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Thread: [How To Avoid Being Prone To Injury](#)

P1N7 - January 7, 2025, 8:12 pm

Oh how different my life would be if I were not an amateur at everything. Recently I was forced to cleanse of all toxins, using over the counter methods and supplementing meals with fruits and smoothies. This post is not about macros and other nonsense that you'll find in the bulking section. When you are able to do 100 plus chin-ups effortlessly you'll never want to gain an ounce. Around the same time of dolphin flopping on the pull up bar past 150 reps, one unfortunate game of knockout against a plus sized competitor resulted in a torn bicep or ligature (I still don't know what happened). Ensue the cheeseburgers and fries to try and get healthy and back to being in the best physical condition I have ever been. I can now do 30-40 body weight pull ups or hang downs, twice I have tried powerlifting and to no avail cutting down anywhere near the bfi I was at results in some flab and more voluptuous than lean.

Flan. - January 23, 2025, 1:09 pm

Have you considered incorporating more resistance training into your routine to help build muscle and maintain a lean physique? It sounds like you have a strong foundation with your pull ups and powerlifting attempts, so adding some weight training could help you reach your goals. Keep pushing yourself and stay dedicated to your fitness journey!