

# Chad Bible

*CatboyKami*

# Introduction

I'm CatboyKami and I hate... Wait, wrong book.

This book is intended to tell you everything you need to know about working out and dieting.

The original idea for this book came out of the frustration I felt towards the online fitness industry. I knew that everything someone needs to know about diet and exercise could be explained in a few hours, yet a single source for that information was unavailable. Instead, it was scattered across many short videos. To add to the confusion, those videos were amongst many others with irrelevant or contradictory information.

The reason for this is because what people need to know is simple, so it's not possible for someone to become a fitness influencer by sharing that information. They'd make a single video and run out of content. So in order to maintain a career, these people dilute what you need to know in a sea of trends and other useless info.

I have no interest in becoming a fitness influencer and I'm sick of those people wasting everyone's time. So take the information you need to know and get on with your life.

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# **Injury Prevention**

## **It's a marathon, not a race**

What's the most important thing to know when building muscle? It's a marathon, not a race. Nothing will kill your progress more than injury. No matter how hard you go in the gym one time, it won't matter if you hurt yourself and need two weeks or even months to recover. You will be far behind the version of yourself that remained uninjured and kept lifting during that time.

So whenever you go for a PR or try to impress your friends or people on the internet or whatever, remind yourself:

It's a marathon, NOT a race.

Don't sacrifice good form to try and lift more weight, it doesn't look impressive anyway.

## **I'll just not workout to stay safe!**

You may think to yourself, "If working out is so dangerous I'll just not do it to stay safe." But that is the most unsafe thing you could do. For the million ways you could hurt yourself in the gym if you don't follow my advice, there's two million ways you'll hurt yourself in daily life if you never workout and strengthen your body at all.

## **Spine alignment**

One of the most important techniques for maintaining good form and thus preventing injury is activating the right muscles to maintain proper spinal alignment.

Standing up straight with your arms by your side, bring your elbows towards the floor, you'll feel your lats activate – the muscles on the sides of your torso towards your back.

Then flex your core. A good way to get a feel for this is to say the word 'push' and feel the muscles around your belly button contract

as you say it. While keeping your core activated and your lats engaged, try to arch your back. You'll notice you can't do it because you're fighting against the muscles you've activated. The more you flex them, the more they'll protect you.

This technique is extremely important for keeping you safe and maintaining good posture. I'll be referring back to this later when I go over specific exercises.

There's another trick to ensure good posture that I like to call the broomstick method, where you fasten a broomstick along your spine by wrapping tape just below your chest and also around your belly button. The stick strapped to your back should make contact with your tail bone, leave a gap so someone could hold the stick around your low back without touching you, make contact with your upper back between your shoulder blades, and make contact with the back of your head.

Many years ago I hurt my lower back very badly to the point that I could barely walk. With the broomstick method, I was able to deadlift normally with no pain so long as I maintained the three contact points throughout the movement. I would suggest trying the broomstick method at least once to understand how your posture feels while you maintain the correct contact points.

Correct posture greatly improves the physical appearance of men and women alike.

If you're going to the effort of improving your appearance with diet and exercise, get the most out of your investment by paying attention to your posture throughout the day.

## **What is good form?**

Good form means doing the full range of motion of an exercise with correct posture. This ensures the targeted muscles go through full contractions and pressure is not placed on any joints or muscles or tendons that are not intended to be targeted and could otherwise be injured.

I'd like to stress the importance of muscles going through full contractions not only for safety, but performance also. You will build more muscle if you do full range of motion with less weight than you will by doing partial range of motion with more weight.

Good form includes not locking your joints when at full extension as locking joints offloads weight from your muscle onto your bones. There should be a slight bend in your joints by default due to muscle activation – you'll notice for example, it's hard to lock out your elbow if you're flexing your arm. But it's worth noting as I've seen beginners make the mistake many times.

Whenever you want to do a new exercise, you should look at lots of YouTube videos explaining how to do the exercise with good form. It will save you a lot of pain and suffering and ultimately stop you from wasting your time. I've included explanations of good form for every exercise I do, but don't let that stop you from doing your own research to have it explained to you in different ways to better make sure you've got it right.

# Workouts

## Reps, sets, and rest periods

If your goal is simply to build muscle and look good, there is no reason to ever do less than 10 reps in a set. Lower rep sets just make it easier to hurt yourself. If you can do 15 slow and controlled reps with good form, increase the weight. If you are only able to do less than 10 reps, lower the weight.

The only logical reason to ever do less than 10 reps on a lift is if you compete in a sport that requires it, like powerlifting. But if you are playing a sport you are, by definition, accepting the fact that you are going to get injured. Sports force people to conform to them. With our goal of building muscle, we do the opposite and have the exercise conform to us to build the most muscle as safely as possible.

For sets, follow the 10% rule. That means once your strength has dropped 10% below what it was during your first set, move on to the next exercise. For example, if you bench 100kg for your 1st set for 13 reps, then on your 5th set you can only do 100kg for 11 reps, you have lost at least 10% of your strength since your first set and it's time to move on to the next exercise.

For rest time between sets, you should wait for your heart rate to go down so when you do your next set, your muscles fail before your cardio. To achieve this, you'll need approximately a six to one ratio of rest to working set. In other words, if you lift for around a minute, you'll need about 6 minutes of rest. You could also monitor your heart rate until it gets below a certain threshold. For example, you might observe that it doesn't drop lower than 120 beats per minute (bpm) whether you wait 3 minutes or 8 minutes. So instead of waiting an arbitrary amount of time, you could wait until you reach a target bpm knowing that it won't go much lower.

## **Workout program/routine**

Front squat day

-Front squat

Bench day

-Bench press

-Barbell rows

Pullup day

-Pullups

-Incline bench

Back squat day

-Back squat

Bench day

-Bench press

-Barbell rows

Pullup day

-Pullups

-Incline bench

Deadlift day

-Deadlift

-Overhead press

The goal of this program is to develop a muscular and proportionate physique safely, efficiently, and cheaply. To achieve this there is a focus on compound lifts, which is another way of saying lifts that use multiple muscle groups. This allows you to workout more muscles in a shorter amount of time and make sure they're all targeted, as opposed to doing isolation exercises which

can neglect certain muscles over others and result in an imbalanced and disproportionate physique.

Machines are avoided as they offload stabilizer muscles and reduce their development in proportion to prime movers. Weak stabilizer muscles result in a weak body that is prone to injury, especially in any circumstance where prime movers are used outside of their typical routine. This also heavily limits the list of required equipment, which expands the range of gyms that would suit your needs and makes it more cost effective to buy the equipment yourself.

There are no rest days on this program to better build the habit of going to the gym. The biggest obstacle to progress for most people is a lack of consistency which often comes from viewing exercise as a chore. Working out is a privilege and luxury. Not everyone is healthy enough to do it, and one day for reasons outside of your control, you may not be able to for an extended period of time. So you should take advantage of every opportunity you can and be grateful for it too.

This program is similar to a push/pull/leg routine. But instead of doing all the push on one day and all the pull on another, there's a little bit of push and pull on both days. Not only can this help with recovery, but you'll find your pumped up physique after a gym session looks nicer.

If you choose to workout less than this, that's up to you. Any is better than none, but I don't think taking even a few hours a day to be active out of 16+ waking hours where you're largely just sitting down is too much to ask. Also, during the rest time between sets you can get work done on your phone such as answering emails.

## Tracking progress

Progressive overload is why lifting builds muscle. There's so much debate about different workout programs because they all work. If you stay consistent and gradually lift more than last time – by either adding more weight, reps, or even just holding the bar slightly longer before failing – your body will adapt by growing more muscle. This is why you need to track your progress. Over the course of a busy week you probably aren't going to remember exactly what you did last time you were in the gym, so you won't know how much you need to do to go harder than last time and actually improve.

An easy way to track your progress is with a notes app on your phone. I like to keep it simple and only write down the session number, the weight I used in the last set, the total amount of sets completed, and the reps I did for the last set. I use a dash to separate the data between exercises if there's multiple in a session, such as bench press and rows.

Here's an example template:

### Bench day

- 1: 115. 4. 13 - 110. 4. 12
- 2: 120. 5. 12 - 115. 4. 14
- 3: 125. 5. 13 - 120. 5. 13

### Pullup day

- 1: 0. 4. 12 - 100. 5. 14
- 2: 0. 5. 14 - 110. 4. 13
- 3: 10. 5. 12 - 110. 5. 14

## **Deadlift**

Deadlifting is an important technique to master because just about everyone who doesn't manage to hurt themselves at some point by merely reaching down to pick something up in daily life.

Remember to always maintain a neutral spine throughout the lift by keeping your lats and core activated – refer to the 'Spine alignment' section if you need a refresher.

Position your feet about shoulder-width apart. Jumping on the spot a few times then letting your feet land naturally can help if you're unsure how wide a shoulder-width stance is.

Make sure the bar is over the middle of your foot throughout the lift – this combined with proper spine alignment will prevent the vast majority of errors in technique.

Stare at the ground about two paces in front of you throughout the lift to stop yourself from looking up at the sky like a dork.

Both hands should be in the overhand position when gripping the bar. To check if your hands are a good distance apart, grab the knurling – the bumpy and grippy part of the bar – and extend your thumbs out while maintaining your grip with your other fingers. The tips of your thumbs should meet the beginning of the knurling on either side of the bar. Be sure to wrap your thumbs around the bar like the rest of your fingers when you're actually lifting. Don't use an alternated grip of one underhand and one overhand as this can result in a bicep tear and also promotes muscular imbalances.

To perform the lift, simply stand up while maintaining the previously mentioned queues throughout the movement. Extend your knees until the bar is at knee height, then thrust your

hips forward and squeeze your ass cheeks together like you're trying to stop someone from sticking a finger up your butt. Don't lean back at the peak of the lift as this can cause injury. Also remember to not lock your knees and keep a slight bend in them – your joints will thank you when you're older.

To return to the ground to do another rep, perform the movement in reverse. Move your ass backwards like you're trying to make it touch someone standing behind you until the bar is at knee level. Then bend your knees until the bar is on the ground. It's a little more fluid than exclusively doing one before the other, but performing the movements in order to some degree ensures a proper hinge at the hips – which prevents you from attempting to perform the exercise like a squat by only moving your knees.

## **Back squat**

The most common issue with squatting is a lack of ankle flexibility. This prevents the knees from moving far enough forward and causes the hips to compensate by tucking under the body at the bottom of the lift, which leads to stress and injury of the lower back. To increase the effective flexibility of your ankles, place two weight plates on the floor next to each other and stand on the edge of them with your heels so the back of your foot is elevated and the front of your foot is touching the ground.

While squatting, the bar should be positioned over the middle of your foot at all times. This improves your strength capacity as you are moving the weight along your center of gravity. It also prevents errors in your form because your body must move a certain way to maintain a straight up and down movement of the bar. To position the bar over mid foot while standing, you will need to tip forward slightly. The degree to which you must do so will depend on your anatomy and how you hold the bar.

High bar squatting is when the bar rests on your back above your shoulders and below the neck. Low bar squatting is when the bar rests further down your back and tucks under the ridge of your shoulder blades. Both methods are correct and you should choose whatever's most comfortable. It should be noted that high bar squatting will require you to bend forward less and thereby put less pressure on your lower back.

Your feet should be at least shoulder-width apart. Some people notice their knees and/or back feels better when squatting with a stance even wider than shoulder width.

Always maintain a neutral spine throughout the lift by keeping your lats and core activated – refer to the 'Spine alignment' section if you need a refresher. Yes, I did copy-paste this reminder again, because it's that bloody important. If you forget to do it, I'll come to your gym and cuck you by raping the cardio bunny you're too scared to talk to.

The bar should be set to a height in the rack where you need to bend your knees slightly to get under it, then with it in position, extending your knees lifts the bar enough to remove it from the rack. From there you should take a few steps backward away from the rack and position your feet on the aforementioned weight plates if you're using them. Make sure you have not walked back too far and are still positioned above the safety bars. The reason for walking backward to make space from the rack to squat is so you are facing the rack when performing the more difficult task of rerecking the bar.

Stare at the ground about two paces in front of you to keep your neck in a good position. Your hands should be a similar distance apart as they are when deadlifting.

To perform the lift, bend your knees and gradually tip forward to keep the bar over mid foot. For full range of motion, you should continue down until you're below parallel. Which is past the point where the top of your thigh is flat, or parallel, with the ceiling. Then, stand up while keeping the bar over mid foot and pushing your knees outwards so they don't buckle in towards each other. You should flex your legs as you go both up and down to better protect your knees by ensuring your muscles are fully activated and taking on the stress of the weight.

To bail out of a squat, you have two options. You can either quickly let go of the bar and step forward while standing up straight, which will make it safely fall behind you. Or you can set safety bars to be slightly lower than the bar's position at the bottom of the lift, so you can simply tip forward a little when you bottom out. Make sure to test the safety bars without weight on the bar every workout before you start your first set to ensure they are positioned correctly. I would recommend choosing either one method or the other, because safety bars can get in the way if you attempt to drop the bar.

## **Bench press**

The neutral spine technique is also important when benching. Particularly the part where you bring your elbows down to activate your lats, as this protects your shoulders from rolling into a compromised position at the top and bottom of the lift. You should find that the bar is unable to touch your chest when benching with activated lats. This is because they prevent your shoulder from rolling backwards to where the tendon connecting your chest and shoulder would begin to take on the stress of the weight, rather than your chest and shoulder themselves. At the top of the lift, your activated lats prevent your shoulder from rolling forward past your chest, which can cause injury to the joint by offloading the chest.

Safety bars are important and should be used every time you bench regardless of how experienced you are. Spotters have failed people even in professional settings and shouldn't be trusted. Set the safeties to a level where the bar touches your chest first when you flex it, but touches the safeties first when you unflex your chest. You should set this up before you have weight on the bar. Even if you've been lifting for years you'll occasionally forget to set things up properly, so it's good to form the habit of always making the bar touch your chest and the safeties to ensure they're set at the right height before you start your first set.

The bar should be set at a height on the rack where you need to bend your elbows a little to grab it and extending your elbows slightly, but not all the way, allows you to unrack the bar.

When laying down on the bench, your feet should be firmly planted on the ground. This allows you to perform a leg drive, where you push your feet into the ground for a boost in strength. If you're a manlet and your feet can't touch the ground, you can put plates under your feet.

When laying down on the bench, the bar should be around eye level when racked. When unracking the bar, bring it to just above your nipples. Make sure your lats are activated. Your hands should be a similar distance apart as they are when deadlifting.

To perform the lift, bend your elbows until the bar reaches its lowest point. As you bend your elbows, the bar should travel down your body until it reaches around your sternum. Then, push with your chest and extend your elbows until the bar reaches its highest point. As you extend your elbows, the bar should travel up your body until it reaches the starting position above your nipples. Make sure to leg drive to gain extra core and glute activation. Leg driving should not make your butt lift off the bench.

Your upper back should always remain planted on the bench also. In some bench press competitions, people intentionally arch their back as much as possible for reduced range of motion. Don't do this. As a reminder, ensure you don't lock your joints when at full extension for any lift.

## **Barbell rows**

Getting into position for a barbell row – also known as a bent-over row – is very similar to performing a deadlift, except once your legs are mostly straight you bend forward so your chest is facing the ground. Your chest does not need to be parallel with the ground, but you should maintain an angle of at least 45 degrees.

Neutral spine technique is very important for this exercise as your low back will experience significant stress without proper core activation. Lat activation is also very important because otherwise you can arch your upper back and/or roll your shoulders forward at the bottom of the lift, causing them unnecessary strain.

To perform the lift, once in position, you essentially perform an inverse bench press. Bring the bar towards your chest by moving your elbows towards the ceiling. Try not to swing your body, keep the lift slow and controlled – this applies to every exercise but people tend to make the mistake a lot with rows. Then extend your elbows to move the bar back down to a neutral position, remembering to not roll your shoulders forward at the bottom.

## **Overhead press**

The safer way to set up for overhead press is to position the safety bars around the bottom of your chest and use them to rack and unrack. The alternative is performing a 'clean' where you basically deadlift the weight off the ground then flick the bar up to hold it at your chest. This is a pretty dynamic movement that isn't necessary to perform an overhead press, so I don't recommend doing it, as for most people the increased risk of injury isn't worth the added convenience of not needing to bother with a rack.

Neutral spine through strong core and lat activation is important when overhead pressing for protection from the large lever the weight generates due to being so far away from your body at full extension. Leaning backward during the lift will direct a lot of unnecessary force toward the spine and could result in injury. Overhead press is often performed seated, however this is ill advised as this causes your low back to be the point where force is directed rather than your feet and the ground.

To perform the lift, stand up straight with your knees slightly bent, your feet shoulder-width apart, and your eyes looking forward. Hold the bar with an overhand grip around the top of your chest with your elbows directly below your hands. A common mistake is flaring the elbows outward rather than keeping them close to the body. Extend your elbows by pushing the bar towards the ceiling and move the bar slightly rearwards once it clears your face so it travels directly over your head. Make sure the bar does not ever go behind your head, as this is a weaker position due to not being in line with your center of gravity and it also puts your shoulders in a compromised position. Continue until your arms are at full extension, ensuring not to lock your joints at the peak of the lift. Then perform the movement in reverse to bring the bar back to the starting position.

## **Pullups**

Pullups use an overhand grip and chinups use an underhand grip. Pullups work more back while chinups work more bicep.

I consider pullups to be the better exercise because they make you look wider and this program will develop your biceps anyway.

I do sometimes like to switch to chinups immediately after a set of pullups to get a few extra reps in.

To perform a pullup, grab the bar above your head with a slightly wider than shoulder-width overhand grip. Hang from the bar with your legs straight and pointing forwards. They don't need to be at a full 90 degrees, but pointing them forward – instead of bending your knees so your feet are behind you like people often do – will better allow you to flex your legs and core which surprisingly gives you extra strength for the exercise. Flex your upper back muscles and lats. This should pull any slack out of your shoulders and lift you up slightly. Flex your legs and core. Your entire body should feel strong and energized like it's going to explode. This will also help to stabilize you and prevent swinging during the movement. Pull your chest towards the bar by bending your elbows and pulling your shoulders and elbows down. Full range of motion is complete when you can no longer move higher because your forearm is pressing into your bicep and the back of your upper arm is pressing into your lats. The bar should be in front of you, not behind your head. Don't release tension as you extend your arms to perform another rep, keep everything flexed and don't allow slack back into your shoulders at the bottom of the lift.

Most inexperienced lifters believe a rep is complete when the chin is only just above the bar, but with full range of motion one can get higher than this. This ignorance usually results in them moving their neck to tuck their chin over the bar, which doesn't make sense as moving the neck does nothing to stimulate the back which the exercise is supposed to target – with correct form the

head clears the bar without neck movement anyway. This mistake probably partly comes from laziness, as it's an attempt to complete an assumed bare minimum with less effort. But those who complete full range of motion will be rewarded.

Swinging the body so momentum assists in completing the pullup is another common mistake with the same flawed reasoning.

It's not the arbitrary number of pullups you do that determines your progress, it's the tension your muscles experience, which cannot be tricked. Doing slow and controlled reps with full range of motion and without any swaying is the most efficient way to apply the tension your muscles need to grow bigger and stronger.

You can use a dip belt to chain plates to yourself if you're able to perform over 15 reps with your bodyweight.

## **Front squat**

I include this squat variation mostly because I enjoy the variety. You can develop your legs just fine with one or the other if you don't wish to do both.

The lift is the same as a regular squat but instead of putting the bar on your back, hold the bar in front of you with an overhand grip and move your elbows up so they point forwards and the bar rests on the top of your shoulders. Your hands will now be under the bar and the bar will press into your throat slightly. This can cause some coughing if you don't front squat regularly. If you lack flexibility, you may be unable to maintain a grip on the bar with a full fist. In that case, it's fine to have only your middle and index finger holding the bar in the same position. The bar mostly just balances across your shoulders anyway so your hands don't provide much support.

Make sure to push your chest out like you're a hoe trying to show off her tits. This will stop your upper back and shoulders from rolling forward. You want your elbows to be pointing straight ahead. If they start pointing downwards, stick your chest out more.

Lat and abdominal activation to maintain a neutral spine is obviously important, so I'm mentioning it here once again as a reminder.

Like a back squat, it is important to have the bar maintain the path of a straight and vertical line above the middle of your feet for the entire movement. For front squatting, you'll need to lean forward less than you do when back squatting to achieve this.

## **Incline bench**

This variation of bench pressing better targets the upper chest. You don't need to do it if you'd prefer to just do more regular bench pressing or don't have an adjustable bench.

Set your bench to around a 30 degree angle. Don't set it higher than 45 degrees as this promotes too much shoulder activation and defeats the purpose of the exercise to where you should just do overhead press instead. You'll notice the bar has a tendency to tip forward towards your lap due to the angle. It will take some strength to stabilize it and you will not be able to lift as much as you can while flat benching. Aside from this, the technique is quite similar to flat benching.

## **Stretches, warmups, and managing muscle soreness**

If there's any cardio in your routine, do it after you finish lifting. You don't want your lifts to be limited by a fatigued cardiovascular system before they're limited by muscle fatigue. Given that the purpose of cardio is to fatigue your heart and lifting provides some cardio fatigue also, lifting first does not hinder your cardio progression.

Instead of dedicated preworkout stretches, I suggest just doing the workouts you normally do with half the weight as a warmup set. Make sure to achieve full range of motion and move slowly back and forth over any parts of the movement that feel tight.

This is also a way to manage muscle soreness that occurs a day or two after lifting. With a much lower weight than normal, slowly moving back and forth through the point of the lift that's the most sore tends to get the pain out all at once, which seems to drastically improve recovery times. I assume this is due to increasing blood flow in the area with muscle soreness.

Please make sure you understand the difference between typical muscle soreness and actual pain that indicates some type of injury, likely from bad form. Muscle soreness can be ignored safely, but ignoring pain is stupid and dangerous.

Many new lifters quit early on due to muscle soreness.

What they should know is that if workouts remain consistent, the body adapts usually within a few short weeks to where there's no soreness during a workout. The body simply stops moving during a lift if it can't do anymore, similar to the feeling of pushing against a wall. Post-workout muscle soreness is also greatly diminished if not eliminated. When returning to lifting after an extended break, it will again take some time to adapt. I've noticed magnesium supplementation seems to help with muscle soreness also.

The best stretch I have ever found and the only one I use on a consistent basis is the low back hang. To perform this absolute miracle, simply hang from a pullup bar with your knees bent so your toenails touch the ground but don't support any weight. The top of your feet touching the ground like this helps provide stability so you don't engage your back muscles to prevent yourself from swinging. Then, drop your weight around your hips. You should feel a pull in your lower back and you might hear some popping sounds. Holding this stretch for even just ten seconds can take you from feeling like a paraplegic to a normal person again. You can also try slightly shifting your hips to one side to achieve a deeper stretch on the side of your back that feels tighter.

A helpful variation of the low back hang when you don't have a pullup bar around is to use a table that's about hip height. Place your hands flat on the table, shoulder width apart so your body may fit closely between them. Fully extend your arms and brace them. Tilt forward and bend your knees so your feet don't

touch the ground and your weight is supported by your arms. Drop your weight around your hips. You may need to slowly tilt back and forth to find the ideal angle for the stretch. You'll feel a similar pull in your lower back as the method with the pullup bar.

### **Woman lifts (Mewtwo build)**

A large element of bodybuilding is achieving an aesthetically ideal silhouette. For men, this means wide shoulders and a narrow waist with big legs. The wide shoulders make one look big and intimidating, the narrow waist accentuates the width of the shoulders, and big legs give a stable foundation preventing one from looking top heavy and weak.

For women, wide hips are the feature that make a silhouette appear more feminine and desirable. This is cross-cultural. In every population on Earth, including uncontacted tribes, when studied it is found that women with wider hips are considered more attractive. So to achieve the optimal female silhouette, upper body exercise should be avoided. An increase in size of the arms or shoulders will reduce how wide the hips appear, making the silhouette seem more masculine. Basically, you want to look like Mewtwo from Pokemon. Squats and hip thrusts are the only weighted exercises you need to do as a woman and most other lifts will be counterproductive. This will build your legs and ass while keeping your upper body small. Bigger at the bottom and smaller at the top means wider looking hips.

## **Buying workout equipment**

Part of the goal of this guide is to keep the required equipment to a minimum to reduce the barrier to entry for new lifters. I'll list all the specific equipment I've purchased to give an idea of what features to look for. I've never spoken to or received compensation from any of the listed companies.

**Barbell: Bells of Steel Powerlifting Bar (\$270) – purchased from their website**

The cheapest bar I could find at the time that provides aggressive knurling. It's annoying when your hand slips along the bar during a lift forcing you to stop and I don't have that problem with this one. Cheaper bars tend to have inferior grip texture or nonstandard weight and dimensions. It's available in bare steel which in theory should allow for a stronger grip than bars with coatings over their knurling but I haven't ever done a side by side comparison to see how much this matters. My gym is indoors so a coating would be unnecessary anyway.

I've heard good things about the Rogue Ohio Power Bar which appears to be the same price these days but I haven't tried it myself. I would recommend getting whichever one is cheaper including shipping.

**Squat rack with pullup bar: CAP Barbell FM-905Q (\$120) with Safety Catches (\$30) – purchased from Amazon**

Make sure you buy the safety catches as they are a separate purchase not included with the rack. Don't be an idiot and skip them for the sake of \$30.

More expensive squat racks and power racks aren't necessary in the majority of circumstances. It is unlikely you will ever exceed the weight limit of this cheap rack. Especially if you always aim for at least 10 reps per set.

I also recommend getting a cheap electric drill. It will significantly speed up assembly of the rack – and disassembly, if you ever move house. The rack uses bolts compatible with a 6mm hex bit, so make sure you have one of those for your drill.

Bench: *REP Fitness AB-3100 Adjustable Weight Bench* (\$270) – purchased from their website

I tried cheaper adjustable benches before this one and they all wobbled, which is unsafe and impacts your ability to maintain good form. If I was to get a cheaper bench than this, I would get a nonadjustable flat bench and just skip incline bench pressing in favor of more flat benching. I would not recommend getting a cheaper adjustable bench than this.

I like the vertical metal bar the bench rests on when in the flat position for added stability, although I've never had it move on me in vertical positions either. I also like the wheels that make it easy to move the bench in and out of the rack – not all benches have those.

Weight plates: *CAP Barbell Olympic Bumper Plate 190lb set* (\$195) *45lb Single* (\$47) – purchased from Amazon

I bought different ones from Walmart back in the day but these are cheaper and what I would buy if I was buying equipment again. It's probably worth checking the second hand market even if you're buying your other equipment new since weight plates are all mostly the same.

I like bumper plates because they make less noise than metal plates and I don't need to worry about them damaging the floor of wherever I'm living at the time.

When unboxing bumpers for the first time, they usually have a coating of oil you need to wipe off. New bumpers can take several weeks to offgas. So unless you want your gym to smell like an abo has been huffing petrol, keep the windows open. After the offgassing process is finally over, bumper plates don't influence the smell of a room at all.

I like using a 10lb, 15lb, 25lb, 45lb set because 35lb plates seem dumb when I can just use the 10 and the 25 together. Which is why I recommend getting a 190lb set along with as many 45s as you need for your heaviest lift. I don't think plates lighter than 10lb are necessary as you have a range of 10 to 15 reps for gradual improvement before adding weight.

# Diet

## What is a good diet?

Firstly and most importantly, a good diet is one that only has foods you enjoy eating. If your diet has foods you don't like, change your damn diet! You're not going to stick to a diet that has foods you don't like.

Much like lifting weights, when it comes to dieting, it doesn't matter how hard you go for a few days or weeks. Consistency over a very long time is the only way to achieve the result you want and maintain it. A lot of idiots think, "I'll just suffer and be miserable on a diet for a few months, hit my goal weight and then..."

Well they usually don't have a plan after that. Which is why success rates with dieting are so low. You should avoid any form of fasting for the same reason also, going without food when you're hungry will make you extra hungry and more likely to binge eat.

People don't realize that whatever diet you use to hit your goal physique is the one you're going to have to stick with for as long as you want to maintain your physique. In other words, the diet never ends. So you need to come up with something you'd be happy to stick with for the rest of your life. That way, you will gradually reach your goal without suffering at all and never fall back into bad habits.

For some, myself included, the biggest issue with sticking to a diet is not how good the food tastes. Rather, the biggest issue is convenience and ease of preparation. If getting food is more complicated than throwing something in the microwave for a few minutes, I'd usually prefer to just not eat, even if I'm hungry. So an important part of developing a diet that works for you is being honest with yourself about how much time you're really willing to spend in the kitchen each day.

## **Macros, micros, and calories explained**

Macronutrients are carbs, protein, and fat. To remember how many calories are in 1 gram of each, just remember the 4, 4, 9 rule. 4 calories in a gram of carbs, 4 in a gram of protein, and 9 calories in a gram of fat – also 7 in a gram of alcohol but I would advise against consuming alcohol in the first place. All this can be useful to know depending on how autistic you want to get later on with your meal planning.

Your body uses protein as building blocks to repair and build tissue, in our case we care about muscle. It uses fat to create hormones, very important to keep you alive. And it uses carbs as an energy source, although it uses calories in general for energy. Some idiots suggest eliminating certain macronutrients from one's diet. I address some problems with this in the 'Carnivore diet' section.

Micronutrients, as their name suggests, are consumed in far smaller quantities than macronutrients. Unlike macros, most micros don't provide calories. Micros are things like vitamin A, vitamin B, zinc, and copper. Your body uses them in all sorts of different ways to maintain internal processes and keep you alive. Being deficient in any particular micronutrient can cause anything from low energy and poor recovery times to various illnesses and even death. Even in wealthy countries, much of the population is deficient in certain micronutrients without realizing it. These people are so used to the feeling of their body performing suboptimally that they consider it normal.

Calories, as mentioned above, are what your body uses for energy. If you consume less energy than you burn, your body will burn some of your stored fat to make up the difference. If you consume more energy than you burn, your body will store the extra calories as fat. Eating fat does not inherently cause your body to store fat.

The only cause is overconsumption of calories, regardless of their macronutrient profile. There are all sorts of stupid myths surrounding how this very simple system works, they usually come about from someone trying to sell something to the ignorant – which requires a more complicated narrative than calories in, calories out. No matter what anyone tells you, just remember the first law of thermo-dynamics: matter cannot be created nor destroyed, it can only change forms. If anyone suggests something that violates basic laws of physics, I'd suggest you not waste your time and ignore them.

### **How much protein?**

A daily intake of 1.65 grams of protein per kilogram of bodyweight is the absolute maximum studies have shown to have a measurable impact on muscle growth. Eating more protein than this is not going to cause harm, but it's not going to provide any benefit either. Don't go thinking you need more because you're somehow special, tests also found advanced lifters require less protein, not more.

If you want sources on the subject, go fuck yourself. If you don't believe me, I don't know why you're reading in the first place. This project is plenty big enough already without getting into citations that aren't going to be read by the midwits asking for them anyway.

If you're significantly overweight you should calculate your protein requirement based on your lean bodyweight rather than your total bodyweight. For example, if you're 100kg and 30% bodyfat, drop your bodyweight in the calculation down to 70kg. If you already have visible abs, it's fine to just do the calculation using your full bodyweight. Which is why I also often say, "1.5 grams of protein per kilogram of bodyweight". Because it's easier to remember and

somewhat accounts for relatively lean individuals calculating using their full bodyweight for convenience.

If you don't have visible abs and need to estimate your bodyfat percentage, image search for bodyfat percentage comparison charts and look through multiple to get a rough idea of where you're at. Make sure to specify male or female as it's quite different between the sexes.

Muscle protein synthesis is, as the name suggests, the process of your body integrating the protein you have consumed into new muscle tissue. To optimize this process, you should be eating servings of protein throughout the day – 4 to 5 times is plenty. You don't need to be a complete autistic about it and make sure you're eating exactly one fourth or one fifth of your total protein requirement each meal. Just make sure you have a good source of protein in every meal. For example, instead of eating all fruit for one meal and steak with a protein shake for another, have the protein shake with the fruit.

Maximizing muscle protein synthesis is a pretty advanced level of optimization that isn't particularly necessary to follow. Simply meeting your total daily protein requirement in any way at all is definitely more important.

It's also unnecessary to consume protein immediately after a workout, although this is often emphasized as extremely important in an attempt to sell more protein shakes. Even if you don't eat for several hours after lifting, this won't significantly impact your progress. Protein shakes are simply a type of food. Use them if you enjoy them or appreciate the convenience, but there's nothing special about them and you don't need them.

## **How many calories?**

Simply weigh yourself at the same time each day, record the result and see over the course of a week or two if you've gained weight or lost it. If you're trying to lose weight and you didn't, eat less next time or move a little more or both. If eating less makes you feel hungry, you need to eat less calorically dense foods. What would fill you up more? 100 calories of broccoli or 100 calories of Oreo cookies? That would be about 2 full cups (350g) of chopped broccoli versus about two and a half Oreos (28g).

Avoiding calorically dense foods can often allow people to maintain a healthy weight by eating until they're full and without tracking calories.

When reading a label to determine how many calories there are in a food, be aware of how much you're actually going to eat. Labels will often list calories according to a 'serving size' that is far below what someone would usually consume in one sitting, such as a pack of something intended for one person being listed as two servings. So it's often helpful to find out how many calories food has per 100g when making comparisons.

If you're struggling to lose weight or you want to be more precise for optimal performance, you should weigh your food with kitchen scales. This allows you to calculate your exact intake. Whenever I've done this in the past, I've eaten the same thing every day so I only needed to do the calculations once.

You should avoid losing more than 1% of your total bodyweight per week, 0.5% would be an even better target.

Losing weight slowly like this will allow you to retain more muscle and make it easier to stick to the diet as it will require a far more manageable caloric deficit. It will also reduce the risk of developing stretch marks.

Once you're at a bodyfat percentage you're happy with and just want to gain muscle, keep in mind that providing resources beyond what your body can use, so you gain bodyfat, will not help you build muscle. Studies have shown that one can build 70% as much muscle in a caloric deficit as they can in a surplus.

Furthermore, there's a limit to how fast the body can grow.

It was found the surplus required for maximum muscle growth was only 30 calories above maintenance. This is an impossibly small amount of calories to track accurately in a home setting, even when weighing all the food you eat. Therefore, simply eating at maintenance – the amount of calories that makes you neither gain nor lose fat – is the optimal target for muscle growth.

### **What should my macros and micros be?**

If you eat the same thing every day for a long period of time, you are likely to experience nutrient deficiencies if micronutrient intake was not considered when developing the diet. Even if your diet has more variety, it's possible there's something you're missing. Thankfully, there are tools available to monitor our micronutrient intake.

Chronometer is a website where you can plug in details such as your age, gender, height, weight, and a list of what you eat.

The site will then generate a spreadsheet showing what micronutrients you are eating too much and too little of.

Too much of a micronutrient can have just as much of a negative effect as consuming too little, so try not to have anything on the list in the red for being too high. If you find you are deficient in certain micronutrients, let's use potassium as an example, you can web search 'foods high in potassium' and find foods that you like the taste of to incorporate into your diet.

If you want to go even further than this, you can do blood tests every 6 to 12 months and get an exact reading of your

micronutrient levels. Your genetics can impact how your body absorbs micronutrients. A blood test would show if you need to eat more or less of a certain nutrient than you expected.

Macronutrient ratios aren't something you need to concern yourself with. Whether you only roughly track protein and calorie intake, or strictly ensure your micronutrient levels are optimal, carbs and fats are present in most foods so you'll be consuming them regardless.

## **Diet examples and ideas**

If you want to lose weight, the first thing you should do is cut all drinks out of your diet besides water and diet soda. This change alone is often enough to lose fat. It is very easy to consume a large amount of calories in liquid form. Water and diet soda both have zero calories and diet soda also satisfies sugar cravings. Diet soda may have an unusual aftertaste if you're not used to it, but that becomes unnoticeable if you drink it regularly. There is often fearmongering surrounding artificial sweeteners, but this fails to account for the golden rule of toxicology: the dose makes the poison. Even water is toxic if you force yourself to drink enough. The levels of artificial sweeteners consumed in food and drink are far below the equivalent that caused toxicity in mouse studies. There are also concerns regarding artificial sweeteners' potential impact on the gut microbiome, although the workings of the gut microbiome in general are not currently well understood. Being overweight is one of the most damaging things you can do to your long-term health. If diet soda helps you remain at a healthy weight, the benefits far outweigh the risks.

Be careful of condiments, dressing, and spreads. They tend to have more calories than you would think and can quickly add up to push you over your caloric limit. Peanut butter is often foolishly listed as a food for dieting despite being one of the most calorically

dense foods in the world, and salad dressing can make a salad contain more calories than a proper meal.

When going out to eat, especially if it's multiple times in a row like on a vacation, if you only order meat and plain fruit you should be able to just eat until you're full. It will be very difficult to overeat and very easy to hit your protein requirement. Things like mash potatoes and vegetables can be made with a whole stick of butter in restaurants, so they can have way more calories than you'd think. It's also easy to overeat grains and sugar like bread, pasta, rice, and dessert.

100g of raw lean meat has about 25g of protein. Meat loses water weight when cooked so 100g of cooked meat would have even more protein. It's fairly easy for a man to eat at least 100g of cooked meat in one sitting. So 4 meals a day that all include a small portion of meat would reach or even exceed most people's daily protein requirement. Just eating some meat like this allows you to hit your protein target while consuming as few calories as possible, leaving more calories left over to eat whatever you want.

Here are some cheap and easy ways to incorporate more protein into your diet:

-Buy a value pack of chicken drumsticks or thighs, preferably on sale. Put them on a tray and throw them in the oven at 205°C or 400°F for about 50 minutes.

This takes hardly any time investment as you can just leave the oven as soon as you put them in. It's very difficult to overcook them so don't be afraid to leave them in for longer. The skin should turn nice and crispy, it's better to pull it off and eat it right away as it's not very good when reheated. There should also be a liquid that forms and thickens in the tray that's the most flavorful chicken dipping sauce ever – like the skin, it's only good fresh. Consider throwing the skin and liquid away if you're struggling to

lose weight as they're mostly a source of fat rather than protein. Once the chicken has cooled, store it in an airtight container in the fridge. Take some out and microwave till warm whenever you need protein. Serve with lemon juice and salt, or hot sauce, or BBQ sauce.

-Buy a large pack of ground beef and cook it all at once on high heat in a large frying pan. Adding some paprika can make the final color much more appealing. Salt and pepper are also recommended. Once fully browned, drain any liquid and refrigerate in an airtight container. Microwave a portion till warm whenever you need protein. Serve with BBQ sauce or ketchup.

-Kill a homeless person. The average homeless person should yield about 30kg of muscle meat. Avoid eating the brain as it greatly increases your chances of contracting a prion disease. Make sure to heat the meat to an internal temperature of at least 85°C to kill any hepatitis or HIV.

-Loot tuna cans off the bodies of homeless 'people' and make tuna slop™. Tuna slop™ is made by mixing drained cans of tuna with mayonnaise and mustard packets which can easily be stolen by the handful from your local McDonald's. Mustard has no calories but mayonnaise is quite calorically dense so use it sparingly. Make sure to only coat the tuna rather than making a condiment soup.

-Fat free cottage cheese and fat free greek or icelandic yogurt (skyr) are all high in protein and low in calories. Make sure to only buy the plain varieties and be careful of over adding things like honey and jam to the point where you'd be better off eating a different protein source with less calories. Blending any of these with protein powder and ice creates a sort of 'protein ice cream'. It requires a fairly powerful blender as it gets quite thick. There's plenty of recipes online if you're interested, I never bothered to

make it again after a few times and I wouldn't recommend buying a blender just to try it. I do, however, really enjoy putting skyr in a glass and topping it with some canned unsweetened mango puree. Much more tasty and far easier to prepare and clean up.

-Milk is great. I've had it almost every day of my life. It would be unusual for me to go a day without drinking a few glasses. 3 glasses of whole milk is at least 25 grams of protein. Of course, if you struggle with overeating you could drink nonfat milk instead to save on calories. Or if you struggle with being black you might not want to drink milk at all. A scoop of protein powder can typically add another 25g of protein. I find all flavored protein powder to be sickly sweet, so I'd only buy unflavored, which just tastes like milk. Although I usually don't buy protein powder at all.

Slop bowl maxxing from Chipotle is a good choice if your time is worth over a certain amount. Sum the hours you spend grocery shopping, preparing food, and cleaning dishes each week. If the value of that time plus the weekly cost of groceries is greater than the weekly cost of buying 2 bowls from Chipotle per day, it makes sense to slop bowl maxx.

This typically only applies to entrepreneurs who can replace the time saved with extra work hours. When getting a bowl from Chipotle, ask for half chicken and half steak. They will try to half fill the serving spoon but usually fill it more than half, essentially granting you 1.5 servings. Then, once they've put both meats in the bowl, tell them to make it a double. This gets you a triple serving for the cost of a double, which gives the bowl about 80 grams of protein from the meat alone.

If you choose to hit all of your micronutrient requirements, rather than just hitting your protein target and keeping your calories at maintenance, the same principle applies. Try to get your micronutrients efficiently by consuming as few calories as you can

while avoiding foods you don't like the taste of. That way you'll have more calories left over to eat whatever junk you want. If you choose to take a multivitamin or other supplements, make sure they are independently tested for purity. Supplements are sold by weight and some don't include what is advertised or even use metal powder to cheaply increase the weight of the product.

# Common Myths and Misconceptions

## **Bulking and cutting (life begins at 15% bodyfat)**

The myth of needing to bulk and cut to progress in the gym comes from a mixture of a misunderstanding of a practice in professional bodybuilding and people in the fitness industry trying to sell you mass gainers and fat burners. When professional bodybuilders step on stage for a competition, they are around 5% bodyfat. The vast majority of people to walk the Earth, even those interested in fitness, will never be 5% bodyfat ever in their entire lives. Staying at such a low bodyfat percentage for a prolonged period of time would kill you. Since one is starving to death in such a condition, in an emergency attempt to stay alive, many bodily functions slow drastically or shut down. Even with the help of performance enhancing drugs, it is practically impossible to build muscle in this condition.

This is why after a bodybuilding competition, bodybuilders will bulk up to a more sustainable bodyfat percentage that will allow them to build muscle in the offseason. This range is around 10% to 15% depending on the individual's genetics. Some professional bodybuilders gain more bodyfat than this, but it is not for any performance benefits. They simply like eating. If you are not below 10% bodyfat – and it is very unlikely that you are – you don't need to bulk.

Another issue is people not realizing that when you gain weight – especially if it's within a short space of time – most of that weight is fat, retained water, and glycogen. It may look like you've gained muscle, but losing weight would quickly shatter the illusion. Life begins at 15% bodyfat. If you're above that, get below it and stay there forever.

## **Carnivore diet**

The carnivore diet consists of exclusively meat and animal products like eggs and milk. Proponents of the diet claim that its obvious micronutrient deficiencies can be disregarded, as nutrients found in animal products are more bioavailable. While there is an element of truth to this, certain nutrients are simply too scarce in animal products for increased bioavailability to make up the difference. Supporters of the diet then argue that being deprived of fruits and vegetables reduces the body's need for certain nutrients. A look at the blood tests of these people show that this is simply not the case.

Blood work also shows followers of this diet have shockingly low testosterone levels. Not only are their total testosterone levels often hypogonadal, but their free testosterone to total testosterone ratio is also low. This suggests female levels of testosterone binding hormones and this issue is present even in those that have decent total testosterone levels.

The bacteria that make up the gut microbiome cannot sustainably eat just fat and protein.

Starving your microbiome of carbohydrates for too long will cause lifetime health complications. You can basically make yourself allergic to various foods by losing the ability to digest them. This has been observed in people who have strictly practised the carnivore diet for extended periods.

While it seems to depend on the individual's genetics, some people's blood level cholesterol goes sky high when on a carnivore diet and levels go back to normal when they reintroduce carbs. In other words, for some people, being in a state of ketosis is a way to speedrun a heart attack.

The carnivore diet can be beneficial as an elimination diet to those with autoimmune issues. However, like with all elimination diets, it is to be deployed in extreme circumstances where the negative aspects of the diet will kill you slower than your autoimmune issue will. The majority of us don't have autoimmune issues and so elimination diets offer all their negatives with no positives.

If the carnivore diet is appealing to you, you can still mostly do it and be quite healthy, just make sure to also eat some fruit. I recommend frozen mango and blueberries as they're cheaper and keep for longer than fresh fruit. They also defrost quite well in the microwave.

### **Lifting weights will stunt your growth**

This myth is one of the worst because it will often cause misinformed parents to get in the way of their children practising a healthy lifestyle in a misguided attempt to protect them.

Lifting weights does not stunt growth, at all. Your height is genetic. The only way you will not reach your genetic limit for height is through malnutrition, which is very unlikely to be an issue if you're reading this in the first place.

Competitive bodybuilders are usually short. This is because it is easier for short people to build enough muscle to fill out their frame. Bodybuilding didn't make them short, they were born short and that made them suited for the sport. Much like how playing basketball doesn't make you tall (or black), but professional basketball players are usually tall (and black).

## **Spot reduction fatloss**

When your body burns fat to compensate for a caloric deficit, it burns fat from all over. It doesn't target one specific spot. Therefore, it's pointless and often counter-productive to focus workouts on the part of your body where you wish to lose fat the most. An example of this would be ab workouts like situps and crunches. While intuition would suggest this would be the optimal way to lose belly fat, ab workouts burn less calories than basically any other exercise. Therefore, anything else that burns more calories would remove belly fat faster and give the trainee visible abs sooner.

Fat distribution is genetic. Some people are genetically gifted and store the majority of their fat in favorable locations like their ass, while other people are not and store more in their belly. The only solution to lose fat in a particular area is to lose it everywhere.

## **Steroids, SARMS, TRT, and PEDS**

Your body is constantly looking for ways to conserve energy. If you take testosterone, or something your body can use instead of testosterone, your body will shut down its natural testosterone production to conserve energy. Ultimately, this will force you into the lifetime commitment of testosterone replacement therapy to maintain basic bodily functions. This is a pain in the ass as you will be required to do frequent blood tests and maintain a relationship with a clinic wherever you go.

This is why as a natural lifter you should focus on getting enough sleep, ensure you're not micronutrient deficient, and get enough exercise to maintain high testosterone levels as you get older. You should exhaust all possible options, rather than just giving up and considering hopping on TRT as an inevitability once you hit a certain age.

Other issues with steroids include horrific acne causing permanent scarring, blading, torn tendons due to muscle strength increasing faster than tendon adaptation, and organ failure.

You don't know how many steroid cycles you can do until your hair starts falling out. If you don't care about your hair, eventually your doctor will warn you that any more cycles will give you a heart attack. Since your number of cycles is limited, if you were to go on steroids you would want to be as dialed in as possible to get the most out of each cycle. Perfect sleep, perfect diet, perfect workout routine. But if you were that dialed in, you wouldn't need steroids in the first place. Your results over time would already be amazing. Even if you have poor genetics.

People who lose muscle really quickly do so because they hopped off steroids so their body no longer has the hormones required to maintain the muscle they gained. So don't be foolish enough to think you can just do steroids once or twice then stop but keep the gains. If you're a natural lifter, whatever you gain you mostly get to keep forever. Because it's muscle your body is able to build and maintain with the hormones you produce naturally.

Presumably if you're reading this you know how I look. I've never taken any performance enhancing drug in my entire life and it's absolutely possible as a natural to be bigger than I've ever been. So whatever your goal is, it should be achievable naturally. Remember that you're going to be lifting your entire life. Even once you hit your goals, you'll need to keep lifting to maintain everything you have. So enjoy the gradual improvement and don't let anyone – including yourself – convince you that you need drugs to speed things up. Everything has a price. The price of steroids is higher than what they offer in return.

## **The End**

If this book saves you from even a few of the mistakes I needed to make before I could write it, I think it was worth it.

I hope you found it helpful.

Remember, information is useless unless it is put into action.

Thanks for reading and special thanks to Virilewasp for funding the writing of this book.

***-Kami***