

Forum:[Hack Forums](#)

Thread: [What's your total and what're your goals? \(Squat, Bench, Deadlift\)](#)

Superm?n - February 18, 2018, 12:46 am

Age 23

Currently weigh 215-218

Squat: 500

Bench: 325 (paused) 335 (touch and go)

Deadlift: 585

Random lifts

405 barbell row

315 squat for 20

225 bench for 20

Goal for this year is to a get a high 500 squat, 365+ bench, and mid-high 600 deadlift and rep 150lb dumbbells on incline press.

Whats your total and goals?

KingOfSleeping - February 18, 2018, 3:25 pm

Age:16

Weight: 176

Bench: 185

Barbell Lunge: 135-155 maybe

Barbell row :? Don't know rn

Overhead press: 100lb (sitting down)

(Can't do squats or deadlifts because back injury a year ago)

I used to be a lot stronger but decided to lose weight went from 215 to 164 but am sitting around 176 trying to put on muscle

minimalist - February 18, 2018, 4:09 pm

Squeezed out my 265 bench yesterday, putting me in the 1067.5lbs total club (B/S/D 265/377.5/425) at 160lbs and 18 years old. I came back from a lower back injury in November - was unable to squat well until mid December.

Do you row 405lbs from the ground or from your knee? Sounds ridiculously high ?

Superm?n - February 18, 2018, 5:11 pm

(Feb 18, 2018 05:09 PM)Minimalist Wrote: [\[CITE\]](#) Squeezed out my 265 bench yesterday, putting me in the 1067.5lbs total club (B/S/D 265/377.5/425) at 160lbs and 18 years old. I came back from a lower back injury in November - was unable to squat well until mid December.

Do you row 405lbs from the ground or from your knee? Sounds ridiculously high ?

Back injuries are brutal as just about every lift depends on it. But, in regards to the barbell rows, I start them in a conventional deadlift position from the floor then obviously bring it up around my belly button and bring the weight down to a couple inches before it hits the floor and repeat. I feel as though heavier rows have helped my deadlift a bunch. I usually program my bb rows like, week 1, 5

sets - 7 reps. week 2, 6 sets - 5 reps, week 3, 7 sets - 3 reps and of course warming up until I get into my working sets. Then after the third week, I'll just start over.

(Feb 18, 2018 04:25 PM)KingOfSleeping Wrote: [\[CITE\]](#) Age:16

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Bench: 185

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I used to be a lot stronger but decided to lose weight went from 215 to 164 but am sitting around 176 trying to put on muscle

Any specific things you did to lose the weight? like carb cycling or HIIT cardio? or was it just the basic diet and low intensity cardio?

J4cked - February 18, 2018, 5:47 pm

Weight; 140lbs

Squat; 260lbs

Bench; 175lbs

OHP; 110lbs

Goals; 160lbs BW 315 squat for reps 225 bench for reps and 135 OHP for reps by 2019. Seems reasonable right? Started training for strength in AUGust

Superm?n - February 18, 2018, 6:52 pm

(Feb 18, 2018 06:47 PM)J4cked Wrote: [\[CITE\]](#) Weight; 140lbs

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Reasonable for sure my dude. Especially if you've only just begun training for strength. Plus with the increased bodyweight it'll help boost the bench up. Something I did to help break my bench plateaus was incorporating pauses at the bottom.

J4cked - February 18, 2018, 7:34 pm

(Feb 18, 2018 07:52 PM)Superm?n Wrote: [\[CITE\]](#) Reasonable for sure my dude. Especially if you've only just begun training for strength. Plus with the increased bodyweight it'll help boost the bench up. Something I did to help break my bench plateaus was incorporating pauses at the bottom.

I just started doing those myself on my lighter sets and it seems to be helping so far.

Percyi - February 18, 2018, 7:43 pm

Bench: 135 lbs

Squat: 200 lbs

Deadlift: 200 lbs

Current:

Bench: 85 lbs

Squat: 100 lbs

Deadlift: 135 lbs

I'm really weak, like abnormally weak. Trying to get those numbers up.

TaylorCTU? - February 18, 2018, 7:59 pm

Would like to get to the 1000 club.

Weight: 193

Squat: 345 (Not going any higher on this anytime soon)

Bench: 265

Deadlift: 375 (No longer do traditional deadlifts)

KingOfSleeping - February 19, 2018, 1:58 am

(Feb 18, 2018 06:11 PM)Superm?n Wrote: [\[CITE\]](#) Back injuries are brutal as just about every lift depends on it. But, in regards to the barbell rows, I start them in a conventional deadlift position from the floor then obviously bring it up around my belly button and bring the weight down to a couple inches before it hits the floor and repeat. I feel as though heavier rows have helped my deadlift a bunch. I usually program my bb rows like, week 1, 5 sets - 7 reps. week 2, 6 sets - 5 reps, week 3, 7 sets - 3 reps and of course warming up until I get into my working sets. Then after the third week, I'll just start over.

Any specific things you did to lose the weight? like carb cycling or HIIT cardio? or was it just the basic diet and low intensity cardio?

It was a very long progress of a year I just walked a hour a day (in the summer / in very late spring I walked 4 hours a day though). I did track in early spring but had work so only went a few times a week and paired that with a standard deficit but lack of protein made me lose a lot of muscle. Also another thing to note is significantly better and faster could of been done had it not be for inconsistent calories and not lifting

Right now I'm bulking and eating 2600-3000 Cal's with at least 150g of protein a day and at least 200 g of carbs and around 100 fat but I usually can get more in but I started bulking last month and started up lifting as it took a back seat when I was dieting and doing mma for 3 months(very intense sessions there)

Also goals are bigger chest bigger arms bigger legs bigger everything/ high lifts like a 225 bench (I know it isn't that high lol)

SIM-3795472 - February 19, 2018, 5:59 am

Age: 26yo

Weight: 82kg

Bench press: 95kg

Back squat: 135kg

Front squat: 125kg

Deadlift: 190kg

Clean & jerk: 110kg

Snatch: 70kg

Looking forward to improving all these numbers, particularly BP, BS, CJ, and Snatch.

nackli - February 19, 2018, 8:30 am

Age: 21yo

Weight: 85-86kg

Bench press: 100kg
Back squat: 115kg
Deadlift: 170kg at 88-89kg

Goals by the end of 2018:

Weight: 83-85kg
Bench press: 120kg
Back squat: 150kg (a little bit too ambitious it almost scares me, but for sure doable :D)
Deadlift: 200kg

Also i have in mind lifts like OHP, Wght Pull Up, Barbell row (kg/reps), Front squat, but i dont know how often im gonna work on them since i follow a group powerlifting program at my club 4xweek. Started PL almost 2 months ago, already seeing progress, slowly but steady

Did crossfit for 2.5 years before that, made me a lot more athletic but not that strong, thats the reason im focusing on strict PL for 2018, I'll lose a little bit of athleticism :(haha but fuk it im ready to make the sacrifice for the long term goal which is not crystal clear atm but combination of being really strong not only on barbell lifts but bodyweight and strict gymnastic movements as well and also have an aesthetic, healthy body, good posture. Overall mind-body connection and meditation will be amazing tool in my arsenal in this lifelong game of fitness :D

Damn this was a little bit longer than i expected haha
Wish all of you guys to achieve your goals cuz this game aint stoppin' :D

Untold - February 19, 2018, 4:20 pm

After suffering a herniated disc L5/S1 with radiating sciatica pain, torn ACL with reconstruction surgery, and torn labrum with reconstructions surgery lifting has been hard for me. But I haven't stopped and I'm getting up there. Looking to do some meets sometime soon. Anyway, your random goals you said you hit 315lbs for 20 reps? But your max squat is 500? Not calling bullshit or anything, but shouldn't your squat be around an estimated 660lbs 1RM based on the 315x20 O_o? Edit: I also just noticed you said your goal is to hit 500lbs for squat, but you have your stats for squat as 500lbs. Maybe just an error or something?

Anyway mine are:
Current Weight: 202lbs
Bench 1RM: 315lbs
Squat 1RM: 405lbs
Deadlift 1RM: 365lbs

Goals:
Current Weight: 190-210lbs
Bench 1RM: 405lbs
Squat: 500lbs
Deadlift: 600lbs

Deadlift is struggling because my CNS is easily taxed and pain prohibits me mentally.

Canadian - February 19, 2018, 4:43 pm

(Feb 18, 2018 05:09 PM)Minimalist Wrote: [\[CITE\]](#) Squeezed out my 265 bench yesterday, putting me in the 1067.5lbs total club (B/S/D 265/377.5/425) at 160lbs and 18 years old. I came back from a lower back injury in November - was unable to squat well until mid December.

Do you row 405lbs from the ground or from your knee? Sounds ridiculously high ?
Is that typical of most ? My deadlift is strangely lower than my squat :/

I broke my left ankle two years ago and stopped squatting and deadlifting for a bit.

Would like to get back to 450+ on the squat though :/

Also @OP, are those stats with accessories or ? Nice lower body stats!

AMAVI - February 19, 2018, 5:47 pm

As of now I'm focusing on bench, currently cutting so I'm trying to just drop some BF but i'd like to hit 315 1RM one day, right now it's at like 260.

Who Soup - February 19, 2018, 5:51 pm

Age: 25

Hight: 6'1

Weight: 200lbs

Dead lift: 600

Curl: 45

Bench: 90

Lats: 45

Shrugs: 90

2 years ago I was almost 300 lbs, I've come a long way even though my stats aint good.

Canadian - February 19, 2018, 5:52 pm

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Hight: 6'1

Weight: 200lbs

Dead lift: 600

Curl: 45

Bench: 90

Lats: 45

Shrugs: 90

2 years ago I was almost 300 lbs, I've come a long way even though my stats aint good.I'm confused at the numbers.

Who Soup - February 19, 2018, 5:54 pm

(Feb 19, 2018 06:52 PM)Wnipeg Wrote: [\[CITE\]](#) I'm confused at the numbers.

all in lbs?

Not my full workout but I try to max on mussels I use often, minus benching I just hate working chest almost useless.

Canadian - February 19, 2018, 6:04 pm

(Feb 19, 2018 06:54 PM)Who Soup Wrote: [\[CITE\]](#) all in lbs?

Not my full workout but I try to max on mussels I use often, minus benching I just hate working chest almost useless.

That's interesting. The strongest deadlifter at my gym says the same thing. I don't even think he trains chest on a weekly basis.

Caliban - February 20, 2018, 2:04 pm

Age: 20
Weight: 94kg
Squat/Bench: dont do it anymore bc of bad leverages
OHP: 62.5kg x 5
Deadlift: 185kg no belt

My goal is to get my deadlift in the 200-220kg range, and OHP to 80kg. Im not a bb/powerlifter but need some strength for my new hobbies (tricking, dancing etc.)

Superm?n - March 2, 2018, 5:39 pm

One of my sets of singles with 495 today, things are moving well and I'm looking to hit 600 soonish. apologize for the vertical video

[Video: <https://www.youtube.com/watch?v=iD6iPVKf0U4>]

Caliban - March 2, 2018, 5:55 pm

(Mar 2, 2018 06:39 PM)Superm?n Wrote: [\[CITE\]](#) One of my sets of singles with 495 today, things are moving well and I'm looking to hit 600 soonish. apologize for the vertical video

[Video: <https://www.youtube.com/watch?v=iD6iPVKf0U4>]

Damn five wheels on each side, and you smoked it ? you should be careful with the mixed grip + yanking the bar i know its a good way to get extra momentum but its a little risky

Superm?n - March 2, 2018, 6:56 pm

(Mar 2, 2018 06:55 PM)Caliban Wrote: [\[CITE\]](#) Damn five wheels on each side, and you smoked it ? you should be careful with the mixed grip + yanking the bar i know its a good way to get extra momentum but its a little risky

Yeah, always trying to stay cautious of the bicep tear. Was going to pull hook but my hands were beat up from the other working sets.

Caliban - March 2, 2018, 7:05 pm

(Mar 2, 2018 07:56 PM)Superm?n Wrote: [\[CITE\]](#) Yeah, always trying to stay cautious of the bicep tear. Was going to pull hook but my hands were beat up from the other working sets.

yeah hookgrip is the best grip imo, if you use chalk and got strong hands its easy to hold on to a lot of weight, Cailer Woolam pulled 938 or something with this grip

mixed grip is okay tho if you dont bend your arms

SZPZ - March 2, 2018, 7:27 pm

Age: 18
Weight: 66kg
Height: 5'9

Bench: 210lbs
Squat: 200lbs (Need to work on this and stop skipping leg day)
Deadlift: 265lbs

I've only been hitting the gym for like 6 months, I love it though.

dawid17 - March 2, 2018, 11:33 pm

Age 19
Weight:67

Bench: 92.5 Kg 1RM
Squat 130KG 1RM
Deadlift 130 KG 1RM

smcquade - January 22, 2019, 7:46 pm

Age 16
Bench 170-180 (not sure, I don't do 1 reps)
Deadlift 280-300
Don't train heavy on any other moves
Weight: 138lbs

CueBasE - January 22, 2019, 10:55 pm

6'1
186-190lbs

DL: 405
Squat: 385x2
Bench: 260

Goals are
DL 600
Bench: 495
Squat 600

Grimzyy - January 23, 2019, 12:49 am

Age: 19
Bench: 245lb (for now)
Squat: 315lb but haven't done barbell squats for a long time
Deadlift: 420lb (for now)

on week 4 of my bulk and haven't tested. will re-test at the end

Bossk - January 23, 2019, 12:38 pm

(Mar 2, 2018 06:39 PM)Superm?n Wrote: [\[CITE\]](#) One of my sets of singles with 495 today, things are moving well and I'm looking to hit 600 soonish. apologize for the vertical video

[Video: <https://www.youtube.com/watch?v=iD6iPVKf0U4>]
nice lift, very strong. gonna need to know your height though.

Alec - February 5, 2019, 9:02 am

(Feb 18, 2018 08:43 PM)?Kam Wrote: [\[CITE\]](#) Bench: 135 lbs
Squat: 200 lbs
Deadlift: 200 lbs

Current:

Bench: 85 lbs
Squat: 100 lbs
Deadlift: 135 lbs

I'm really weak, like abnormally weak. Trying to get those numbers up.
Dont stress about those numbers! Lifting weights is a lifestyle not a race! Have you ever considered the GOMAD diet? Give it a look. Sounds ridiculous but I have always had great results when I do a

cycle of GOMAD!!

Fresh - February 6, 2019, 12:20 am

420/280/545. 23 195lbs. Not impressive but will get them up this year!

C++ - February 7, 2019, 12:28 pm

One leg squat will be the main goal for my year as one arm pushup.

frostbite - February 7, 2019, 7:29 pm

Age 24

Currently weigh 200

Squat: 495

Bench: 335

Deadlift: i dont

Don't really aim for strength ;)

Grimzyy - February 8, 2019, 3:45 am

(Feb 7, 2019 08:29 PM)Frostb1te Wrote: [\[CITE\]](#) Age 24

Currently weigh 200

Squat: 495

Bench: 335

Deadlift: i dont

Don't really aim for strength ;)

you the guy with the avatar with the crazy vtaper?

Ziamerkov - February 27, 2019, 11:14 pm

My lifts are

Squat: About 370lbs or 170kilos. Doing around 12 reps on 315.

Bench: 257.5 lbs. 115kg

Ohp - 75 (standing) about 80 sitting. Kilos of course. 180 lbs.

My bodyweight is around 179lbs.

OP, how long have you been excersising and are you on gear or nah?

Oh, and my age is 17.

boost - February 27, 2019, 11:16 pm

(Feb 28, 2019 12:14 AM)Ziamerkov Wrote: [\[CITE\]](#) My lifts are

Squat: About 370lbs or 170kilos. Doing around 12 reps on 315.

Bench: 257.5 lbs. 115kg

Ohp - 75 (standing) about 80 sitting. Kilos of course. 180 lbs.

My bodyweight is around 179lbs.

OP, how long have you been excersising and are you on gear or nah?

Oh, and my age is 17.
Damn, I'm weak af! lol

What's your height?

(Feb 6, 2019 01:20 AM)Fresh Wrote: [\[CITE\]](#) 420/280/545. 23 195lbs. Not impressive but will get them up this year!

I didn't know you strong haha

Good stuff though mayne!

Ziamerkov - February 27, 2019, 11:19 pm

(Feb 28, 2019 12:16 AM)boost Wrote: [\[CITE\]](#) Damn, I'm weak af! lol

What's your height?

Im 188cm which both rocks and sucks lol. Hard to develop great asthetics lol. Also it does not benefit most lifts lol

looks much bigger in the end tho

How old are you, and weight etc?

boost - February 27, 2019, 11:25 pm

(Feb 28, 2019 12:19 AM)Ziamerkov Wrote: [\[CITE\]](#) Im 188cm which both rocks and sucks lol. Hard to develop great asthetics lol. Also it does not benefit most lifts lol

looks much bigger in the end tho

How old are you, and weight etc?

Nice haha I'm 23, 178 cm, and 165 lbs atm. Def looks like I need to hit the gym harder

Ziamerkov - February 28, 2019, 5:53 am

yeah and my. goals are 315 in bench by 2020. probably wont make it but still.

probably like 400 in squat

hampros2 - February 28, 2019, 7:08 pm

18 yrs old

bodyweight is around 240 @ 6'3

525 squat

405 paused close grip bench

650 dead

goal is 405 for reps on bench lol