

Forum: [Hack Forums](#)

Thread: [Bodybuilding](#)

Braforz99 - January 7, 2024, 4:49 am

What do You think about bodybuilders

diiiaz - January 7, 2024, 5:39 am

Cool. Respect for people that take good care of their body.

user_1928375 - January 7, 2024, 7:06 am

I don't particularly like the HUGE and over musculare ones.I think being strong is the goal for gyms and not the looks only.

Jamika - January 7, 2024, 7:24 am

I hate them, watching them feel gay for me

CyberSex - January 7, 2024, 7:47 am

I believe theirs a point to where body building can become an issue, but if your doing it because it makes you feel better or more confident go for it!

an4l 1st - January 7, 2024, 8:06 am

they certainly look nice...

except for those that are giants...

I like more Steve Cook and Jeff Seid kind of physique...

diablospartan - January 7, 2024, 8:23 am

well i dont see the point of building a huge body muscle if you are not a body builder who participate in this competition

Just building a nice body muscle and not exagerated it will be enough .Plus girls are not so attracted by guys huge muscles like body builders

blackrose_x0x0 - January 7, 2024, 2:43 pm

I used to watch a lot of bodybuilding content. Guys like Chris Bumstead have extraordinary physiques but my own fitness goals are very different so I've never pursued bodybuilding. I prefer functional fitness over pure aesthetics but to each their own.

Dag0bertDuck - January 7, 2024, 4:09 pm

Bodybuilding is if you did it professional an extreme sport, and most of them push them self with some "bonus" stuff and then it is getting unhealthy. The mountains of muscles also break down your agility. The gorillas are nice to see but i prefer like calistanic athletes. Good and healthy exercise, endurance and strength.

Zalbai - January 26, 2024, 6:14 am

I think bodybuilding is purely for competition. It's just pure muscle, but where is the strength?? Most of the time everyone has big muscles but no strength....

This video may be helpful to understand:

<https://youtu.be/g7TB6eBhU1M?si=pufjrzE7WjwJH5bR&t=78>

Komodo - January 27, 2024, 8:39 pm

(Jan 7, 2024 03:43 PM)blackrosex0x0 Wrote: [\[CITE\]](#) I used to watch a lot of bodybuilding content. Guys like Chris Bumstead have extraordinary physiques but my own fitness goals are very different so I've never pursued bodybuilding. I prefer functional fitness over pure aesthetics but to each their own.

It's just such a rollercoaster of a physique.

Yea you're fuckin huge and cut at the same time, but you're definetly taking injections that are straining your heart.

Guys like Chris, Sam Sulek, Tren Twins, they're going to have heart attacks in the next 20 years.

Or end up like my man Ronnie and barely be able to walk you've lifted so much weight.

Love them to death, but it sucks in the longrun.

neightworks. - January 29, 2024, 3:13 pm

(Jan 27, 2024 09:39 PM)Komodo Wrote: [\[CITE\]](#) It's just such a rollercoaster of a physique.

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Since I've been deep diving this rabbit hole lately while Chris and other Classic Physique people are ripping gear is don't think they're going nearly to the point Ronnie, Priest, or any of those old guys. Unless he's said otherwise I don't think Chris is taking a tren, which obviously Sam and others influencers are. I think long term Cbum will be "okay" unless he has underlying conditions.

Not to mention the science that has come out since Ronnie and the ability to accurately control cycles in the "healthiest" way possible.

(Jan 7, 2024 06:39 AM)diiaz Wrote: [\[CITE\]](#) Cool. Respect for people that take good care of their body.

No bodybuilder or powerlifter is "taking care of their body"

Eran - January 31, 2024, 2:14 am

Bodybuilding as a lifestyle, eh. Respect for them of course, but it seems like an overkill to me. I know a few guys who would let a bad gym session ruin their entire day or if they didn't get enough macros in for the day as well. It's dedication to the extreme. I go to the gym and always try to get a better body but it isn't everything my life revolves around.

iiFinance - January 31, 2024, 10:04 am

If you were to look at me...I look like I compete in mens physique (now I do). But I'm also not natural. I'm not some freakish monster though but I don't even compete in bodybuilding.

I lift because I love it. It's a hobby, and a healthy hobby.

anoncrab - February 13, 2024, 1:10 am

Bodybuilding can be good, but I try not to overdo it. I respect the bodybuilders who are muscular but not TOO muscular to the point where they will have a heart attack.

banefuldrummer - August 31, 2024, 1:22 pm

They have my respect.

illuminati? - September 2, 2024, 9:31 am

(Jan 7, 2024 05:49 AM)Braforz99 Wrote: [\[CITE\]](#) What do You think about bodybuilders

I think a vast majority are bullshitters and liars, I also believe a vast majority are roid pushing wankstains.

RangoWorld - September 4, 2024, 5:46 am

I think many use steroids and other stuff. Which is not good. I don't like watching extremely buff guys.