

Forum: [Hack Forums](#)

Thread: [Easy squats](#)

Wallet - April 4, 2017, 1:37 pm

Test is just starting to kick in and dbol is being processed and just casually hittin a 40lb 3rm pr lol

[Video: <https://www.youtube.com/watch?v=RcnBVYC6MYw>]

Motiv - April 4, 2017, 8:02 pm

How old are you, if you don't mind me asking. Nice few reps for ya.

Have you had any side effects from the dbol?

Wallet - April 5, 2017, 12:13 am

(Apr 4, 2017 08:02 PM)Motiv Wrote: [\[CITE\]](#) How old are you, if you don't mind me asking. Nice few reps for ya.

Have you had any side effects from the dbol?

Sure, 18. 19 in september

sides, higher estrogen conversion, keeping it in check. cheeks definitely gettin bigger and im looking way more muscular from the test.

CBHF - April 5, 2017, 12:15 am

Thank you, someone who actually breaks 90 degrees, good shit OP

Wallet - April 5, 2017, 12:17 am

(Apr 5, 2017 12:15 AM)CBHF Wrote: [\[CITE\]](#) Thank you, someone who actually breaks 90 degrees, good shit OP

Lol, i actually had issues hitting depth for a while. Then I started taking care of my hip, proper muscle activation and warmups + squat shoes. Competing in less than 5 weeks so I need to drill in depth. I always squat lower in the meet for some reason.

CBHF - April 5, 2017, 12:18 am

(Apr 5, 2017 12:17 AM)Wallet Wrote: [\[CITE\]](#) Lol, i actually had issues hitting depth for a while. Then I started taking care of my hip, proper muscle activation and warmups + squat shoes. Competing in less than 5 weeks so I need to drill in depth. I always squat lower in the meet for some reason.

Squat shoes definitely help. Let me know how your comp goes and maybe post your final stats and stuff! ?

Mr.DoomHead - April 5, 2017, 7:32 am

Ive kinda been keeping an eye on your threads my dude and I must say you are def getting strong fast as fuck.

Do you plan to continue juicing after this initial test run? The side effects and the thought of losing strength after stopping have always made me stay clear.

I gotta give you props tho man, nice lifts.

Stay safe my dude

also, what workout program are you using? Or are you just doing your own thing?

Dianab0lical. - April 5, 2017, 11:23 am

(Apr 4, 2017 01:37 PM)Wallet Wrote: [\[CITE\]](#) Test is just starting to kick in and dbol is being processed and just casually hittin a 40lb 3rm pr lol

[Video: <https://www.youtube.com/watch?v=RcnBVYC6MYw>]

Casually lmao. Your knees wobbling tells me otherwise. How long have you been on dbol? The real magic doesn't start until gene transcription begins which takes 2-2.5 weeks.

The One Who Knocks - April 5, 2017, 11:25 am

(Apr 5, 2017 12:15 AM)CBHF Wrote: [\[CITE\]](#) Thank you, someone who actually breaks 90 degrees, good shit OP

Isnt that really bad for you're knee ligaments? Especially if you're training for strength

Dianab0lical. - April 5, 2017, 11:31 am

(Apr 5, 2017 11:25 AM)The One Who Knocks Wrote: [\[CITE\]](#) Isnt that really bad for you're knee ligaments? Especially if you're training for strength

If you're a powerlifter, they won't white light your lifts unless you break 90. So we train to squat deep.

As for knee ligaments, I've never had a problem. Only thing to my knowledge that destroys knee ligaments is letting your knees track over your toes when you squat.

The One Who Knocks - April 5, 2017, 11:39 am

(Apr 5, 2017 11:31 AM)H4rdBeat Wrote: [\[CITE\]](#) If you're a powerlifter, they won't white light your lifts unless you break 90. So we train to squat deep.

As for knee ligaments, I've never had a problem. Only thing to my knowledge that destroys knee ligaments is letting your knees track over your toes when you squat.

oh ok, thanks

Wallet - April 5, 2017, 1:04 pm

only been on dbol for 6 days.