Dec 23, 2016 07:23 AM)Pow3r Wrote: [\[CITE\]](#) You going with testosterone suspension? You could add halo to that stack and some cheque drops on the day of the competition. The bonus of halotestin of course is that it won't shut you down and won't aromatize either.

Idk halo is often faked, would be fun to try it in peaking for a meet down the road but ill cross that bridge when I get there

Kuldar - December 23, 2016, 10:19 am

Quite nice strength there, good job! What is you pb?

Wallet - December 23, 2016, 10:27 am

(Dec 23, 2016 11:19 AM)Kuldar Wrote: [\[CITE\]](#) Quite nice strength there, good job! What is you pb? 500@200 raw grip

I did 510@230 with straps in September or something

str0wn3dlt - December 23, 2016, 12:09 pm

Nice! Btw massive calves :o

TheSpotifyKing - December 23, 2016, 12:13 pm

Damnnnn u look massive Lmfao

Wallet - December 23, 2016, 12:16 pm

(Dec 23, 2016 01:09 PM)str0wn3dlt Wrote: [\[CITE\]](#) Nice! Btw massive calves :o
Gotta contribute my insane big legs and calves to my pop