

Forum: [Hack Forums](#)

Thread: [RFK's Routine](#)

Omniscient - March 13, 2026, 12:25 pm

I can go with that. I try to keep my gym time short as well. It's about 30-45 mins most days. He goes to 12 reps and failure and I try to do 6-10 (mostly around 8). But RKF older than me so I can see why he might do more reps but lighter weights. He's in excellent overall shape. Probably the best of any politician anywhere near his age.

At 70 years old, he's crushing it.

Cowboy9301 - March 13, 2026, 12:40 pm

That dude is kind of off his rocker, but he is in good shape for 70.

Komodo - March 13, 2026, 1:48 pm

Depends on the muscle and exercise.

4-8 reps is usually for strength.

Anything more than 8 is for muscle growth.

I like going for a warm up set, and then I keep adding weight and going to failure. Has shown me the most progression.

Omniscient - March 13, 2026, 1:58 pm

(Mar 13, 2026 01:48 PM)Komodo Wrote: [\[CITE\]](#) Depends on the muscle and exercise.

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And yes, I actually prefer the strength over the physical appearance. I want to BE STRONG and not LOOK STRONG. I'm now watching guys in the gym who absolutely appear bigger than me and I watch their sets and can see that the weight they do is basically within my own ability. Eventually my appearance will likely match my strength over time, no rush for me though.

I also do a warmup set to get those muscles and joints lubricated. Depending on where I am in the workout it could be 5-10 reps of lighter weights before I go up. Sometimes I'll do progression with sets by increasing weight but sometimes I'll instead lower weight just one notch because I do go to failure and I want to be able to get same amount of reps in with more sets. What I don't want is less than 5 reps in any set. If I can only do 3 reps, it's too much weight.

Komodo - March 13, 2026, 2:02 pm

(Mar 13, 2026 01:58 PM)Omniscient Wrote: [\[CITE\]](#) And yes, I actually prefer the strength over the physical appearance. I want to BE STRONG and not LOOK STRONG. I'm now watching guys in the gym who absolutely appear bigger than me and I watch their sets and can see that the weight they do is basically within my own ability. Eventually my appearance will likely match my strength over time, no rush for me though.

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I agree. I love watching ego lifters.

I've actually been watching a lot of Sam Sulek and might try his method. He does a single warm up set, and then jumps immediately to his heaviest weight, only doing 2-3 sets per exercise, going to absolutely failure.

He's done some workouts with some very famous bodybuilders and they've been talking about it lately. I'm interested in some statistics.

Omniscient - March 13, 2026, 3:07 pm

(Mar 13, 2026 02:02 PM)Komodo Wrote: [\[CITE\]](#) I agree. I love watching ego lifters.

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If I was younger I could probably push higher weights but I don't like risking injury. I got a buddy does 5 sets of 10-12, he's 60 years old now, in relatively good shape, very strong, but his diet is mediocre and he's always hurting himself. He thinks my workouts are shit meanwhile, I'm seeing my gains, losing weight, eating well, and I haven't injured myself. He literally tore both his biceps (along with many other very serious injuries).

Komodo - March 13, 2026, 7:22 pm

(Mar 13, 2026 03:07 PM)Omniscient Wrote: [\[CITE\]](#) If I was younger I could probably push higher weights but I don't like risking injury. I got a buddy does 5 sets of 10-12, he's 60 years old now, in relatively good shape, very strong, but his diet is mediocre and he's always hurting himself. He thinks my workouts are shit meanwhile, I'm seeing my gains, losing weight, eating well, and I haven't injured myself. He literally tore both his biceps (along with many other very serious injuries).

Good for your buddy, I love walking around the gym and seeing people 60-80 still getting it.

I'm in the same boat, I go to failure but it's in the higher rep range. I'd rather have strength and function than growth. Getting to the point where 1/2 my workout is warming up anyway.

Omniscient - March 13, 2026, 7:42 pm

lately been warming up with cardio ski machine for an intense 15 mins, by the time I am done I am ready for everything else

Komodo - March 13, 2026, 8:00 pm

(Mar 13, 2026 07:42 PM)Omniscient Wrote: [\[CITE\]](#) lately been warming up with cardio ski machine

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I tried that once and absolutely hated it, props to you for 15 mins.

I was out of breath like a bitch 30 seconds in.

Omniscient - March 14, 2026, 10:33 am

(Mar 13, 2026 08:00 PM)Komodo Wrote: [\[CITE\]](#) I tried that once and absolutely hated it, props to you for 15 mins.

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I use a cardio elliptical machine, the ones where you can increase elevation and resistance. It also has the arm (ski poles) for additional movement and stability. So it's sort of like cross country skiing.

The machines goes from 1-20 on each of the two settings. I start on 1 and 1. I do that for 1 minute at a reasonable pace. After the min I go 2 and 2 and keep going. By the time I'm around 5-6 mins in I am fully warmed up and into a groove. By the time I hit 10 and 10 I'm doing a full leg workout not just cardio. At that resistance and elevation I can feel my legs blasting along with my heart rate around 145-155. I did that for a few weeks and now I start 2 and 2 and do about 14-15 mins ending up closer to a 12-12 setting. And my legs love it, feel a ton of extra muscles coming in strong. I only really started doing it that way about 2 months ago. Before that I wasn't regularly doing cardio and I don't really do leg days often enough. Now, I get what feels amazing for legs and cardio. And I do it under 15 mins.

Komodo - March 14, 2026, 1:15 pm

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What else do your leg days consist of? Out of curiosity.

I can't do any cardio at the gym, I get way too hot and hate it at a gym. I have my bike at home, a treadmill at home, or I run outside depending on the temp.

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I don't like weights, I prefer the machines. I'm not good with the names of the machines. A leg press, some bendy shit, just machines.

Komodo - March 14, 2026, 1:55 pm

(Mar 14, 2026 01:23 PM)Omniscient Wrote: [\[CITE\]](#) I don't like weights, I prefer the machines. I'm not good with the names of the machines. A leg press, some bendy shit, just machines. Leg press and leg extensions, gotcha lol.

Machines are solid, nothing wrong with them.

Omniscient - March 14, 2026, 3:00 pm

(Mar 14, 2026 01:55 PM)Komodo Wrote: [\[CITE\]](#) Leg press and leg extensions, gotcha lol.

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My son made a valid point that you get better stabilizing training with free weights. But I'm more concerned with form and reducing injury risk. I find the whole weights area annoying. I am nowhere near max weights on the machines, nor do I ever think I'll be that strong. Great thing about machine, it's a seat and to change weights takes 3 seconds and when I'm done I just walk away. The whole culture of having to place your weights and remove them for every exercise is time consuming and I find it annoying.

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There's a valid argument that squatting is one of the best exercises you can possibly do for your body in terms of function AND muscle gaining.

At the same time, we're both old. If squatting is the #1 exercise and leg press is the #8th or wherever the hell it falls, I'll take that reduction lol.