



Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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BenM

08-08-2016, 10:17 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Hello!

I've been lurking here for a while, thought I should probably start a training log.

For background:

age: 40

BW: 70.5kg @ about 15% BF according to my scales - up from 69.7 yesterday

Lifting experience: til 10 weeks ago, zero. Always played a fair bit of sport but mostly stuff like golf, basketball, cricket, etc - nothing that requires lots of strength/power.

Long version:

So at the start of this year, at 105.5kgs, I made the decision to do something about my weight. So I switched to a low calorie (but highish protein) diet, drastically reducing alcohol/sweets, did a massive amount of cardio, and the results have been pretty dramatic.

Having lost so much weight though, obviously I have lost a fair bit of muscle/strength. And having lost weight before, about 8 years back (though not this much) and put it back on later, this time I am determined to keep it off. With that in mind I decided it was time to hit the weights, and I discovered Stronglifts 5x5 which seemed to fit the bill in terms of being something that was relatively simple for a novice to pickup and run with - so I started that on 30th May, while still eating at a deficit and dropping the last of the fat. Since then I've been running SL on Mon/Wed/Fri, doing 20mins of mostly HIIT on an elliptical on Tue/Thu, plus a 3.5km walk at lunchtime Mon-Fri and a round of golf Saturday. Oh and I've been doing all that on 1800cal (weights days)/1600cal (cardio days) diet....

Suffice to say it's been a bit tough! I've still been making some strength gains but they've been slow, and I'm comfortable with that, however I'm constantly tired, my sleep is also bad as I have a beautiful 21 month old daughter who is a terrible sleeper and wakes us up screaming multiple times every night despite everything we've tried. Last week I averaged 6hrs 20mins a night according to my Fitbit, and it's always broken.

My goal was to get to sub 15% BF before starting to ramp up the food again and focus more on adding muscle, as of this morning I'm at 15.1% and I'm near enough that I feel it's time for phase 2.

So, this week I'll be dropping the 6am cardio Tue/Thu (this will allow better recovery as well as a bit more sleep - all my training is early AM). I'll also drop the walks on weights days, and bump calories to 1800 every day; then see where I'm at in a week or two before bump it again as needed.

I know I'll get shouted down a bit but for me my goals are to build muscle but keep my BF stable around this mark or even a bit below, as I want to stay fairly lean. I know the gains will be slower, I am fine with that - I actually enjoy weight training and am happy to do it forever, especially if it means I can eat normal amounts of food and drink moderate quantities of alcohol (I loves me my craft beer) without worrying about getting fat again. It'll actually be interesting to see how much I can actually eat moving forward, I'm expecting my TDEE to be around 2400cals if I'm lucky.

If you've read this far, thanks for the effort! Will put some notes down from this mornings workout shortly....

Agilic

08-08-2016, 10:25 AM

Welcome. Your goals are your goals, and will likely change with time anyway. Curious about your starting lifts, lifts after SL, and current lifts?

BenM

08-08-2016, 10:38 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

This morning was sorta decent. My squat has been crap/upright, as I have had a sore back for a month or so and I think subconsciously I've been protecting it. Since videoing it on the weekend I've made more of an effort to get it right and my glutes felt it this morning.

Squat

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 52.5kg

5x5 @ 62.5kg

Bench:

2x5 @ 20kg

1x3 @ 35kg

Attempted 5x5 @ 50kg

Hit the spotter on the second set and failed it, and only managed 4 reps on the last set. Other than that, managed to grind out the rest, though some were ugly....

Rows:

5x5 @ 45kg

These are relatively easy; I've failed 50kg a few times so this is a deload

Skull crushers

2x8 @ 35kg

I have some mad bruises on my back/shoulder blades from the bar since I've changed position. Need to get some muscle on them traps.

BenM

08-08-2016, 10:46 AM

Quote:

Originally Posted by **Agilic** 

Welcome. Your goals are your goals, and will likely change with time anyway. Curious about your starting lifts, lifts after SL, and current lifts?

Thanks mate. I started with the empty bar. Current 5x5 PRs are:

Squat: 62.5kg - no fails yet but it's getting tough

Bench: 47.5kg - failed @ 60 this morning

OHP: 32.5kg - failed @ 35kg last time out.

Barbell Rows: 47.5kg, have failed 50kg a few times and since deloaded

Deadlift (1x5 only): 70kg - no fails yet, still a bit left in the tank

So yeah - I am laughably weak, but there isn't much meat on my bones right now, it will get better.

I really haven't tried for a 1RM in anything yet, mostly was just trying to get technique right, it's probably still poor!

Should also mention I had a bit of a break in that 10 weeks for a change of equipment so almost had to start from scratch 3 or 4 weeks ago. All sorted now though so onwards and upwards from here, I hope.....

BenM

08-10-2016, 06:56 AM

10/8/16

BW: 70.3kg @ 15.6% BF

Food: 1838 + 2363 cal

Sleep: 8hrs 8mins + 7hrs 2 mins, but broken as per usual

Already missed my targets this week. Went walkabout at lunchtime last 2 days (albeit shorter than usual) and let myself go a bit with food yesterday - was a work supplied breakfast that bled into morning tea and lunch. I told myself as it was mostly good food (fruit, vegetable frittata, etc) that was OK, though it was a bit carb heavy/protein light. Back on the wagon today though.

Monday's workout really busted me up - I felt more sore, particularly in my lower back (which I've been struggling with for a little while) than I ever have since I started this caper. So I deliberately didn't bump up the squat weight, just to see how it went. The good news is it seemed a lot easier, I focussed on keeping tight all the way down and back up and feel pretty good now, though it's only half an hour later and I haven't fully warmed down. The bruises on my back/shoulder blades are still pretty sore though.

5 mins / 1+ km elliptical warmup, plus some hamstring stretches

Squat

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 52.5kg

5x5 @ 62.5kg

OHP

2x5 @ 20kg

5x5 @ 25kg attempt - FAIL

Only managed 5/4/3/2/3. Not surprising though, I failed a couple of times at 25kg, and at 30kg before getting through. Might have to start microloading this soon.

Deadlift

1x5 @ 60kg

1x5 @ 75kg

New PR, and there is definitely a bit more in the tank still.

Barbell curls

2x8 @ 32.5kg attempt - FAIL

Got 7/5, with some body english. I've battled this one too, think I failed 25kg a few times before getting it. Just gotta battle on through.

5mins / 1+ km elliptical warm down

I also videoed the whole thing apart from the curls.... Just gotta get round to editing it.

BenM

08-12-2016, 07:19 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

12/8/16

BW: 69.4kg @ 15.4% BF

Food: 1888 + 1786 cals

Sleep: 7hrs 45mins + 6hrs 2mins

Food is about what I was going for, but my crystal ball says I'll be targeting probably 2000 cals/day next week depending what the weekend brings.

Back still a little sore, having been like it for 6 weeks or so I'm fairly sure I must have a very slight bulging disc, but have booked some time off work next week and I'll go see a physio.

5 mins / 1+ km elliptical warmup, plus some hamstring stretches

Squat

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 52.5kg

5x5 @ 65kg

Concentrated on getting the bar lower on my back and improving form. Good news is they felt easier than Wednesday (though still not easy). Bad news is my shoulder blades hurt! But they hurt less than the bruises from the previous position..... Didn't seem to affect the back pain at all, or my hip (which also has a slight niggle).

BP

2x5 @ 20kg

1x3 @ 35kg

5x5 @ 50kg attempt - FAIL

This pissed me off. I got 5/4/4/4/1 - was so very close every time but on the last set I was just about spent and only just locked out the first one. That's two fails at 50kg....

Barbell Rows

5x5 @ 45kg attempt - FAIL

I called this a fail because I didn't hit my chest on the last couple of reps, but I'm being hard on myself. I've done 5x5@ 47.5kg before (this is a deload) but energy/stamina is down a bit.

Skullcrushers

2x8 @ 36kg

Did 35kg on Monday which was tough, so only added 1kg. Managed ok, but I'm not takin the bar all the way to my face so I'm cheating a bit. Probably should drop weight back and do it properly, it might help my bench etc too.

5mins / 1+ km elliptical warm down

carson

08-12-2016, 11:43 PM

Welcome. Did I miss your height. 70kg at 5'5" seems fine but if you are taller you may well be too skinny.

ravl

08-13-2016, 12:02 AM

Quote:

Originally Posted by **BenM** 

... I discovered Stronglifts 5x5 ...

Welcome! That's how I ended up here. I did SL5x5 for ~2 weeks, felt terrible. Found Starting Strength, read the book in 2 days, started eating and the very next workout I put PRs on all lifts.

BenM

08-13-2016, 08:03 AM

Quote:

Originally Posted by **carson** 

Welcome. Did I miss your height. 70kg at 5'5" seems fine but if you are taller you may well be too skinny.

Thanks. No you didn't miss it - I forgot to write it! Im about 5'11" so yeah, I could definitely put some weight.

This week is only my first week without a meal replacement shake - so rather than go scorched earth with diet I'm planning on gradually adding calories over the next few weeks til I find the right number to grow without ballooning.

Quote:

Originally Posted by **ravi** 

Welcome! That's how I ended up here. I did SL5x5 for ~2 weeks, felt terrible. Found Starting Strength, read the book in 2 days, started eating and the very next workout I put PRs on all lifts.

Thanks! That's great to hear. SL was really good for me at the start but it's definitely tough now; being on such a restricted diet is definitely part of the problem though. I will almost certainly switch to SS in the next little while, but I like to plan these things.

BenM

08-13-2016, 12:31 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Oh... 1830cals yesterday and 6hrs 32mins sleep.

Weighed in at 69kg flat this morning. :/

Just bought a kilo of chicken breast, gonna do some meal prep this weekend and target 2000cals a day from tomorrow, see what that does. Oh and a little personal blender - will stop my protein shakes clumping and allow me to mix them up / add more stuff to them easily :)

Might even try and have a light workout this arvo - feeling pretty good.

Jugrock

08-13-2016, 12:50 PM

Welcome to the board. Your goals are similar to mine when I started. Mine changed, but that's not saying yours will. I was also 70kg at 183cm, and I started on Stronglifts. My advice, fwiw, is to

switch programming to SS, read [<http://www.barbellmedicine.com/potpourri/584> for nutrition goals, and be proactive on problems. Get your form checked in the Staff Coaches Forum (or Technique forum once you can filter great/good from not-so-good info). Well, the best is a seminar/camp/SSC, but this place is full of amazingly knowledgeable lifters. Take advantage of them. Just read the SSBT3 so folks don't need to rehash the basics.

BenM

08-13-2016, 01:16 PM

Thanks Jugrock - and congrats, you've made great progress in 2 and a half years - you're only a little older than me so it's good to see some inspiration. So much of the stuff seems to be aimed at younger athletes with fast metabolisms and quick recovery, I'm a bit past that now.

I have read that article before, it's been actually a really good guide along with a lot of the SL diet stuff too. I actually pay a lot of attention to macros, and eat generally pretty well, I think. I aim for 40/40/20 and average 150-160g of protein a day but obviously not enough to build muscle, I'm probably still at a slight deficit. Your comments about a mini beer belly is what worries me; I have worked so damn hard to lose the fat that I don't want to go too hard too soon, I'd rather add muscle slowly and hurt gains a bit than overeat and increase fat too much. My plan was to go to 2000cals this week, see where I'm at, maybe 2100-2200 next week if needed, and keep going up til I'm gaining weight slowly - probably I'd be happy if I could get to high 70s at my current BF% but I fully expect that to take 1-2 years.

Gotta order the SS book this arvo, since I just have the app at the moment. Will definitely switch once I've got it and understand it a bit better.

BenM

08-13-2016, 03:27 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Sat 13/8

Sneaky extra session, I'd normally play golf on Saturdays instead.

Squat:

2x5 @ 20kg
1x5 @ 40kg
5x5 @ 65kg

Incline bench press

2x5 @ 20kg
2x3 @ 40kg
1x4 @ 40kg
1x2 @ 40kg
1x3 @ 40kg

I hadn't really tried this before, and underestimated how much harder it'd be than flat bench press - put too much weight on the bar.

DL

1x5 @ 60kg
1x5 @ 80kg and new PR
Ok, that's getting to be a bit harder now!

Dumbbell tricep extensions

1x10 @ 10kg each side
1x20 @ 10kg each side

Just mucking about now really.

Chinups

3 sets of 4 - it was only a few short months ago I wouldn't have been able to do one.

Utterly spent now. Gonna go eat something. :D

PS - ordered both SS and PPST this arvo.

BenM

08-15-2016, 07:13 AM

Mon 15/8

Food: 2054kcal / 2442kcal - (target was 1800/2000) - blown out a bit by chocolate coated macadamias (Sat) and a couple of beers yesterday. Aiming for 2000 all this week. I don't trust MFP/Fitbit on this much but according to those, that was still a 785kcal/539kcal deficit....

Exercise: had the bonus workout Saturday, did a 5.5km walk yesterday, otherwise, not much. Woke up feeling utterly exhausted yesterday too but pushed through.

Sleep: 8hr 28 / 6hr 3, both pretty broken as usual

BW: 69.1kg Sun, up to 69.9kg @ 16.1% this morning

Threw a banana in my pre workout protein shake for some extra carbs. Think it was a good idea, as getting up at 5am and training on just the shake with a spoonful of coffee is probably part of the reason for the lack of stamina. That and being weak. I think it helped.

5mins elliptical warmup

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 55kg

5x5 @ 67.5kg

Wasn't easy but was easier than I thought. Will be up to body weight on Wednesday [emoji15]

OHP

2x5 @ 20kg

5x5 @ 35kg attempt - FAIL

I was so mad about this. Got the first 4 sets, and was utterly determined to get the last but got stuck halfway up on the very last rep and the fucker just would. not. go. up. I had everything shaking.

The app says to deload now (and microload) but I am tempted to give it one more crack on Friday, and microload after that.

Deadlift:

1x5 @ 60kg

1x5 @ 70kg

1x5 @ 80kg

No problems... Didn't increase weight since Sat was a bonus workout, it was easier this time round.

Roll on 85kg on Friday.

Bicep Curls:

2x8 @ 32.5kg attempt - FAIL

Got 7/7 and the last few were ugly. I am weak all over but my upper body is definitely weaker....

5mins elliptical warm down

BenM

08-17-2016, 02:23 PM

Wed 17/8

Food: 2086kcal/2064kcal so on target, and 160/170g protein. Actually had two lunches yesterday....

Exercise: Woke up and walked 5.5km yesterday morning before work. My bad.

Sleep: 5hrs 56mins / 6hrs 41mins and both pretty horribly broken. Make my daughter sleep through the night :(

BW: 69.5kg @ 15.7% BF

Felt like crap yesterday, had jelly legs. Still walked. I must be mad.

5mins elliptical warmup, plus hamstring stretches

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 55kg

5x5 @ 70kg

New PR and FMD I can squat my body weight for reps. I was surprised.

Bench:

2x5 @ 20kg

1x5 @ 35kg

5x5 @ 50kg attempt, FAIL

SO cranky. This is the closest I've come, finished 4 sets, waited 2 mins, got 4 and then just could NOT lock out the fifth on the final set.

That's 3 fails at this weight but again, like OHP on Monday I was so close that I don't think I'll deload. I actually went back after the rows and did another set of 5 just to prove it to myself.

Rows:

5x5 @ 45kg

Skullcrushers

2x8 @ 32.5kg

I have been slack/cheating these a bit so I dropped the weight back and concentrated on getting the bar back to my face and really torching the triceps. Felt it.

5 mins elliptical warm down

I think that the extra food is giving me more energy and stamina - this is good, the improvements are positive. I don't think it's going to be enough to gain much weight though - will reassess on Sunday but I might need to bump it again. MFP/Fitbit still have me at roughly a 500kcal/day deficit but I don't actually believe that. Accurate or not though, kinda pleased that my metabolism isn't completely rooted after being on a restricted diet for so long....

A week off work started today so really looking forward to catching up on a bit of sleep, eating well and reducing stress, and hopefully I'll nail a few more PRs before I go back.

DevilfromGA

08-18-2016, 01:04 AM

Congrats on the squat PR. BW squat is a milestone that needs to be celebrated.

Not completing the work outs on OHP and BP should have you questioning what you do differently on the next attempt. Is my diet sufficient for recovery, am I getting enough sleep, do you rest enough between sets, should you deload with and increase with micro weights? Sounds like you are close, but you'll get more failures in the future so evaluate each to see where you can find small incremental improvements.

Also don't forget you got sneaky and put in extra work on Saturday that could be hindering your recovery time...

If you are eating at a deficit, are you loosing weight?

Hope you enjoy reading the book. Also read the article [To be a Beast](#) as a complement to the book [To Be A Beast | Barbell Medicine](#)

BenM

08-18-2016, 09:27 AM

Quote:

Originally Posted by **DevilfromGA** [»](#)

Congrats on the squat PR. BW squat is a milestone that needs to be celebrated.

Not completing the work outs on OHP and BP should have you questioning what you do differently on the next attempt. Is my diet sufficient for recovery, am I getting enough sleep, do you rest enough between sets, should you deload with and increase with micro weights? Sounds like you are close, but you'll get more failures in the future so evaluate each to see where you can find small incremental improvements.

Also don't forget you got sneaky and put in extra work on Saturday that could be hindering your recovery time...

If you are eating at a deficit, are you loosing weight?

Hope you enjoy reading the book. Also read the article [To be a Beast](#) as a complement to the book [To Be A Beast | Barbell Medicine](#)

Thanks for the feedback! You're dead right of course, I should be looking more at what to do differently. Sleep is difficult and partially out of my control, as getting our 22month old daughter off to sleep of an evening can be tough, and she refuses to sleep through the night no matter what we do. That said, with no work for the next few days I hope to get a bit more rest.

Diet, I still have a question mark over. Am I losing weight? No, I don't think so, but I'm not gaining either - weighed in at 69.1kg after my morning ablutions today which is exactly what I was over the weekend. My gut feel is that I've found my maintenance number, but I really need to give it a few more days to be sure - when I was losing the weight earlier this year it tended to stay fairly static for 3-4 days or more and then drop all of a sudden. Eating more wont be a problem though if I need to, quite the opposite....

I also just reviewed the video and only took 3 mins before the last set so I am sure I would've got it if I'd had longer breaks.

Anyway I will see how I feel in the morning, hopefully a good food day today and a decent night's rest and I'll nail it this time. I am happy with slow gains, for me it's not about getting strong fast, it's about the long term.

Quote:

Originally Posted by **allent** [»](#)

I still get those, 4 years and not much muscle later.

Damn... Here was me hoping it'd get better soon!

Don't think they're as painful as they were. Shoulder blades are actually not too bad, the one on my spine is the worst. I think at the bottom of the squat, when leaning forward the bar tends to slide

up a bit and put pressure on it.

I gotta take a cup of concrete and harden up!

BenM

08-19-2016, 08:31 AM

Fri 19/8

Food: 2046/2040 kcal

Exercise: A 5.5km walk yesterday morning, and a busy day round home saw me register almost 16k steps on the Fitbit. Probably didn't eat enough food for that much activity....

Sleep: 7hrs 23mins + a 1hr 10min nap / 6hrs 35mins. Last night was 3 times awake, 13 times restless.

BW: 69.4kg @ 15.4% BF

Disappointed with today, but not surprised, woke up feeling like crap. Wife has a throat infection and I think I'm feeling a tickle this morning. Was just about to get into bed last night and the dog threw up on the carpet. Cleaned it up, got into bed, 30 mins later child started crying and I got told it was my turn to go settle her. Then she ended up in our bed kicking me by about 2. Getting up to pee 3-4 times every night is also getting old - must get that checked out.

Anyhow. No excuses, got up and had a crack anyway.

5mins elliptical warmup, plus hamstring stretches

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

5x5 @ 72.5kg

Another new PR. Felt it though, that's starting to get hard!

OHP:

2x5 @ 20kg

5x5 @ 35kg attempt, FAIL

Yep, I should've reset it especially how I was feeling this morning. Stubborn prick I am. Managed 5/5/5/4 then waited 5 mins and got the last 5. I'll reset this (and bench) for next week, and see how they go once I'm eating more.

Deadlift:

1x5 @ 60kg

1x5 @ 72.5kg

1x5 @ 85kg

Another new PR so it ain't all bad. Looked at the video earlier, might be time to get a form check though!

Barbell curls:

1x2 @ 32.5kg

2x4 @ 30kg

1x8 @ 30kg

I was so rooted I couldn't even get 3 reps out at 32.5, and dropping back to 30 didn't help much either til I took a good long rest.

5 mins elliptical warm down

Good news is, my lower back which has been niggly for 6 or 7 weeks seems to have improved a bit this week with all the walking, foam rolling and hamstring stretches. Not sitting in an office chair for long periods probably also helps.

Bad news is, OHP/bench aren't really moving and I won't be far off stalling on the squat either. Moar food is required, I feel like I'm always hungry and obsessing about my next meal. I also might have to go back to sleeping in the spare bed to try and get better quality sleep. It isn't good for our relationship though.

We are doing a day trip to Hobart on Monday so an early morning workout will be difficult; I'm gonna skip golf tomorrow to catch up on sleep/give the back more rest, then move Monday's workout forward to Sunday. That'll make me feel better about the beers I'm gonna drink on Sunday night too!

BenM08-21-2016, 12:12 PM

Sun 21/8

Food: 2642/2068 kcal - went a bit mad at afternoon tea on Friday.

Exercise: A 5.2km walk yesterday morning, this time pushing a pram with a toddler in it, did about 12k steps yesterday.

Sleep: 7hrs 54mins / 7hrs 14mins. Last night was 3 times awake, 9 times restless, 25 min awake/restless!

BW: 69.0kg @ 15.5% BF

5mins elliptical warmup, plus hamstring stretches / foam rolling back

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 50kg

5x5 @ 60kg

Took a big deload here because my form has not been right. Have been high bar squatting instead of low bar again. Determined to get it right this time. Think it was better, videoed it, will put it up later.

Bench Press:

2x5 @ 20kg

5x5 @ 35kg

5x5 @ 47.5kg

No real issues here. Hard, but not OMG I'M GONNA DROP IT ON MY FACE hard. Since I failed 50kg a couple of times I'll probably just add 1kg to this for the next little while.

Barbell Rows:

1x5 @ 40kg

5x5 @ 47.5kg

Not too hard, but I just need to focus on being explosive at the pull so I can hit my chest every time. I tend to run out of puff quickly, get lazy and don't pull hard enough at the start - still putting that down to diet.

Skullcrushers:

2x8 @ 35kg

5 mins elliptical warm down, some more hammy stretches and foam rolling

Right, well. According to MFP I've averaged 2198 calories a day for the past 7 days (not including today) and my weight this morning was as low as it's ever been, so clearly I'm either too active or I'm not eating enough still. Need to ramp it up a bit more, it's a bit hard to make gainzZz when your body is struggling for energy all the time. I have no problem eating more, I just gotta make sure I don't fill in the gaps with crap food - have been doing pretty well with eating clean.

Not sure if I'll work out Tue or Wed now. Got about 5 hours in the car tomorrow, and walking around shops shouldn't be too physically taxing, though with the wife and 22 month old daughter, could be mentally draining haha. Advantage of Tuesday is I'm not back at work til the next day so can have a decent sleep beforehand.

BenM

08-23-2016, 01:48 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Tue 23/8

Food: 2577 kcal (incl 300 of beer) Sunday/2074 kcal yesterday

Exercise: Not much, 4.5hr round trip in a car yesterday, plus in and out of it visiting shops, which is why I didn't push too hard food wise.

Sleep: 7hrs 0mins / 9hrs 4mins. Last night was 6 times awake, 10 times restless, 33 min awake/restless!

BW: 68.4kg @ 15.4% BF... WTF!

Woke up snotty and sore throaty. Amazed to discover I've dropped almost a kg since yesterday morning, this is officially my lowest weight ever. Not celebrating.

5mins elliptical warmup, plus hamstring stretches / foam rolling back

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 52.5kg

5x5 @ 62.5kg

Still getting used to low bar position, which pinches something in my left shoulder blade especially during later reps. Pushed through it, the weight itself isn't very hard since I backed it off.

OHP:

2x5 @ 20kg

5x5 @ 30kg

Done it before. Very last rep was hardish but not too bad.

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 90kg

New PR. Tried to really get back extension this time, felt really good after doing them.

EZ curl bar curls:

2x8 @ 30kg

Almost skipped these. Got them but it was hard. Weakling arms.

5 mins elliptical warm down, some more hammy stretches and foam rolling back

More food needed, and need to get over this bug.

Back to work tomorrow. Damn it. Might train Thurs then Sun again, it's nice to have a session after a good nights sleep instead of getting up @ 5am.

BenM

08-25-2016, 09:13 AM

Thu 25/8

Food: 2436 kcal Tue / 2113 kcal yesterday

Exercise: Bit of a walk yesterday morning, but still didn't hit 10k steps for the day

Sleep: 7hrs 39mins / 6hrs 1min. Last night was 3 times awake, 12 times restless, 47 min awake/restless!

BW: 68.8kg @ 15.4% BF... WTF!

Still got a cold, pretty clogged up, but got up and trained anyway. Didn't really feel like eating a lot yesterday and only got to the number I did with some snacking before bed. Weight has come up a tiny bit though which is good; I don't know how being sick will affect it.

5mins elliptical warmup, plus hamstring stretches / foam rolling back

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 52.5kg

5x5 @ 65kg

Didn't pinch as bad; I just have to get my elbows high enough (it's worse at the end of sets when the bar drops a bit). Good sets.

Bench press:

2x5 @ 20kg

1x5 @ 35kg

5x5 @ 50kg

New PR, finally cracked the 50. Last rep was a battle but locked it out. Maybe more food is working, who'd a thunk it?

Barbell rows:

1x5 @ 40kg

5x5 @ 50kg fail

Meh. My heart really wasn't in these, and was a bit spent after the bench. Only really did 5/4/3/3/3 that hit my chest, was getting a tiny bit light headed.

Skullcrushers:

2x8 @ 36kg

Not sure if I did these properly or not, bar usually got within 6 inches of my face so I'm saying good enough.

5 mins elliptical warm down, which was harder than usual; being sick has my energy levels a bit down. Did some more hammy stretches and foam rolling my back as well.

BenM

08-26-2016, 08:26 AM

Fri 26/8

Food: 3108 kcal yesterday, but about 800 calories of that was biscuits and slice. My bad.

Exercise: Short walk at lunchtime, short jog after work, 15308 steps

Sleep: 6hrs 48 mins - 1 time awake, 10 times restless, 20 mins awake/restless

BW: 68.9kg @ 15.6% BF...

Feel like shit from this cold, but felt guilty about the binging on junk food yesterday. Decided to get workouts back on Mon/Wed/Fri schedule and have a proper rest day Sunday. Also noticed this morning my resting heart rate has jumped to 54bpm, that's bad. At one point a month or so back I had it constantly down at 44bpm, but then I stopped doing so much cardio and it's crept up to the high 40s over the past couple of weeks. I've also been drinking coffee again, but only one cup a day normally, yesterday I had 3 which is the most I've had in probably a decade so that's probably completely stuffed it.

Called this a bonus workout, didn't do the full warmups, didn't log it in the app, will do it properly on Monday.

5mins elliptical warmup, plus hamstring stretches / foam rolling back

Squat:

1x5 @ 20kg

1x5 @ 50kg

5x5 @ 67.5kg

Overhead Press:

1x5 @ 20kg

5x5 @ 32.5kg

Deadlift:

1x5 @ 80kg

1x5 @ 95kg

New PR. Toidy.

Barbell curls:

1x20 @ 20kg

1x12 @ 20kg

Wasn't even going to do any assistance exercises, but was putting the bar back up ready for squats on Monday and decided stuff it, just go for a bit of volume, so just did AMRAP with the empty bar. Got 20, had a rest, got 12 before my biceps were screaming at me.

5 mins elliptical warm down. Did some more hammy stretches and foam rolling my back as well.

BenM

08-29-2016, 08:19 AM

Mon 29/8

Food: 2643 / 2714 / 3108 kcal (including a beer last night... funny, I was planning on having a few but lost interest)

Exercise: Round of golf Saturday (20k+ steps), 5.8k walk yesterday but otherwise sedentary (11.7k steps)

Sleep: Crap. A nap Friday arvo, then 7hr 39 / 7hr 47 / 4hr 48 last night - there was an F1 GP on so I had a late night. This will happen on Sunday nights a bit....

BW: 69.3kg @ 15.9% BF. This is + .4kg from where it's been for the last few days, but no change since last Monday.

Still got a cold but it's improving. Resting heart rate @ 53 bpm, hope it comes back down once I'm totally over it, or I'll probably want to start HIIT again. Been making a conscious effort to eat more, will try and stay at this level for another week or so.

Not only was it a bit difficult crawling out of bed at 5am after a late night, I discovered the thermostat on the heater in my gym area seems to have died, no heat. It was -1 deg C outside, and probably not much warmer inside.... FMD.

5mins elliptical warmup, plus hamstring stretches / foam rolling back

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 55kg

5x5 @ 67.5kg

Didn't bump this up, just did what the app said - wanted to work on form a bit, and try to get more hip drive/bounce. I think I have been going just a tiny bit deep and that's why my lower back has been flexing at the bottom. Went OK, felt good afterwards.

Overhead Press:

2x5 @ 20kg

5x5 @ 33.5kg - new PR

Decided to bump this by a kilo since I've failed 35kg a bunch of times. Last rep was tough but I got it. Still feel like 35kg would be a bridge too far at the moment :(

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg - new PR

New PR - 2 plates, yay! Decided to go for this one as well. Bar definitely went up a bit slower, but got it there. Actually may have done 6 reps as I lost count from the exertion... haha.

Barbell curls:

2x8 @ 33.5kg - new PR

This is another microload. Damn it was hard work on my skinny little arms, but hells yeah I got 'em.

5 mins elliptical warm down. Did some more hammy stretches and foam rolling my back as well

And that, as they say, is me done.

BenM

08-29-2016, 09:09 AM

Forgot to mention - I wake up with very tired muscles all the time, even after rest days. I know my sleep is bad, but it even happens after good nights, and I've been wondering if I'm neglecting carbs too much in favour of protein. A holdover from trying to lose weight, and really limiting carbs wherever possible..... and when I look at food nutritional information I'm almost always looking at protein content and overall calories and not much else.

My macro targets for P/C/F in MFP are set at 40%/40%/20% but I don't always hit that. For example prior to the weekend, my weekly totals:

Carbs: 1661g (40%)

Fat: 526g (28%)

Protein: 1351g (32%)

Saturday was:
Carbs: 266g (40%)
Fat: 101g (35%)
Protein: 165g (25%)

Yesterday was:
Carbs: 273g (37%)
Fat: 107g (33%)
Protein: 214g (29%)

I had a bowl of muesli before I went to sleep last night instead of my normal hot protein drink (as an attempt to carb up a bit) - it seemed to help a bit with energy levels this morning.

Based on Jordan's 'To Be a Beast' numbers, my overall caloric intake over the past few days is ok (even a little higher than Jordan's starting point for my weight) but the macros are a bit out of whack. It should be more like:

Total Calories: 2568 kcal

Macros (rounded):

Protein 167g = 668kcal = 26%
Carbs 304g = 1216kcal = 47%
Fat 76g = 684kcal = 26%

So yeah, that tallies with what I've been thinking, though it's not miles off it is quite possible my muscles are still a bit depleted. Someone correct me if my maths or anything else is wrong? Otherwise I will definitely have to look at trying to get in a bit more carbs and a bit less fat over the next week or so and see how it goes. The good news is that probably means more food that I enjoy (muesli/bread/nuts etc). Fish and chips for dinner tonight.

I have, unfortunately, been obsessing a lot about food and if anything, it's gotten worse since I stopped trying to lose weight and started trying to add muscle. It does take some of the enjoyment out of it, life kinda revolves around my next meal at the moment. Oh well.....

BenM

08-30-2016, 05:35 PM

So the postman finally turned up with these.... So I have some proper study to do now....

<http://uploads.tapatalk-cdn.com/2016...3cc0483d77.jpg>

Interesting times ahead. Increasing the carbs seems to be a good strategy (so far) - waking up in the morning I seem to be feeling less drained.

I'm kinda wondering whether I should take a break or train light for a week though. The back is still troubling me a little and my body has had a fairly hard time this year - 6 or so months on fairly radically low calories and tons of cardio; and now 3 months of weight training; it really hasn't had a let up. Or maybe I'm just being a pussy!

Early night tonight. Looking forward to hitting em tomorrow. Definitely want to start playing round with power cleans. I hate rows.

BenM

08-31-2016, 09:11 AM

Wed 31/8

Food: 2571 / 2858 kcal

Exercise: Not much. 8.5k steps Monday, and was travelling most of yesterday, but got in a 5k run when I got home and hit 10600 steps

Sleep: 7hr 25min / 5hr 46min of utter crap. 4 times awake, 15 times restless, 39 mins awake/restless. I didn't get to bed quite as early as I'd like, after a big day (4:45am wake up), then my daughter woke up screaming at midnight and at 3am. FFS.

BW: 68.8kg @ 15.9% BF

Wasn't feeling it this morning. I'm really f(*)% over this broken sleep, but it's totally out of my control. Also, my weight is still being stubborn and I am full of phlegm. Make it go away.

5mins elliptical warmup, plus hamstring stretches / foam rolling. Apparently you're not supposed to foam roll your lower back so I did glutes and hips with the rumble roller instead.

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 55kg

5x5 @ 67.5kg

Back up above BW. Definitely seemed easier than last time at this weight, cruised through the 4th set, 5th was a bit harder but still seemed light. Having said that, I took video from more side on, and haven't reviewed it yet. Want to make sure that a) I hit depth and b) check on back flex at the bottom, my lower back was a bit sore afterwards (though it was sore last night too).

Bench Press:

2x5 @ 20kg

5x5 @ 35kg

3x5, 2x3 @ 51kg

Microloaded it to try and get above the 50kg mark but failed - just ran out of puff.

Barbell Rows:

1x5 @ 40kg

2x3, 1x2, 2x3 @ 50kg

Have I mentioned I hate barbell rows? Wanted to play with power cleans but really didn't have any time or energy this morning (plus I forgot to bring the books downstairs with me). And I was cold. And I was spent from the bench press. Didn't try hard enough. Meh.

Skullcrushers:

2x8 @ 36kg

Being so spent (and given I don't think my form @ 36kg was great last time either) I repeated the same weight again. And it was still hard. No way I could've done more weight.

5 mins elliptical warm down and foam rolling.

Dunno what the takeaways here are. Perhaps I need to ramp up calcs yet again, I have averaged 2718 kcal/day over the past week so I'm amazed my weight has remained so static. But I also still have a cold which is impacting on recovery/motivation too.

Had a double breakfast (had a bowl of muesli after my post workout protein oats) so that's a good start, I'm expecting a pretty big day of eating today.

making an effort to get more carbs into me, unfortunately there's been more fat than I'd like too.

Exercise: Bit of walking, about 13k steps both days

Sleep: 6hr 15min / 6hr 43min. Last night was a bit better (1 time awake, 7 times restless, 12 min awake/restless) - though still not long enough, unfortunately. Child wouldn't go to sleep.

BW: 69.8kg @ 15.5% BF

5mins elliptical warmup, and some stretches

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

5x5 @ 72.5kg

Equal PR - back where I was before the form reset/deload. It was easier this time (but still not easy, the last rep was a real grind) but I also focussed on depth as my sets the other day looked a bit shallow on video. Didn't video these though - doh.

Overhead Press:

2x5 @ 20kg

2x5, 3x4 @ 35kg

Damnit, still can't get this faaaarking weight. Wasn't even as close as last time. Squats took it out of me a bit though.

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 92.5kg

1x5 @ 105kg

New PR. This is really starting to get tough now. The Stronglifts app says DL is only gonna jump up 2.5kg from now on. I am a little glad about that.

Chinups:

3, 4, 3, 2 @ BW

Decided to ditch the barbell curls and do chinups instead, for now at least. Pretty crap how weak I am, I know I can do maybe 5 at a stretch if I have the energy but I was spent by this point.

5 mins elliptical warm down.

Getting out of bed at 5am has been a real grind this week, probably the worst sleep I've had for a while. Still feeling pretty low on energy in the mornings but not so much muscle lethargy as general tiredness, which makes sense. On the upside, I've been making an effort to eat even more, and BW is up a kilo in the past couple of days and BF is down a bit (again, according to my questionable scales). My wife thinks I'm a bit mad sitting down and having a bowl of muesli before bed each night - hell, last night I had two bowls.

BenM

09-04-2016, 10:52 AM

Sun 4/9

Food: 3309 / 3456 kcal - macros not far off target (340-350g carbs, 221g protein)

Exercise: Just walking, but hit 13.7k and 17k steps

Sleep: 8hr 4min / 7hr 27min but broken. 3 x awake, 11x restless, 38 min awake/restless

BW: 70.1kg @ 15.6% BF (up 1.3kg since last Sunday)

5mins elliptical warmup and didn't bother stretching

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

5x5 @ 75kg

New PR. It was tough, and the last couple of reps were a bit good morning-ish.

Bench Press:

2x5 @ 20kg

5x5 @ 35kg

4x5, 1x4 @ 51kg

Last rep seemed to hang half way up for about 30 seconds before I dropped it. SO angry.

Power Cleans:

5x5 @ 40kg

Since I had time, and I'm not enjoying rows (and not seeing much progress) - and in the interests of moving more away from SL and towards SS proper, I decided to have a crack at power cleans. Only a lightish weight, but I enjoyed 'em a lot more. My form is probably crap, I videoed the last set and looking at it now, my elbows bend a lot, I think I have a massive case of the arm pulls. Also, I can't count because it looks like I did 6:

<http://youtu.be/WYcLhg1DYlg>

Skullcrushers:

1x10, 1x8 @ 35kg

Just going through the motions with these, form @ 36kg was getting pretty ragged so I dropped back a bit and did a couple of extra reps. Triceps definitely feeling it now.

5 mins elliptical warm down

The good: body weight has increased a little, and it seems to be mostly LBM

The bad: The extra weight doesn't seem to be helping me bust through my current plateau. It's early days, I know, but it's a bit disheartening. Will give it a bit longer, and another kilo or two before I worry too much though.

The ugly: I can't control myself around food, if I give myself licence to eat, I just eat... gotta try and keep it under control at least a little, especially just before bedtime.

Happy Father's Day everyone. I've topped 1000kcal at the end of breakfast courtesy of some delicious pastries from the wife. Nom Nom Nom.

BenM

09-06-2016, 07:12 AM

Tue 6/9

Food: 3289 / 2700 kcal. Macros not too bad, again a little too much fat but plenty of the good stuff.

Exercise: Bit of walking, 14k + 17k steps (walk in AM and busy day at work)

Sleep: Shithouse. 5hr 52min / 5hr 57min. Last night was particularly bad (4 time awake, 11 times restless, 49 min awake/restless). Very frustrating.

BW: 70.2kg @ 15.6% BF

Today's music: Guns N Roses - Use Your Illusion I
Warmup: Nil

Squat:
2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
5x5 @ 77.5kg

New PR - and damn it was tough.

Overhead Press:
2x5 @ 20kg
5x5 @ 35kg

New PR. FINALLY cracked it. The last rep didn't even shake much, felt like I could have MAYBE squeezed out another.

Deadlift:
1x5 @ 60kg
1x5 @ 80kg
1x5 @ 95kg (tried hook grip for the first time, ummm ouch??)
1x5 @ 107.5kg

New PR. Felt like I was gonna explode.

Chinups:
5, 4, 4, 3 @ BW

PR, technically, though not much to be proud of.

My schedule is a bit out of whack since I have something on tomorrow AM which will mean I can't train. My sleep is rooted still. This morning I actually almost didn't train, I turned off the alarm and tried to go back to sleep, then gave myself an uppercut and said stuff it, train but just do it quick and leave out the warmup. Then I almost pulled out after the first set of (empty bar) squats. Glad I didn't.

DevilfromGA

09-06-2016, 08:20 AM

Great job on the continued improvements. Looks like the adjustment in your intake has been made. Keep it up. You'll see results very soon. I struggle to take in enough calories also. I dont want to gain fat, but its the only way to gain the muscle. So trust the system.

Now that you have the books, you may be ready to make the most the 5x3 programming. You'll feel better and may recover better also. Best of luck and yes, every now and then life forces me to take few days off, I use that time to rest and typically do a small reset on starting back up if I missed 3 or more sessions. I also do an occasional light day if I've been at it for 3/4 weeks in a row to adjust my form to keep it safe and something I can build on.

BenM

09-06-2016, 09:40 AM

Quote:

Originally Posted by **DevilfromGA** 

Great job on the continued improvements. Looks like the adjustment in your intake has been made. Keep it up. You'll see results very soon. I struggle to take in enough calories also. I don't want to gain fat, but it's the only way to gain the muscle. So trust the system.

Now that you have the books, you may be ready to make the most of the 5x3 programming. You'll feel better and may recover better also. Best of luck and yes, every now and then life forces me to take a few days off, I use that time to rest and typically do a small reset on weights on starting back up if I missed 3 or more sessions. I also do an occasional light day if I've been at it for 3/4 weeks in a row to adjust my form to keep it safe and something I can build on.

Thanks - nice to know someone else reads this, feels like I'm talking to myself at times but it's great to get it out. Did I mention I really love that song? Not a country fan normally but it's a classic!

On calories, yeah - I finally feel like I've hit the magic number for now, I reckon around 3000 kcal a day is pretty close, maybe a little less on recovery days. That should see me gain weight at a reasonably steady rate (ideally I'd like maybe 500g/week increase). Increasing the carbs has also helped energy levels. I am enjoying eating more, though I do feel like I am topping up a bit too much with snacks at times and my main meals may be a bit too small. I don't eat much junk though - the snacks are pretty good. Quest bars, muesli & milk / muesli bars, nuts, yoghurt, tuna, ham, salad, apples and bananas, and strawberries are cheap at the moment too so I'm smashing those. Increasing the carbs has definitely helped a bit with energy levels too, I just gotta keep it sensible.

You are dead right in that it's very close to time for 3x5, I have been wondering for the past week or two if it was time to switch, but getting the extra weight on the press this morning made me think I could maybe squeeze a bit more out of 5x5 - my diet has really only come up to the right level in the past week or so. I have one more session this week, I think maybe if I don't get the extra weight on bench I might drop that to 3x5 and start switching the others as I plateau as well. I also think maybe I need to go back to doing a little HIIT (20-30mins tops) on my off days instead of walking - both for fat management and for keeping my fitness levels up, so dropping intensity on the weights a little would balance that out.

I've not been able to read the books cover to cover yet, I have spent a couple of hours on certain parts of SS, on and off (particularly technique and assistance exercises - one of the reasons I dropped the rows and switched to chins) and barely read PPST. Between work and a toddler, life has been pretty hectic.

I am struggling to take time off because I feel like if I take a break, I might not start again. This is week 14 now since I started doing Stronglifts, and though there was about 10 days in July where I couldn't squat or bench because I didn't have a rack (I substituted with dumbbells), I haven't missed a lifting session yet. But obviously I can't do it forever... and some catch up on sleep would be nice!

BenM

09-08-2016, 07:54 AM

Thu 8/9

Food: 2946 / 3028 kcal - macros a bit carb heavy

Exercise: Just walking (big one yesterday morning), 9366 / 14k steps

Sleep: 7hr 14min / 5hr 55min - 2 x awake, 8x restless, 18 min awake/restless

BW: 70.6kg @ 17% BF :(but I also hadn't pooped... sorry for TMI!!)

Today's music: Metallica - Garage Inc disks 1 & 2

Short on time again, so no warmup

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 70kg

1x2 @ 80kg (bar was pinching shoulder so bad I had to put it back)

5x5 @ 80kg

New PR again but my form really started to break down, so I may redo this next week. But otherwise, yay.

Bench Press:

2x5 @ 20kg

5x5 @ 35kg

5x5 @ 51kg

Finally - new PR again. I feel like I cheated because I had 2 much longer breaks between sets 3, 4 and 5). Probably 10 mins and 4 or 5. But I got the damn weight at last.

Power Cleans:

5x5 @ 42.5kg

Easy weight, form a bit rubbish but I think I'm getting better. Might repeat these as well. Will look at video later.

Lying Triceps Extensions (with EZ Bar)

2x10 @ 30kg

Switched to these because, read book some more. Dropped weight back but still, really felt these in the upper part of my triceps/shoulders and they're still sore now. Not sure if form was rubbish (using too much shoulder) or weight too heavy, or just not used to the movement but will see how it feels next time....

I am a weight hypochondriac. Not happy with this morning's BF reading at all, but as noted I hadn't dropped friends off at the pool and I also went a bit overboard on muesli and milk before bed last night. But I still think I need HIIT instead of walking, now I seem to be over my cold I think next week is a good time to start.

Otherwise, it was great to finally get that weight on the bench and do the squats (which I was dreading last night). Onward and upward!

BenM

09-08-2016, 09:04 PM

For your amusement, I give you my skinny little arms pumping 51kg up and down for the last 2 sets of 5 this morning.

http://youtu.be/5jxfWTy_B3o

Not sure I like this angle but hope my form doesn't look ridiculously bad.

BenM

09-09-2016, 07:15 AM

Woke up this morning intending to get some light recovery work in, but wasn't sure what. Weather looks rubbish so walking/running was out, and the elliptical didn't appeal, so decided to just try for

some body weight stuff. Didn't really have a plan, but was thinking maybe planks/chins/hanging leg raises etc.

Woke up feeling really tired and crappy. Did 3 x front planks for 90 seconds apiece. Curled into a ball on my yoga mat and almost fell asleep. Decided maybe the lack of sleep this week has caught up with me and I really need a rest. Gave up. I feel a little down about it.

Moral: you need a plan... I'm sure I could've done it if I had a routine in mind. Also: get more sleep. This week I've averaged 6hrs 26mins of broken sleep a night, according to my Fitbit (with 3 nights of less than 6hrs). Had some work related stuff that caused some early starts, that couldn't be avoided, but I'm still a bit down about it.

Oh well. Next week is another week.

DevilfromGA

09-09-2016, 07:36 AM

Quote:

Originally Posted by **BenM** [»](#)

Thu 8/9

But I still think I need HIIT instead of walking, now I seem to be over my cold I think next week is a good time to start.

Otherwise, it was great to finally get that weight on the bench and do the squats (which I was dreading last night). Onward and upward!

Quote:

Originally Posted by **BenM** [»](#)

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Moral: you need a plan... I'm sure I could've done it if I had a routine in mind. Also: get more sleep. This week I've averaged 6hrs 26mins of broken sleep a night, according to my Fitbit (with 3 nights of less than 6hrs). Had some work related stuff that caused some early starts, that couldn't be avoided, but I'm still a bit down about it.

Oh well. Next week is another week.

Have you considered just skipping the light recovery and sleeping the extra 45-60 mins? Set a goal (ie Strength) and cater to it. HIIT will not make you stronger. I'm assuming your on this forum to get stronger. Throw the scale away and get focused.

BenM

09-09-2016, 08:53 AM

Quote:

Originally Posted by **DevilfromGA** [»](#)

Have you considered just skipping the light recovery and sleeping the extra 45-60 mins?

Set a goal (ie Strength) and cater to it. HIIT will not make you stronger. I'm assuming your on this forum to get stronger. Throw the scale away and get focused.

Yeah - have considered it!! Normally I'd get an extra hour's sleep on off days even with the light recovery though, unfortunately this week I had early starts on both off days and it's just generally been a shitty week.

Unfortunately where I have come from (105kg+ BW at goodness knows what BF% at the start of this year) means that while I definitely want to get strong, I also have a real psychological need to control the amount of fat I put on. I don't think that's necessarily a bad thing but it does mean I have to work a bit harder on diet and conditioning - I don't mind if it slows gains so long as they're still happening, which they seem to be.

BenM

09-11-2016, 12:25 PM

Sun 11/9

Food: 2745 / 2386 / 3100 kcal. Macros not too bad, still a little high in fat. Not sure how I can get it down, really.

Exercise: 18 holes of golf yesterday - otherwise quietish. 12k / 7.5k (was in a classroom most of the day) / 22.5k steps

Sleep: 6hrs 26min / 6hrs 7 min / 8hrs 43 min (3 x awake, 14 x restless, 33min awake/restless). Tried to have a sleep in this morning, and kinda succeeded. And hallej freaking luyah my daughter slept in her cot through the entire night for the first time in what seems like a year.

BW: 69.5kg @ 15.9% BF

Today's music: Living End - Living End

Warmup: Nil

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x3 @ 72.5kg

5x5 @ 82.5kg

Another new PR, and it was a bit of a grind. Reviewed the video though, and I am probably not hitting depth - looks like I am maybe getting to parallel at best? Video of the 5th and final set below, if anyone has an opinion either way:

<http://www.youtube.com/watch?v=XBj60uCQxkk>

(I know it might be hard to tell in black trakky daks... sorry..!)

Overhead Press:

2x5 @ 20kg

4x5, 1x4 @ 36kg

Microloaded this again, and for just a second thought I would set another new PR until the last rep got stuck.

Deadlift:

1x5 @ 60kg (hook grip)

1x5 @ 80kg (hook grip)

1x5 @ 95kg (hook grip)

1x5 @ 110kg

New PR again, but again not happy with form. Upper back still looks rounded, which concerns me. I am trying really hard to lift my chest and get it flatter - the only thing I can think is my hips may need to come down a bit. I have this thing from the Stronglifts deadlift cheat sheet in my head 'don't squat your deadlifts' which might be causing me to setup too high. Anyway, must be getting close to my limit now, she was a bit of a wobbly old set.... video:

<http://youtu.be/pj2DQXOLgbY>

Chinups:
6, 5, 5, 4 @ BW

Another PR, don't think I've ever done 6 in a row before, so I got that going for me, which is nice...

I've had a bad couple of days food wise - the only way I got to 3100 calories yesterday was a little binge on muesli and a Quest bar before bed last night - so my body weight has dropped off a bit. My lower back has also been sore again the last few days - so I really wasn't feeling like lifting today when I woke up. Very nearly went to 3x5s today, but I thought no, stay the course... it's a Sunday, I can have a big breakfast (I did), take my time, and the girls are out for the evening so I will have a blissful few hours of quiet recovery this afternoon/evening to watch Mr Robot and eat and drink beer..... Pretty happy with how it turned out in the end, and did it in about 1.5 hours, nice and steady, with reviewing/uploading videos in between sets - wish all my sessions were like this.

BenM

09-13-2016, 09:14 AM

Tue 13/9

Food: 3020 kcal Sun (incl a couple of beers) / 2694 kcal Mon - macros high carb Sun, high fat yesterday, but still around 187g protein each day

Exercise: not much Sun (7k steps) but a decent bit of walking yesterday (13.3k steps)

Sleep: 7hr 11min / 5hr 39min - 3 x awake, 8x restless, 42 min awake/restless. Last week felt like the worst sleep I'd had in ages, couldn't get to bed early enough and then when I did, screaming child multiple times through the night - again.

BW: 70.4kg @ 16.2% BF

Today's music: Bon Jovi - Slippery When Wet / Foo Fighters - There is Nothing Left to Lose

No warmup

Squat:
2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
1x5 @ 70kg
5x5 @ 80kg

I deloaded just a touch because I wanted to make sure I was hitting depth. Got deeper this time for sure but damn it was frickin difficult. Probably the hardest set of squats I've ever done and got a lot wobbly by the end. I am still scared of aggravating my lower back soreness and there were a couple of good morningish reps in there...

I also changed the orientation so I could take video from the back, here's the last 2 sets. Apologies for the massive fart in the last set haha! Be interested to get thoughts on whether this depth is better / worse / too deep, after just watching it again I may even have gone a touch too far on some of those reps?

<http://www.youtube.com/watch?v=sLX8ukqmfis>

Bench Press:
2x5 @ 20kg
1x5 @ 40kg
5x5 @ 52.5kg

New PR again. Actually an equal PR, because after dinner + 2 beers on Sunday night, I felt like lifting so went down and did 5x5 at this weight. So I knew I could do it! 3 mins between sets, last one ground up more than Sunday, but that's no surprise early in the AM after a grindy set of squats. Last 3 sets:

<http://www.youtube.com/watch?v=SZm9L8AxKGQ>

Power Cleans:
5x5 @ 45kg - actually think I did 6 in the last set

I dunno, the weight's not too hard, and I think there were some good ones somewhere in one of the sets. Same as deadlift though, still don't like my upper back position. How the hell do I get more squeeze? Last set (confirmed, of 6!):

http://youtu.be/n6DqUU_m6xI

Lying Triceps Extensions (with EZ Bar)

2x10 @ 30kg

Revisited the book, made sure form was right, didn't seem to hurt shoulders as much but the last rep of each set was toooough.

Gonna have a big food day today. I'm hungry.

BenM

09-15-2016, 08:02 AM

Thu 15/9

Food: 3304 / 2429 kcal

Exercise: Just a walk yesterday. 10k / 14.4k steps

Sleep: 7hrs 6min / 6hrs 17 min (2 x awake, 6 x restless, 21min awake/restless). Average 6hr 59 this week, which sucks.

BW: 70.2kg @ 16.0% BF

Today's music: Wolfmother - Cosmic Egg + TISM - www.tism.wanker.com

Warmup: Nil

Squat:
2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
1x3 @ 72.5kg
5x5 @ 82.5kg

It's an equal PR, but it was ugly ugly ugly. In fact I dumped the bar partway into the 4th set, but set it up again and did the last two. Definitely got the depth this time though. I fucking hate squats.

Overhead Press:

2x5 @ 20kg

5x5 @ 36kg

New PR, finally nailed this one. 3 mins between sets, tense the core, push hard, done.

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 112.5kg

New PR again. Did a little work on form first, I think my back looks a little better particularly on the first rep, but seems to get worse through the set. Will have to keep working on it. Video:

<http://youtu.be/vMmi5WakQ9Q>

Chinups:

5.75, 5, 5, 3.75 @ BW

Got my face to the bar on a couple of reps, but couldn't get it over. Weak.

Wasn't feeling it this morning at all. Went back to the banana + protein shake preworkout, and left the caffeine out so I can enjoy a coffee properly afterwards. That might account for the lack of energy, but more likely it's the lack of sleep and not eating enough yesterday. Ahh well, I have a 3 day (at least) training break now. Glad to finally break through that little plateau on press at least.

Got a GP appointment this morning, since losing 35+ kg has probably caused some significant changes in health markers, so it'll be good to check a few things and make sure there aren't any physical barriers in my way.

BenM

09-16-2016, 01:18 PM

Fri 16/9 - fuckarounditis

Food: 3123 kcal, only 188g protein though.

Exercise: Not much yesterday (7k steps), but did a big walk this morning.

Sleep: 6hrs 29min (4 x awake, 9 x restless, 25min awake/restless).

BW: 70.6kg @ 16.0% BF = maybe a small LBM increase, or just a daily fluctuation

Today's music: Ozzie Osbourne - No More Tears

Warmup: Nil

Squat:

2x5 @ 20kg

1x5 @ 40kg

4x8 @ 60kg

Since this was supposed to be a recovery day, decided not to go heavy and just do a bit more volume. Plus I have no idea if I CAN even squat 85kg for reps across. Last session at 82.5 was pure torture.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 57.5kg (whoops..)
1x5, 3x4, 1x3 @ 55kg

Misloaded the bar with 57.5kg and only managed 3 reps. New PR I guess, kinda! Probably should still be going up in 1kg increments with this lift as 55kg was also a bridge too far, for today. Pretty confident I should be able to get a new 5x5 PR @ 53.5kg next workout though.

Snatch Grip Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 90kg

Wanted to try something different, since this was just a fun session, threw these in. 90kg was probably about 8 or 9 RPE maybe - I probably need to learn to start judging what that is.

Woke up this morning, did a long walk, ran a few errands, and decided I felt like benching. Was a decent little workout really, without busting myself TOO much.

Had an interesting chat with the doctor yesterday about the ibuprofen protocol (which I haven't been using, for the record). Basically he said that you would need that sort of massive dose for it to work properly - so he almost endorsed it... though he put me on Naproxen instead and tends to agree I probably have a bulging disc, suggested I find a good physio. I have been dreading talking about it with him because I was scared he'd tell me to stop lifting, but thankfully he didn't do that.

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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BenM

09-18-2016, 09:34 AM

Sun 18/9

Food: 3048 / 2976 kcal

Exercise: Walking and golf yesterday (18.8k / 21k steps)

Sleep: 6hr 7min / 7hr 59min - 3 x awake, 14 x restless, 30 min awake/restless. Another awful night last night.

BW: 71kg @ 15.9% BF

Today's music: Black Sabbath - Reunion

No warmup

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 72.5kg

5x5 @ 85kg

New PR. Hoo boy, I had the shakes and the jelly legs after the last few sets, wow. Probably had 4-5 minute breaks between them. Really focussed on keeping my abs/core tight to protect the lower back but it's still feeling a little tired, especially after a few scrappy reps.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

4x5, 1x4 @ 53.5kg

Holy fucking grindfest batman. Took 5mins+ between the last few sets, but still couldn't get the last damn rep, it just got stuck. Definitely lacking in some energy after those squats.

Power Cleans:

5x5 @ 47.5kg

I suck at these - and these were scrappy as all get out. Will probably repeat the weight I think. And I smashed myself in the collarbone with the bar. Mucho ouchie.

Lying Triceps Extensions (with EZ Curl Bar)

2x10 @ 31kg

Only a small increase since 30kg was so hard, but it didn't seem too difficult.

No video again today, couldn't be bothered. All in all, not unhappy with that. Small gains in strength

and body weight. Disappointed I missed the bench PR, but I am probably underrecovered from Friday's session, last night's sleep volume was OK but the quality was awful.

Think I might've strained my left tricep just a touch - it went ping as I unracked the bar for one of the bench sets, I reracked it and tried again and thought nothing of it, but I felt it through every single LTE.

Gotta get better at power cleans - so inconsistent! I know I pulled off a few good ones but there were some shockers in there as well. It doesn't help that I'm so fatigued by the end - I really seem to run out of puff fast. It's probably time to crack open that creatine that I have in the cupboard, and maybe start adding some intraworkout carbs.

BenM

09-20-2016, 06:47 AM

Tue 20/9

Food: 3600 (incl a couple of beers) / 2541 kcal

Exercise: Just a walk yesterday. 9k / 14k steps

Sleep: 4hrs 57min / 7hrs 39 min (1 x awake, 7 x restless, 15min awake/restless).

BW: 71.3kg @ 16.5% BF

Today's music: Prodigy - The Fat Of The Land / Music For The Jilted Generation

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x3 @ 75kg

3x5 @ 87.5kg New PR

Decided to go to 3x5 on squats this morning, for a heap of reasons. Got them but it was ugly and good morningish at the end.

Overhead Press:

2x5 @ 20kg

5x5 @ 37.5kg New PR

There may have been a leetle side to side sway getting the last rep after it got stuck halfway up, but my knees were locked, I definitely didn't push press it, so I'm calling it. Will probably repeat anyway just to avoid any doubt.

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 115kg New PR

Bam. Light headed central.

Chinups:

4, 4.75, 3, 3 @ BW

Crappy. Those deadlifts really busted me.

Under recovered yet again, sub 5 hrs sleep Sunday night, and while I had an early night last night, it wasn't good quality sleep (child screaming... lots) no matter what the Fitbit says. I actually

snoozed the alarm this morning, which is unusual - normally I spring out of bed at 5am even if I'm tired because I enjoy lifting. The slightly shorter workout is one reason I decided to drop the squat sets back; also I knew I needed energy for heavy deadlifts. Will see how I feel on Thursday whether I stay at threes - I have been thinking for a while about having a lighter squat day mid week but still feel like maybe that's a bit premature since there are definitely still gains happening.

Body weight is sneaking up but so is fat. Meh. Probably I need to stop eating so much just before bed, for a start - last night it was a big bowl of nutty muesli, my normal protein hot drink and a Quest bar, for 694 kcal! I originally started doing it as a way to a) up calorie intake if I hadn't eaten enough through the day and b) as a way of carb loading a bit, since I work out early and really seem to struggle with energy levels and run out of puff early. I thought it was helping, but now I'm not so sure. Obviously the sleep issues are part of the problem too, but since I can't do much about that, I really need to optimise nutrition to compensate.

BenM

09-22-2016, 07:41 AM

Thu 22/9

Food: 2446 / 2422 kcal

Exercise: Just a walk yesterday (11.5k / 14.6k steps)

Sleep: 7hr 11min / 6hr 31min - 2 x awake, 7 x restless, 17 min awake/restless. Been making an effort to go to bed earlier. Last night's sleep was actually pretty decent for a change.

BW: 70.5kg @ 16.3% BF

Today's music: Offspring - Ixnay on the Hombre / Augie March - Moo, You Bloody Choir

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 80kg

3x5 @ 90kg

New PR. Again. But I am almost definitely aggravating my lower back when the reps get scrappy towards the end. Also - after reviewing the video I am only just hitting parallel (didn't even get that far on the last rep) so I'll definitely have to repeat it on Sunday I think. On the upside, I didn't feel so beat up after this set as last time, so either the better recovery or the chemical assistance (see comments) helped! Took video from a different angle this morning:

<http://youtu.be/BBvDdkkVyio>

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

4x5, 1x4 @ 53.5kg

Failed in the same damn place as last time. Bit pissed off about it to be honest as I was sure I'd get it this time - should have taken a bit longer between sets, 3-4 mins obviously wasn't quite enough. Video is too embarrassing to upload.

Power Cleans:

5x5 @ 47.5kg

Repeated the weight to work on form - was good fun, hamstrings are feeling a bit warm now. Think it's improving - still not as consistent as I'd like, so might repeat again, but we'll see. Here's the first set, which I think was probably the best - they got a bit worse as I went on:

<http://youtu.be/MTwtwjo-yDE>

Lying Triceps Extensions (with EZ Curl Bar)

1x9, 1x10 @ 32.5kg

Thought these were easy til I got to the last couple of reps and my arms gave out! Very scrappy last rep in the second set...

Tried out a new preworkout this morning - 180mg of caffeine as well as creatine, beta alinine and some other goodies. No real ill effects and I feel pretty good - in fact I'm still pretty buzzy. Think I'll keep using it pre workout and just take plain creatine on off days as of now. On a semi related note, blood tests came back with really good numbers for iron, thyroid function, cholesterol (4.7), so apparently I'm a picture of health and have no excuses (apart from my back, which is pretty minor). Wife didn't seem to excited when I told her, maybe she's sick of me already.. haha.

Still got lower back pain particularly late in the day, I really, really wish it would hurry up and get right. I'm loathe to do it, but might even try a light week of squats to see if that makes any difference. Super keen to see a 2 plate squat, but a week or so of less/no progression should still see it happen well before Christmas. Trying to get in to see an osteopath for a bit of advice.

I backed off the food a little in the last couple of days, got spooked after seeing 71.6kg a couple of days ago, think it was coming up just a tad too fast. Was pleased to see the BF % number drop a bit this morning. I know, I know....

chromoly

09-23-2016, 01:46 PM


Nice progress, weights and eating :)

How are you measuring your bodyfat? I hear those scales that rely on impedance measurements are pretty unreliable.

BenM

09-23-2016, 02:05 PM

Quote:

Originally Posted by **chromoly** 

Nice progress, weights and eating :)

How are you measuring your bodyfat? I hear those scales that rely on impedance measurements are pretty unreliable.

Thanks! The eating is still not quite there, but working on it...

For reference.... though I do look a little less scrawny than this now:
<http://uploads.tapatalk-cdn.com/2016...c825790ecf.jpg>

This is why my head is fucked up about food!!

Yeah using body fat scales - Im sure they're not accurate at all (some days the measurement can change +/- .5-.6% between getting on and off again!) but Im mainly interested in the overall trend. I have been meaning to get some calipers actually, thanks for reminding me.

chromoly

09-23-2016, 02:14 PM

Oh trust me. I'm female. I know all about a head being "fucked up about food."

Overall trend is good. I like the US Navy BF system. It's based on body measurements and your weight and height. I use that, and the mirror as my main guides :)

BenM

09-23-2016, 02:37 PM

Funny I always thought that was also based on skin folds... will have to give it a go and see what number it comes up with. Because having more numbers couldn't possibly make me even more neurotic, right???

chromoly

09-23-2016, 02:40 PM

Quote:

Originally Posted by **BenM** 

Funny I always thought that was also based on skin folds... will have to give it a go and see what number it comes up with. Because having more numbers couldn't possibly make me even more neurotic, right???

It's just for overall trend! All the absolute numbers will likely be different, as long as you're happy with the general trend of things...

Maybe don't look into it after all. More numbers can make one (me) more neurotic. That's the real reason I stopped counting my macros-- it was driving me crazy

heavyiron8


09-23-2016, 02:41 PM

Have you gotten a form check from technique or SSC subforum? The depth on the squats looks a bit iffy.

BenM

09-23-2016, 03:00 PM

Quote:

Originally Posted by **heavyiron8** 

Have you gotten a form check from technique or SSC subforum? The depth on the squats looks a bit iffy.

Thanks for pointing that out... I did get a form check a little while back in the technique forum. It wasn't too bad at that point; but as the weights have got heavier I have started slipping into bad habits. I noticed it when I looked at the video though, even mentioned it in the post above (that's what I meant when I said 'only just hitting parallel and didn't even get there on the last rep') so will definitely have to try and fix it next time. But it's probably a good time to revisit it anyway and look for flaws, I'm sure it could be improved. There are no SSCs here, and training on my own (never even set foot in a gym) I'm not sure who I'd trust locally to have a look at it.

Probably the lack of depth is part of the reason I have a sore hamstring today.... lol

BenM

09-23-2016, 05:44 PM

PS Navy Method says 16.41%, if I measured myself right - so it isn't far off the scales.

Mahendra

09-24-2016, 05:21 AM

Hey dude,

Regarding measuring body fat... I've learned that most methods are a complete waste of time. Outside of using the navy method to set up initial macro calculations based on your goal (gaining or cutting), measuring BF is a bad idea.

Reason being is that outside of dying and having an autopsy done, there's no way to know what your true body fat % is. DEXA scans are the most accurate for populations, but on an individual basis, they can still be off. Plus, they are expensive.

BMI scales aren't good to use...

The downfall with calipers or the navy method is that they don't measure visceral fat, and generally, your body will try to burn that off first (if you're trying to lose). Or, it'll store fat there if your BF % gets too high (what rate, I'm not exactly sure). That being said, as per Chromoly, using the navy method & mirrors/photos, is generally the best way to gauge body comp changes.

BenM

09-25-2016, 12:23 PM

Sun 25/9

Food: 2603 / 2294 / 2692 kcal - not quite enough. Macros OK.

Exercise: Walking Friday, golf yesterday, 8k / 11k / 23k steps

Sleep: 6hr 40min / 7hr 16min / 7hr 26min - 3 x awake, 8 x restless, 38 min awake/restless.

BW: 70.1kg and who knows what my body fat is. I've had readings from 14.4% up to 16% in the last 2 days. It does seem to have come down a bit.

Today's music: Green Day - International Superhits / Rob Zombie - Past Present and Future

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 80kg

1x1, 1x2, 1x3 @ 90kg

3x5 @ 80kg

Given my form at 90kg was... bad, I really tried to improve it during the warmup sets, and when I got to 90kg I just couldn't do it. First set didn't even get to parallel and almost failed, second time can't remember what happened, third time the bar pinched my shoulder so bad I had to rerack it, first time I remember that happening in ages. Bailed out and took a massive deload to some sets at 80kg and even that seemed damn hard. Just looked at the video of those sets and I STILL didn't hit depth. What the fuck is wrong with me?

Overhead Press:

2x5 @ 20kg

1x5 @ 37.5kg Equal Pee Arrr

Repeated the last weight since I considered it a bit iffy. Nailed 'em to confirm the PR.

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 117.5kg New PR

I almost didn't go for this considering my hamstring. But 100kg didn't tweak it so I thought why not.

Chinups:

5, 5, 4.75, 3.75

Hnnnnnggghhhhhh!!!

Woke up feeling like utter crap again. Not enough food, shit sleep, and my injury list has grown - seems aside from the back issue, I also tweaked a hamstring just slightly doing those power cleans the other day as it's still a bit tender 3 days later; also shoulder pain from a bit of extra bench work I threw in. Stupid, stupid. Plus got hit in the shin by a ricochet golf ball yesterday and have a nice egg there. So yeah... almost didn't bother. In the end though, worst squat session I've ever had, but everything else OK.

Been taking a low dose of creatine daily as of Thursday so hopefully that will help a bit moving forward. Big steak for dinner tonight, nom nom nom.

BenM

09-27-2016, 06:51 AM

Tue 27/9

Food: 2834 / 2559 kcal

Exercise: A walk yesterday, 6.8k / 12k steps

Sleep: 7hr 4min / 6hr 47min - 3 x awake, 7 x restless, 22 min awake/restless.

BW: 70.7kg

Today's music: Aerosmith - The Best of Aerosmith

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

3x5 @ 80kg

Sucked. I am still subscribing to the theory that squatting (with bad form; not staying tight) is stopping my lower back from improving. So I decided this week I'm not going to go higher than this weight and will focus on form, if there's no improvement in the situation by the weekend I'll drop the weight again or maybe not squat at all for a week or so. After today I'm wondering if even 80kg is even too heavy for rehab considering some of the wobbles I had. And depth STILL iffy, I am such a motor moron - last set:

<http://youtu.be/ENaUYPGnTag>

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

5x5 @ 53.5kg New PR

Finally broke through this little plateau as well. I'm disappointed with squats, but it's nice that other stuff is moving at least a little. Don't think it was absolutely max effort either - last rep on the last couple of sets might have been 90-95%. Last set:

<http://youtu.be/8YpgqBcNbrY>

Power Cleans:

5x5 @ 50kg - hook grip

Was happy enough with these to up the weight a little. Some of these were good, some of these were bad, and I felt dizzy a few times when putting the bar down. Gotta toughen up my hands a bit (hence the hook grip) as I'm going to have to start using hook and / alternate grip on deadlift soon. Didn't video these.

Lying Tricep Extensions (with EZ Curl bar):

2x10 @ 32.5kg

Better than last time. Call it a PR. Triceps smoked (good).

Not much to say. Buzzing from preworkout and hopefully creatine is kicking in. If I could get my back rehabbed and my squat form right, I'd feel a lot happier though.

BenM

09-29-2016, 06:54 AM

Thu 27/9

Food: 2555/ 2577 kcal - Tuesday's macros were about perfect, yesterday not so much. Only got where I did yesterday with a 600kcal meal of muesli and whey right before bed.

Exercise: A walk yesterday. 6K / 13k steps

Sleep: 6hr 16min / 6hr 33min 5 x awake, 10 x restless, 40 min awake/restless. Frustrating thing is I have had the light out well before 10pm both days.

BW: 70.3kg. BF ? Scales show a jump, I don't believe them.

Today's music: Custard - Goodbye Cruel World

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x3 @ 70kg

3x5 @ 80kg

Tried so hard to hit depth! I think these were all OK, felt like I was going miles deeper, but still only just got there.... last set (bit wobbly):

<http://youtu.be/jiQ29B9Ij3E>

Overhead Press:

2x5 @ 20kg

1x3 @ 30kg

1x5, 4x4 @ 38.5kg

Yeah nah. Not surprised I didn't get these really, all my lifts are weak but this is probably my weakest. Bit disappointed I missed by so much though, didn't even try for 5 on the last set, 4 was almost a fail. No video because who wants to see that?

Deadlift:
1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 110kg
1x5 @ 120kg New PR

All hook grip too, since the bar was nearly rolling out of my hands at the top last time. Surprisingly didn't hurt much, so my hands must be getting used to it. I needed a PR after the disappointing press, but my back is a bit fried now. Not sore per se, just tired. Oh and I was getting headspins even through the warmup sets. But here's proof anyway.

http://youtu.be/zkHrJ_msxNI

Almost got my back position right, it still rounds at the start of the pull though as it takes the weight.

Chinups:
4, 3, 3, 3

I was spent by this stage... got the shakes.

Weight static. Need to eat a bit more, I was expecting a little weight gain with the creatine (like last time I used it), but I'm not loading like I did then either. Also I think maybe a full dose of the PWO is a bit much for me to be honest.... it makes me jittery and shaky by the end, and doesn't seem to increase my stamina at all. Probably better to ingest some carbs intraworkout instead of relying on stimulants to keep me going.

Ordered a Best belt last night. Won't have it for ages, but looking forward to it's arrival!

BenM

10-01-2016, 09:02 AM

Sat 1/10

Food: 2597 / 6694(!!!) kcal - yesterday was a complete guess from 5:30pm onwards.....

Exercise: A walk yesterday. 9K / 13k steps

Sleep: 6hr 54min / 5hr 8min 4 x awake, 10 x restless, 21 min awake/restless.

BW: 72.6kg - fair bit of water gain though!

Today's music: Incubus - Fungus Amongus / Machine Gun Fellatio - On Ice

Squat:
2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
1x3 @ 72.5kg
3x5 @ 82.5kg

Yeah I know I was gonna stay at 80kg this week but after last night felt like punishing myself, must be a masochist. I actually managed to hit depth too. Fuck squats though. I'd rather deadlift than squat.

<http://youtu.be/7FVhAaJqu4k>

Bench Press:
2x5 @ 20kg
1x5 @ 40kg
5x5 @ 55kg

And that, my friends is a new PR. Yesh, I took 5 mins between the last couple of sets, but it still counts.

<http://youtu.be/vn6mS6V0fKA>

Power Cleans:
1x4 @ 55kg Thought that 50kg was still pretty easy, so why the hell not. But yeah, bit ambitious. Didn't manage to rack the fifth.
3x5 @ 52.5kg
1x7 @ 52.5kg just because

I like these but I am still shit at them. And since I don't have bumper plates, their usefulness will become limited, not for a little while though.

Lying Tricep Extensions:
1x10 @ 33.5kg
1x7 @ 33.5kg
1x10 @ 33.5kg

The girls came down and were watching me do the second set, and the wife had to grab the bar off my face. How embarassment.... so I did another set after they left the room, the last few were closer to presses than tricep extensions but they went up.

On food/rest/weight: It looks different because I went out with some mates last night to a new American BBQ place. Ate everything in sight (burger, brisket, chicken, ribs, pulled pork, mac and cheese, slaw, fries, and fuck knows what else) and drank about 10 pints of beer and Jim Beam. So yeah, umm... macros schmactros. Gained 1.8kg in 24 hours, mostly water of course. Got home after midnight, was awake by 6ish and couldn't get back to sleep, all I could think about was training.... so yeah, train I did, hangover and all. Best thing I could've done.

I had planned to train anyway, since I gotta flip my schedule back to Mon/Wed/Fri for this week at least. Now I can eat and watch the footy today guilt free. Have a great weekend everyone, and GO THE DOGGIESSSSSSSSSS

<http://i.imgur.com/9c7kBgK.jpg>

BenM

10-03-2016, 05:52 AM

Mon 3/10

Food: 2633 / 2789 kcal

Exercise: A walk yesterday. 7.5K / 12k steps

Sleep: 7hr 52min / 5hr 56min 2 x awake, 9 x restless, 19 min awake/restless.

BW: 71.3kg

Today's music: Cake - Comfort Eagle / Dinosaur Jr - Without a Sound

Squat:
2x5 @ 20kg

1x5 @ 40kg
1x5 @ 60kg
1x5 @ 70kg
3x5 @ 80kg

Wasn't gonna squat today - lower back has been sore since Saturday's session. But I thought I'd try it and felt OK through the warmup. Was tight afterwards but not sore.

Overhead Press:
2x5 @ 20kg
5x5 @ 38.5kg New PR

Broke through this little plateau too. Feels good.

Deadlift:
1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 122.5kg New PR

Stupid me, can't stick to a plan. Given my back is suspect, I said 'if I get the press PR I won't push it on DL'. Then the red mist descended once I started warming up and did it anyway. That was frigging hard. All hook grip. Had to stop for 15-30 secs between reps. But upside, back is not sore, maybe a little tired if anything. Let's wait til it cools down.....

Chinups:
5, 4, 3, 4 @ BW, had a slightly longer break before the last set

Not enough sleep. Lay awake in bed looking at alternatives to squat/deadlift in case I need to rehab my back, then woke up and did them anyway! Also chose to skip the PWO this morning, so no caffeine, just a banana. All in all, surprised I did what I did. Was decent. No videos, I got lazy.

Going to see a back guy tomorrow who comes highly recommended, hopefully can get an actual diagnosis and plan to rehab it properly. No doubt he'll get me working on core strength.... heh.

BenM

10-03-2016, 01:50 PM

Interesting, just did some food analysis.

Average daily intake over the past 30 days: 2884 kcal
Weight gain since 3/9: About 1.5kg

This is probably about the rate I want to gain, really. However I may still have some water weight hanging around from the big Friday night I had. If you take out the 6600kcal meat and beer bonanza that was Friday, the average drops down to about 2757kcal / day.

DevilfromGA

10-03-2016, 11:26 PM

I'm not sure what impresses me more, your perseverance or your music selection. Keep it up and hope you get positive feedback on your back. Following several weeks of PRs and squat/dead lift grinders a deload week may be in order.

BenM

10-04-2016, 05:40 PM

Quote:

Originally Posted by **DevilfromGA** 

I'm not sure what impresses me more, your perseverance or your music selection. Keep it up and hope you get positive feedback on your back. Following several weeks of PRs and squat/dead lift grinders a deload week may be in order.

Thanks mate. Yeah you're probably right, I need a rest, with a big weekend of golf coming (maybe more than one), don't want to bust myself too much.

Chiro visit was interesting. He's sure it's just muscular tightness that's hanging round and definitely not a bulging disc; I'm too mobile for that. Felt awesome after some manipulation and massage, but it's tight again now. Hopefully the stretches he's given me will get it cleared up pretty quick, he seems pretty confident about it.... and also had no problem with me continuing to lift.

BenM

10-05-2016, 05:53 AM

Wed 5/10

Food: 2436 / 2553 kcal

Exercise: A walk yesterday. Which turned into a run when it poured with rain. 8.5K / 14k steps

Sleep: 6hr 58min / 6hr 22min - 1 x awake, 8 x restless, 17 min awake/restless.

BW: 71kg

Today's music: Jet - Get Born

Light Squat (AKA rest the back):

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

3x5 @ 70kg

Felt harder than they should have

Bench Press (AKA do some actual work):

2x5 @ 20kg

1x3 @ 40kg

2x5, 1x4, 1x3, 1x4 @ 56kg

Bzzzt fail

Power Cleans (AKA exercise):

5x5 @ 52.5kg

First couple of sets felt super heavy. Last couple were ok though mostly.

Lying Tricep Extensions (AKA Fry The Tris):

1x10, 1x9 @ 33.5kg

Didn't see the point in adding weight the way I was feeling. Glad I didn't, the very last rep wouldn't go up without pressing.

Felt just slightly dizzy last night during supper and was surprised I felt the same this morning, so wasn't expecting much. No caffeine this morning either. Decided to squat light and save the energy for other stuff but no big surprise it was a pretty shit effort all round. Think the lack of sleep is catching up with me, and I was a touch down on food which probably didn't help. At least I didn't

go back to bed.....

BenM

10-06-2016, 05:23 AM

Thu 6/10

Food: 2407 kcal

Exercise: heh. 8.5k steps.

Sleep: 7hr 1min - 1 x awake, 4 x restless, 14 min awake/restless. Bit better.

BW: 70.5kg

Today's music: Kings of Leon - Only By The Night

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

5x3 @ 50kg - focussed on speed, 2 min rests

Dumbbell Incline Press:

1x10 @ 8.5kg

3x10 @ 9.5kg

Dumbbell Decline Press:

3x10 @ 9.5kg

This is all the weight I have for my little spinlock dumbbell set. It's not really enough!

Conditioning:

20 mins elliptical - on peak interval setting

FMD, my quads and lungs are exploding. Took all my self control not to jump off after 10..12..15 mins. Can't believe I used to do this for 30 mins 3 times a week, doesn't take long to get outta shape.

Want to focus on bench/chest so decided to add a little work, but only wanted something short today. Borrowed this from Andy's geezer program, might not do much (then again it might, if I stick with it) but it was a bit of fun. And the conditioning was sorely needed... walks just aren't cutting it.

BenM

10-07-2016, 08:20 AM

Fri 7/10

Food: 2337 kcal (211g carbs, 222g protein, 67g fat)

Exercise: In the post above. Hit 12.7k steps

Sleep: 6hr 13 mins - 1 x awake, 2 x restless, 9 min awake/restless. Not enough, but what I got was good.

BW: 70.5kg

Today's music: Ben Folds Five - Ben Folds Five

Light Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
1x5 @ 72.5kg

Just a small increase. Should have videoed to check form, but didn't. Felt OK though.

Overhead Press:

2x5 @ 20kg
1x3 @ 30kg
1x3, 4x4 @ 40kg
1x4 @ 37.5kg backoff set

Didn't really expect to get it but was disappointed to bail after 3 in the first set.

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 112.5kg
1x5 @ 125kg New PR

Still not happy with my upper back being so rounded, so I probably should deload and fix this properly. Was happy to pull a PR in an otherwise quiet workout though. Video:

http://youtu.be/vauU9_83FHU

Chinups:

4, 5, 4, 3 @ BW

Another week passes.... Again I fail at eating and sleeping enough. But I also was only squatting light so maybe it's not a bad thing - I feel like there's no point eating like a beast if you're not training like one. I _think_ there's been some improvement in my lower back pain with the chiro visit and stretching every day so we'll see how it goes after the weekend, if it's still improving I'll start ramping the squats up a little next week.

Brother Francis

10-08-2016, 02:27 AM

Hey Ben, just passing through here. You've made some pretty inspiring progress. I'll be following this log for sure.

BenM

10-10-2016, 05:50 AM

Mon 10/10

Food: 2390 / 2553 / 2385 kcal

Exercise: Golf on Saturday. Not much yesterday. 8.7K / 26k / 9.8k steps

Sleep: 7hr 14min / 7hr 59min / 6hr 29min - 1 x awake, 7 x restless, 14 min awake/restless.

BW: 70.0kg

Today's music: Black Eyed Peas - Elephunk

Squat:

2x5 @ 20kg

1x5 @ 40kg
1x5 @ 60kg
3x5 @ 75kg

Not too bad. Back was a bit tight afterwards but not sore. Think my technique might actually be improving a bit too, should have videoed them. Think I'll still try and stay within myself this week though.

Bench Press:
2x5 @ 20kg
1x3 @ 40kg
5x5 @ 56kg

New PR. Still took < 5 mins between the last couple of sets. Last rep was suuuuper grindy.

Power Cleans:
5x5 @ 52.5kg

Decided not to bump up the weight. Felt like form was decent, mostly. Still arm pulling occasionally.

Lying Tricep Extensions (EZ Curl bar):
2x10, 1x8 @ 33.5kg

Got my 2 sets this time, and felt good enough to try for a third, but couldn't quite get there. Didn't think going to failure on these would be wise....

Was supposed to play golf yesterday as well as Saturday, but pulled out - it was blowing a gale and forecast to pour. As it turned out the rain didn't come til later in the day but I enjoyed a rest day, didn't do a whole lot other than housework and a walk with the fam, which was nice. If I'd been able to get a proper night's sleep last night, it would've been almost perfect..... but I still enjoyed it this morning, and didn't feel exhausted afterwards.

Body weight was actually down to 69.9kg on both days of the weekend though. I've REALLY got to get over my food issues. Having said that, the numbers suggest I'm still getting stronger, albeit slowly. And I've definitely added a little muscle too, obviously not a lot. Wish I'd been taking waistline measurements, but a couple of months ago (when I decided I'd lost enough weight) I bought a fair few new pairs of pants and shorts in size 32. They were a good fit at the time but now they're all a little loose, and I could comfortably wear a 30. Given my overall weight hasn't moved much, it must have been redistributed somewhere else!

BenM

10-12-2016, 06:02 AM

Quote:

Originally Posted by **Brother Francis** 

Hey Ben, just passing through here. You've made some pretty inspiring progress. I'll be following this log for sure.

Thanks Brother! I'm still a lightweight weakling, but working on it at least.

Wed 12/10

Food: 2101 / 2213 kcal

Exercise: A walk yesterday. 6k / 13k steps.

Sleep: 6hr 54 mins / 7 hrs 2 mins - 4 x awake, 12 x restless, 19 min awake/restless.

BW: 70.0kg

Today's music: Blur - The Best Of

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

3x5 @ 75kg

My back injury has definitely improved with all the stretching but it's still maybe only 60% right. I'm not keen to push it too hard til it's close to 100% so this weight stays the same for now. It was still a grind though! Last set:

<http://youtu.be/PCXK42iqb2Y>

Overhead Press:

2x5 @ 20kg

1x3 @ 30kg

1x4, 1x3, 2x4, 1x3 @ 40kg

That was just shit. To even get 4 there's a massive amount of back sway, I'm really a fair way off being able to lift this weight successfully. And my left shoulder is starting to hurt, it has had a little niggle for a while but OHP especially bothers it. I foresee a deload in my future....

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 115kg

Deloaded this by around 10% and had a good look at my setup. Unfortunately I don't think I improved it much - my lower back looks/felt OK but upper back still looks rounded, and gets worse once it takes the weight. Will have to keep working on it, but I need some magical cue.

<http://youtu.be/1YdR8s-HcB0>

Chinups:

5, 5, 5, 4 @ BW

Could be a chinup PR. So at least that's something.

Didn't feel energetic at all this morning. Food bad, sleep bad. Still, it coulda been worse.

BenM

10-14-2016, 10:05 AM

Fri 14/10

Food: 2081/ 2355 kcal

Exercise: A walk yesterday. 8.4K / 12k steps

Sleep: 6hr 22min / 8hr 31min - 3 x awake, 9 x restless, 38 min awake/restless.

BW: 69.7kg

Today's music: Jimmy Eat World - Bleed American

Squat:

2x5 @ 20kg

1x5 @ 40kg
1x5 @ 60kg
4x5 @ 75kg

If my back felt 60% rehabbed on Wednesday, it probably felt 70% today, so did an extra set just to add some volume. Was tight afterwards!

Bench Press:

2x5 @ 20kg
1x5 @ 40kg
2x5, 2x3, 1x4 @ 57.5kg
1x5 @ 52.5kg backoff

Damn mobile phone rang in the third set which caused the first fail. I would have failed eventually anyway - had no juice left for more than 3 in the next set either - but it annoyed me. Especially when it turned out to be Telstra! Did a back off set, since I'm not on a schedule today.

Barbell Rows:

5x5 @ 52.5kg

Decided to hit these again for a change, since it's been a couple of months. Pretty sure I was stuck on 50kg at the time - definitely I'm a little stronger now, but by the fifth (and sometimes the fourth) rep I was battling to hit my chest. Oh well. Silly idea anyway if my back is a bit suspect. But you gotta change it up sometimes, right?

Power Cleans:

5x3 @ 52.5kg

Just a little more practice... These were feeling really easy, til the second last one when I smashed the bar into my collarbone, then the last one when I had a massive dizzy moment just as I racked the bar and almost fell over putting it down again. That's enough of that....

Lying Tricep Extensions (EZ Curl bar):

1x10, 1x9, 1x3 @ 35kg

drops mic and walks off nonchalantly like I meant to do that

Day off work today. Was going to still get up early and train so I had the rest of the day free, but at 5am I got up, went to the toilet and said 'what the fuck are you doing, idiot' and went back to bed for a couple of hours. Trained after breakfast instead and had a slightly longer session.

Weight has dropped back under 70kg, which is not ideal... but I'm still hoping to start squatting a bit heavier by mid next week and start ramping things up again, and food intake will come up too. Hopefully will kick start the gainz again.

BenM

10-16-2016, 08:50 AM

Sun 12/10

Food: 2536 / 3496 kcal

Activity: Golf yesterday. 8.6k / 21.6k steps.

Sleep: 7 hrs 7 mins / 8 hrs 0 mins - 4 x awake, 15 x restless, 1 hr 16 min awake/restless.

BW: 70.1kg

Today's music: Live - Throwing Copper

Lower back tightness: 70% (no change). Golf yesterday didn't help it.

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
4x5 @ 75kg

Did 4 sets again. Felt heavy, but everything did this morning.

Overhead Press:

2x5 @ 20kg
1x5 @ 30kg
5x4 @ 40kg
1x5 @ 36kg back off (strict, no hips)

Nah, still can't get 5 reps at this weight, even taking 5 minutes between sets, and this is the third fail. Did a back off set. Pain at front of left shoulder, BP/OHP do aggravate it.

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 120kg

Didn't quite feel up to going for a PR, but bumped it back up to 120kg just cos, and tried to get through them a bit faster instead of faffing around between reps. Last one was RPE 9.5 for sure.

Don't know if it's the angle, or the black shirt, or what, but my upper back may be looking a tiny bit flatter, though it still rounds when I take the weight. Not sure if I need to get even tighter or do something different, or if it's just my body. Here's the work set anyway:

<http://youtu.be/Oeo6N9QUtIY>

Chinups:

7, 5, 5, 5 @ BW

7 in a row is a rep PR, and the overall reps would be as well. My biceps and forearms are absolutely popping.

Made a bit of an effort to eat more during golf yesterday, then went out for dinner last night, so ate a quite a bit more than usual. There was some junk/sugar in there (late night dessert house) but some decent protein too (Hogs Breath). Thought it might help a bit with energy levels this morning, but it definitely didn't feel like it when I started squatting! Sleep quality was crappy as usual - my daughter seems to enjoy kicking me right in the lower back from about 5am onwards.

Once I got going though, it got easier, and was pretty happy with the effort in the end. Now to go eat a proper breakfast.

BenM

10-18-2016, 05:52 AM

Mon 17/10 - Bonus bench day

Bench Press:

2x5 @ 20kg
1x5 @ 40kg
3x5 @ 57.5kg

Super grindy, last couple not very straight! New PR though, will try and get 5x5 at this weight tomorrow. I think I did a back off set as well, but honestly can't remember!

Dragon Flags:

About 5 very difficult attempts at negatives, with knees bent

Conditioning

The usual 'off day' 5.2k power walk

Bit of extra bench volume, would like to try and keep driving that up if nothing else.

Tue 18/10

Food: 2774 / 2784 kcal

Exercise: A walk and a pretty active day with family yesterday. 7.3K / 16.6k steps

Sleep: 6hr 47min / 5hr 57min - 4 x awake, 11 x restless, 30 min awake/restless.

BW: 70.5kg

Lower back tightness: 70% (no change). Honestly thought it was improving yesterday, but this morning, it's yuk.

Today's music: Motley Crue - Dr Feelgood

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

4x5 @ 75kg

Still not ready to add more weight to the bar. Back was tight/sore on both sides when I started (unusual - it's mostly been RHS erector that's sore). Definitely felt easier this morning though, and probably felt better afterwards than usual.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

3x5, 1x4, 1x3 @ 57.5kg

1x5 @ 53.5 backoff

Rep PR, I guess - wish I could've got all 5 sets though. Just a lack of stamina/energy I reckon. Early morning training sucks.

Power Cleans:

5x5 @ 55kg

New PR I think. Had a dizzy spell after the first set, which worried me... but somehow the rest were pretty good, got through them fairly quickly too. Must be getting better at them.

Lying Tricep Extensions (EZ Curl bar):

1x10, 1x9, 1x4 @ 35kg

Looks like this is my happy place for now... last rep of each set was a press, pretty much.

Ate a bit more the last couple of days and even had a couple of beers Sunday. Sleep last night was awful though. Late to bed (10:45pm), doorbell started ringing constantly at 12:30am (NO idea why, malfunction?), then up again at 1:30am and 3am. Sigh.

I bit the bullet and ordered some lifting shoes yesterday. Just need to get my back right by the time

they get here! I really don't want to, but might even drop squats on Thursday and see what effect (if any) it has.

Coolidgee

10-18-2016, 06:06 AM

Quote:

Originally Posted by **BenM** 

Mon 17/10 -

I bit the bullet and ordered some lifting shoes yesterday. Just need to get my back right by the time they get here! I really don't want to, but might even drop squats on Thursday and see what effect (if any) it has.

Good progress mate. Hope that back comes good soon!

Which shoes did you go with and where did you order from?

peez

10-18-2016, 06:13 AM

Hey Ben,

first of all, I love the spectators on the shelf next to you - quite a collection - exceeding my daughter's, and that's saying something!


During the DL I could not help but notice the rounding in your upper back. I'd try to pull my shoulders down and back more and stick my chest out.

It looks like you have rubber mats on carpet and it has a bit of give. If that's the case I'll adversely impact the squat. Any chance you can stick a sheet of ply under there? Also, good call on the shoes!

BenM

10-18-2016, 09:32 AM

Quote:

Originally Posted by **Coolidgee** 

Good progress mate. Hope that back comes good soon!

Which shoes did you go with and where did you order from?

Thanks - it's slow, but that's my fault for NDTFP. My back felt pretty good after a hot shower and a stretch, I am fairly sure if I go back to the chiro and get it stretched out again it will come good real fast.

After much internal debate I ordered Romaleos in the end.... probably would have preferred AdiPowers mainly because my current runners are Adidas, but I used to wear Nikes and had 4 or 5 pairs of Nike runners and basketball shoes to compare sizes, so I was more confident in the fit being right. Plus the Romaleos are a bit cheaper with that Eastbay deal at the moment.

Quote:

Originally Posted by **peez** 

Hey Ben,

first of all, I love the spectators on the shelf next to you - quite a collection - exceeding my daughter's, and that's saying something!

During the DL I could not help but notice the rounding in your upper back. I'd try to pull my shoulders down and back more and stick my chest out.

It looks like you have rubber mats on carpet and it has a bit of give. If that's the case I'll adversely impact the squat. Any chance you can stick a sheet of ply under there? Also, good call on the shoes!

Thanks peez! Yeah that's my wife's little indulgence, hopefully by the end of the year they'll be out of the gym. There's a few dollars in that lot.

My deadlift definitely needs work, upper back is something I am aware of - thanks for the cue. I have been working on it and will continue to do so.

Nice pickup on the give in the platform, I actually hadn't really noticed it at all. It's 18mm particle board with marine carpet stuck straight to it, sitting straight over the top of the carpet and underlay, which is laid directly on concrete. The only part that has any rubber at all is the mats on the corners which I use for deadlifts/power cleans/rows etc. I do have a bit more particle board I could lay over the top (inside the rack) - I wonder if that would help reduce it? Can't raise the rack too much higher as my head almost hits the ceilings on chinups as it is, but a smaller raised section inside for squats (that I could remove for everything else) might work.

It's also fairly new (maybe ~2 years) carpet so maybe it'll compress down a bit more over time. Can't think of too many other options without tearing up the carpet which I suspect would lead to some marital difficulties.... ;)

Coolidgee

10-18-2016, 11:15 AM

Quote:

Originally Posted by **BenM** 

Thanks - it's slow, but that's my fault for NDTFP. My back felt pretty good after a hot shower and a stretch, I am fairly sure if I go back to the chiro and get it stretched out again it will come good real fast.

After much internal debate I ordered Romaleos in the end.... probably would have preferred AdiPowers mainly because my current runners are Adidas, but I used to wear Nikes and had 4 or 5 pairs of Nike runners and basketball shoes to compare sizes, so I was more confident in the fit being right. Plus the Romaleos are a bit cheaper with that Eastbay deal at the moment.

Yeah I am pretty much sold on the Romaleos as well. Simon's comments that he wishes he had gone straight to them stick in my mind.

I'm currently lifting in cons, like you and my squat is due to go to 115kg next workout. Starting to feel like the cons just aren't supportive and that the force transfer to the ground is getting lost somewhat between my feet and the concrete. I'll be interested to hear your thoughts on the Romaleos and what the experience of ordering through Eastbay in Australia is like.

BenM

10-18-2016, 11:42 AM

Quote:

Originally Posted by **Coolidgee** »

Yeah I am pretty much sold on the Romaleos as well. Simon's comments that he wishes he had gone straight to them stick in my mind.

I'm currently lifting in cons, like you and my squat is due to go to 115kg next workout. Starting to feel like the cons just aren't supportive and that the force transfer to the ground is getting lost somewhat between my feet and the concrete. I'll be interested to hear your thoughts on the Romaleos and what the experience of ordering through Eastbay in Australia is like.

I will let you know! Simon's comments were another reason I went that way, and I decided I wanted a leather upper so the cheaper options were out. I'm only lifting baby weights but I intend to stick with this so want something that'll last.

I've ordered from Eastbay before, but not for a few years. Last time round they were pretty good, as I think they used DHL who are usually super fast, only 4 or 5 business days to here in Tassie, probably less if you're in a major capital city. Very nearly got them from Iron365 - it would've only been \$25 or so more (which I probably would have paid, in case the size was wrong) but they didn't have the black/red combo I wanted. So vain!

peez

10-18-2016, 10:08 PM

Quote:

Originally Posted by **BenM** »

My deadlift definitely needs work, upper back is something I am aware of - thanks for the cue. I have been working on it and will continue to do so.

Nice pickup on the give in the platform, I actually hadn't really noticed it at all. It's 18mm particle board with marine carpet stuck straight to it, sitting straight over the top of the carpet and underlay, which is laid directly on concrete. The only part that has any rubber at all is the mats on the corners which I use for deadlifts/power cleans/rows etc. I do have a bit more particle board I could lay over the top (inside the rack) - I wonder if that would help reduce it? Can't raise the rack too much higher as my head almost hits the ceilings on chinups as it is, but a smaller raised section inside for squats (that I could remove for everything else) might work.

It's also fairly new (maybe ~2 years) carpet so maybe it'll compress down a bit more over time. Can't think of too many other options without tearing up the carpet which I suspect would lead to some marital difficulties.... ;)

Hmmm 18mm of ply should not move much. Your BW + 115kg is not a baby weight, but I doubt the 18mm ply has much give. When you have the new shoes just give it a try on the ply without the carpet if you can remove a bit and then with the carpet, you'll be able to tell if there is any difference. I do my workouts in my adipowers on a sheet of termite barf (particle board) on concrete ... but anything reasonably solid works.

Brother Francis

10-19-2016, 01:55 AM

Just chipping in my 2 cents for what it's worth:

I've had a pair of Romaleos II for about 4 years now and I love them. I have rather obnoxiously

wide feet and the Romaleos accommodate that nicely. Most other lifting shoes I've looked at are quite narrow which just weirds me out. Also, when I squat in them, I feel like my feet are completely rooted into the ground which is always nice.

BenM

10-19-2016, 07:18 AM

Quote:

Originally Posted by **peez** »

Hmmm 18mm of ply should not move much. Your BW + 115kg is not a baby weight, but I doubt the 18mm ply has much give. When you have the new shoes just give it a try on the ply without the carpet if you can remove a bit and then with the carpet, you'll be able to tell if there is any difference. I do my workouts in my adipowers on a sheet of termite barf (particle board) on concrete ... but anything reasonably solid works.

There's not much chance of removing the carpet unfortunately, that marine carpet is stuck down to the boards with synthetic turf adhesive! I doubt there's any give in it the carpet on the board though, if you've ever seen marine carpet it's basically just tough thick felt. If there's any give it's either in the board or in the carpet/underlay underneath.

I had another look at it this morning, and couldn't really feel much give under the rack, but I think it would definitely move more during deads. The reason being that the piece under the rack is a full 2400x1200 sheet, the piece in front of the rack (where I do deads/power cleans) is a strip that's 2400 long and about 900mm wide, which is just joined to the main sheet with a couple of flat brackets at the edges. So there's not as much material there to hold it rigid, and it can easily hinge a bit at the join. I think I will look at putting another piece of board down on the deadlift platform when I get a chance.

Quote:

Originally Posted by **Brother Francis** »

Just chipping in my 2 cents for what it's worth:

I've had a pair of Romaleos II for about 4 years now and I love them. I have rather obnoxiously wide feet and the Romaleos accommodate that nicely. Most other lifting shoes I've looked at are quite narrow which just weirds me out. Also, when I squat in them, I feel like my feet are completely rooted into the ground which is always nice.

Awesome to hear, thanks :) I did read people saying that the Nikes were better if you had wide feet. I don't think mine are particularly wide but I've owned heaps of pairs of Nikes and always found them comfortable, whereas my current pair of Adidas runners took some getting used to.....

I got the shipping notification overnight - they're using i-parcel... based on past experience (iHerb use them as well) that probably means the ETA is around 2 weeks. I think my last iHerb parcel was 9 working days....

BenM

10-19-2016, 07:28 AM

Wed 19/10 - bonus press day

Food: 2626 kcal - macros were a bit shit though, didn't quite hit protein target

Sleep: 7hr 6 mins - 2 x awake, 9 x restless, 16 min awake/restless.

BW: 70.9kg

Overhead Press:

2x5 @ 20kg

1x5 @ 30kg

3x4 @ 40kg

I am supposed to deload this weight but thought I'd have another go, unfortunately the 5th rep just keeps getting stuck at about forehead height.

Power walk:

5.23km in 38:44 (7:24/km)

I am liking this idea of adding a little bit of press/bench volume on off days before I go for a walk just to see if I can drive it up a little. Who knows if it will work or not, it's fun anyway.

Body weight is up a bit this week but my body fat has dropped into the high 15s again, according to the scales...

peeZ

10-19-2016, 08:14 AM

Quote:

So there's not as much material there to hold it rigid, and it can easily hinge a bit at the join. I think I will look at putting another piece of board down on the deadlift platform when I get a chance.

Sounds like a great idea - and if you can glue & screw the two boards together they'll be even more rigid than individual layers.

Quote:

I am liking this idea of adding a little bit of press/bench volume on off days before I go for a walk just to see if I can drive it up a little. Who knows if it will work or not, it's fun anyway.

Bench and press tend to respond well to more frequent workouts - 48 hours or less worked for me. But you need the occasional rest day where you neither press nor bench.

BenM

10-20-2016, 08:31 AM

Quote:

Originally Posted by **peeZ** 

Sounds like a great idea - and if you can glue & screw the two boards together they'll be even more rigid than individual layers.

Bench and press tend to respond well to more frequent workouts - 48 hours or less worked for me. But you need the occasional rest day where you neither press nor bench.

Will see how I go - can't just glue and screw to the deadlift part - if I'm going to do that I would need to use a big piece and go the full depth of the rack. For tricep extensions and stuff I pull the

rack forward so it all needs to be the same level.

I did read that bench and press respond well to volume, that's why I decided to try it.

Unfortunately I had a really shit night last night. I've got a throat infection, didn't get to bed on time, got woken up a fair bit, then the dog woke me up at 4:30am wanting a toilet break. I have to stay up and do some work tonight so I decided maybe a rest was in order and went back to bed.

If things go to plan tonight, I might lift in the AM, or I might even have a decent rest and leave it til Sunday - it's been almost 5 months and I've never gone more than 3 days between sessions, so I'm due a little break. Really want to start bringing the weight back up on the squat, but also know that I might have to relearn the movement a little when the shoes arrive.

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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peeZ

10-20-2016, 10:47 PM

Quote:

Originally Posted by **BenM** >>

I did read that bench and press respond well to volume, that's why I decided to try it.

I had to learn the hard way that intensity, volume and frequency each present a different stimulus and as training progresses you have to carefully calibrate individually for each lift to get the most out of your training.

As a 44 year old, for bench and press I need higher frequency than squat (one heavy one light - light as in lower volume - per week) and DL (once per week). I need to hit with high intensity often, but if I go overboard on volume too often, I can't recover quickly enough and that results inevitably in a setback. It's important to judge your body's response and tailor your program accordingly.

BenM

10-21-2016, 05:00 AM

Quote:

Originally Posted by **peeZ** >>

I had to learn the hard way that intensity, volume and frequency each present a different stimulus and as training progresses you have to carefully calibrate individually for each lift to get the most out of your training.

As a 44 year old, for bench and press I need higher frequency than squat (one heavy one light - light as in lower volume - per week) and DL (once per week). I need to hit with high intensity often, but if I go overboard on volume too often, I can't recover quickly enough and that results inevitably in a setback. It's important to judge your body's response and tailor your program accordingly.

Yeah, and I guess it takes a little practice/experience to learn that too. I'm trying to figure it out but with sleep being so up and down (mostly down) I'm rarely at optimum recovery anyway. But you can only work with what you got, I guess....

BenM

10-21-2016, 05:52 AM

Fri 21/10

Food: 2403 / 2399 kcal

Exercise: I did get out for a walk yesterday afternoon. And Wednesday. 12k / 9.6k steps.

Sleep: 7hr 45 mins / 6hrs 24 mins - 2 x awake, 10 x restless, 22 min awake/restless.

BW: 70.8kg

Lower back tightness: 75% (+5%). Honestly, it's just like mild DOMs most of the time now unless I stretch it hard or move the wrong way. Like squirming coming out of the hole during a fatigued squat.

Today's music: The rain drumming on the roof

Light Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
4x5 @ 75kg

Last set was the easiest, so either I didn't hit depth or my form improved. No video though so I'm only guessing.

Overhead Press:

2x5 @ 20kg
1x5 @ 30kg
5x5 @ 37.5kg

Backed this off since I've failed 40kg a few times. Last rep was probably @9 or 9.5 RPE, but I was feeling pretty shaky most of the way through.

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 112.5kg
0 @ 122.5

I videoed these to check my upper back and it's still rounded - I just can't seem to get it flat no matter how hard I squeeze. The app called for 122.5kg but since my form's still bad and I felt like shit (112.5kg felt very heavy) I bailed on that.

Chinups:

4, 5, 4, 4, 2 (gave up) @ BW

Yeah, I shoulda stayed in bed this morning instead of getting up at 5am. Got a sore throat and energy wasn't there, started feeling shaky through the OHP sets and was never 100% after that. Need moar sleep.

BenM

10-23-2016, 11:00 AM

Sun 23/10

Food: 2381 / 2797 kcal - only thanks to a 486kcal pre-bedtime meal

Exercise: Just a walk yesterday, skipped golf due to rain. 9k / 11k steps.

Sleep: 7hr 25min / 9hr 1min - 8 x awake, 27 x restless, 1hr 31 min awake/restless!

BW: 69.9kg (!)

Lower back tightness: 80%. After a couple of quietish days it genuinely feels like it's getting

closer. Tightened up a bit doing the washing up last night but not as badly as usual.

Today's music: KISS - 5CD box set (on shuffle)

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
3x5 @ 80kg

Starting to feel confident enough in my back to add some weight to the bar. They were a bit grindy but OK, will just see how it pulls up, gotta say immediately afterwards it feels fine. Took video of the last set and it looks like depth is a tiny bit iffy still.

http://youtu.be/3VVXMJU3h_U

Bench Press:

2x5 @ 20kg
1x5 @ 40kg
4x5, 1x4 @ 57.5kg
1x5 @ 55 backoff

Took 6 minutes before the fourth set, and maybe 7 before the fifth. Was SO sure I'd get this but the last rep just got stuck half way up!!!! Not happy jan!! Third fail here too, but it was so close I might try again. Here is the slightly embarrassing video (language warning):

http://youtu.be/TNo_fA6d_sM

Power Cleans:

5x5 @ 57.5kg

It's a PR, but I did fail the very last rep (just a lack of concentration more than the weight) and redid it. I'm not quite ready to do these with the big boy's plates yet but will be pretty soon. Here's a video for you to critique/make fun of (this is the second set):

<http://youtu.be/9t3oWpNmWyA>

Lying Tricep Extensions (EZ Curl bar):

2x8, 1x5 @ 35kg

Watched Rip's video on these last night and I have been doing them a bit wrong.... I really wasn't going as close to the top of my head as I could and was using too much shoulder. Thought about dropping weight back, didn't, probably should have - I wasn't gonna get sets of 10 doing them properly!

Last night... wow. Daughter was sleeping restlessly, kept kicking me and keeping me awake, was annoying, then at 4am she decided to throw up all over me so we were up changing sheets and cleaning up. Hopefully it's not another bout of gastro..... So sleep last night was even worse than usual. Upside, wifey took her out of bed this morning and let me sleep til 9am so I got up, had a decent (520kcal - which is bigger than usual) breakfast before lifting. I think it made a difference, as I felt pretty ordinary when I woke up but even through the power cleans (where I got a bit light headed, as usual) my energy levels still felt good. All up, total session took about 90 mins including videoing, logging and tidying up. Pretty happy with it in the end.

On a more negative note, my body weight had dropped back under 70kg again this morning, and I am sick to death of being hungry all the time! I'm pretty close on macros most of the time but eating 6 meals a day is really not working I don't think - I may have to try to wake up even earlier and eat breakfast before training (instead of eating carbs before bed and having a very small PWO) and overall calories need to come up a little too.

I have goalz - not lofty, but what I'd kinda hope to achieve by 1st Jan:

- squat 100kg for reps (have done 90kg, but shallow)
- bench up over 60kg for reps
- deadlift 3 plates

I don't think these are out of the question but they won't happen if I don't fucking eat properly. The belt and shoes will give a little assistance as well.

I've been thinking this for ages but don't think I've ever written it down, so there, I've done it.

BenM

10-25-2016, 05:54 AM

Tue 25/10

Food: 2913 (with beer) / 2464 kcal

Exercise: Not much but I did have a busy day at work yesterday. 12.9/12.2k steps.

Sleep: 6hr 46 mins / 6hrs 23 mins - 2 x awake, 5 x restless, 10 min awake/restless.

BW: 70.7kg

Lower back tightness: 75% (-5%). Definitely a bit sorer from late Sunday onwards. Don't know if that's because of the increased weight or just the work round the garden, but it feels like it's gone backwards a bit.

Today's music: My Chemical Romance - The Black Parade

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
1x3 @ 70kg
3x5 @ 80kg

Focussed on depth, mostly got it, the earlier sets were better than the third set:

<http://youtu.be/wYOtnkvG1xU>

Overhead Press:

2x5 @ 20kg
1x3 @ 30kg
3x5, 1x4, 1x5 @ 40kg

The app seems to have forgotten I should have deloaded since I changed phones yesterday, but I'm glad I had a go. Couldn't even get 4 reps once last time out, this time I got 3 sets... just. Third set was a massive, massive grind to (iffy) lockout on the last. Fourth I couldn't quite finish, but funnily enough I managed a clean 5 reps on the last set so I'm very very close to pushing through this. Here's the third set just for laughs:

<http://youtu.be/BIZAWIDUfIw>

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 110kg
1x5 @ 120kg

I'm trying so hard to get that upper back right but it's still not. Bah. Almost ripped a callous off partway through. And I farted. Last one was RPE 10, NFI how I got 125 a while back.

<http://youtu.be/pAvKKhmfXMM>

Chinups:

4, 5, 3, 4 @ BW

I need to move these, doing them after heavy deadlifts makes it tough to progress.

Bowl of muesli and coffee before lifting, instead of just a banana. It showed. Very pleased that OHP was feeling stronger.

BenM

10-26-2016, 06:06 AM

Wed 26/10 (Bonus bench)

Food: 2510 kcal

Exercise: 12.9k steps.

Sleep: 7hr 43min 3 x awake, 17 x restless, 43 min awake/restless!

BW: 70.0kg

Lower back tightness: 75% (+/- 0%)

Today's entertainment: Motorway Patrol (gotta love those Kiwis)

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

5x5 @ 57.5kg

W00t - new PR. Can't count it til I've done it after squats though. Bit grindy but only maybe 9-9.5 RPE.

Goblet Squats:

2x10 with a 9.5kg dumbbell - supersetted with the last couple of bench press sets.

LISS:

20 mins on the elliptical - 3.88km / 288 calories

If the movement in my back at the bottom of the squat is the cause of my issues (I think it is), I need to fix that properly. Goblet squats are an attempt at trying to improve my technique, keep my back flat and make sure I keep tight in the hole. I probably need to do these as often as possible.....

All fasted today. Ate heaps yesterday before/after lifting but then work got busy and my food plans went to shit. Speaking of which, I've moved to a new office on the first floor as of Monday, and a few other people have been moving as well, so the last few days I've spent a lot of time running up and down stairs - very little need for cardio! But I wanted to go for a walk this morning, and it was wet outside, so the elliptical got a session for the first time in a while.

BenM

10-27-2016, 05:58 AM

Thu 27/10

Food: 2597 kcal

Exercise: As above - 11.5k steps.

Sleep: 6hr 18min 2 x awake, 9 x restless, 26 min awake/restless.

BW: 70.1kg

Lower back tightness: 80% (+5%). It was definitely a bit sorer early in the week but the last 36 hours or so it's been good.

Today's music: Metallica - S&M

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 72.5kg

3x5 @ 82.5kg

Gotta start driving this up sometime... a couple of these were grindy / had knee cave, but mostly not as bad as I expected considering I haven't squatted this heavy for a fair few weeks now. When I look at the video, no wonder, they're fucking shallow again. They didn't feel it! FFS. This is the last set, I haven't looked at the earlier ones yet:

<http://youtu.be/GWjmbVsL01U>

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

5x5 @ 57.5kg

New PR is official. Part of this is definitely better technique as well as improved strength, Brian Alruhe's most recent video on bench really reminded me of a few things I should have been doing. Last rep was a bit wobbly but not quite max effort:

http://youtu.be/_QrMtaeaKa4

Power Cleans:

1x1, 3x5, 1x1, 2x5 @ 57.5kg

Trying to get rid of the arm pull and failed a couple of them. Gotta remember to really explode, extend the hips and not be lazy otherwise you might not rack the bar!! Also, note to self, get lower and try to get under the bar instead of using the arms to try and pull it higher. Not real happy with these today at all. Didn't help that I had a couple of massive dizzy spells during sets either.

Lying Tricep Extensions (EZ Curl bar):

3x10 @ 32.5kg

Technique was better overall, gave myself a haircut with the bar and managed 3 fairly decent sets. Happy with that - will try a little more next time.

My sore throat has morphed into a head cold so I'm pleased to still be getting through these.

This is the second session I've had a bowl of muesli and a coffee beforehand instead of just a banana and it definitely helps my energy levels so I'm going to keep doing it. The other upside is that I'll go and have another breakfast of some protein and oats afterwards so if I eat normally the rest of the day, my overall calories will come up a bit too. The downside is I lose another 15 minutes of precious sleep!

Pissed about my squat still being shit. Overall though, I'm feeling pretty positive. My shoes should

be here any day now, that may help my squat form a little, and I should have some BCAAs coming today too, so I'll start on those post workout to help recovery/MPS.

BenM

10-28-2016, 08:13 AM

Fri 28/10 - bonus press day

Food Yesterday: 2730 kcal (264g carbs, 85g fat, 240g protein)

Exercise Yesterday: 7919 steps

Sleep: 6hr 42min 2 x awake, 6 x restless, 10 min awake/restless.

BW: 70.0kg

Lower back tightness: 80% (+5%). The heavy squats didn't worry it, maybe because I went shallow! Felt really good yesterday.

Press 2.0:

2x5 @ 20kg

1x3 @ 30kg

4x4 @ 40kg

Wanted sets of 5, but last one wasn't going up.

Goblet Squats:

3x10 with a 9.5kg dumbbell - supersetted with presses.

LISS:

5.25km walk in 39:20 (7:29/km)

Thought yesterday was a pretty good day, cal's up a bit, low stress at work. Just a shame I didn't get to bed a bit earlier, was a bad night with the offspring, and I lean towards doing these bonus/cardio sessions fasted so energy levels weren't really there.

TGIF!!! Hope my shoes turn up today so I can use them on Sunday!

Brother Francis

10-29-2016, 05:19 AM

Quote:

Originally Posted by **BenM** [»](#)

Today's music: Metallica - S&M.

This was a nice touch. :)

Squat is looking pretty good. And I wouldn't call those reps shallow, at least not from this angle. They're about bang on parallel or a hair below which is ideal, especially for a low bar. Any particular reason you want to take them lower?

BenM

10-29-2016, 08:51 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Quote:

Originally Posted by **Brother Francis** [»](#)

This was a nice touch. :)

Squat is looking pretty good. And I wouldn't call those reps shallow, at least not from this angle. They're about bang on parallel or a hair below which is ideal, especially for a low bar. Any particular reason you want to take them lower?

Better music than if I went to a gym, I bet :)

Thanks - I'm glad you think so. My squat is probably what I'm struggling with most. Honestly, I only want to get them deeper so that I know I'm not cheating! Any deeper than that though and I struggle a bit with tightness and my lower back comes out of extension a bit - my theory is that that's what's causing the soreness, so I'm trying to find a balance.

I just looked at the video again and the first two were definitely fine anyway. The last 3 probably were parallel only. I feel better about it now, at least they weren't all shallow :)

BenM

10-30-2016, 10:29 AM

Sun 30/10

Food yesterday: 2691 kcal

Exercise yesterday: Golf, 20k steps

Sleep: 7hr 23 mins - 1 x awake, 13 x restless, 21 min awake/restless.

BW: 70.0kg

Lower back tightness: 85% - definitely getting closer to 100%, bit tight during golf yesterday but pulled up great.

Today's music: Hilltop Hoods - The Hard Road Restrung

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 72.5kg

2x5 @ 85kg

Weirdest thing, I did the second set (nothing abnormal about it), walked out of the rack and had stabbing pain in the back left hand side of my neck. It's like a really bad cramp, or maybe a pinched nerve, but it was bad enough I had to nix the session.

I've been applying heat for 2 hours with no change, if I turn my head left or look up it's extremely painful. Bugged if I know what I've done but it's fucked.

BenM

10-31-2016, 06:03 AM

Mon 31/10

Food yesterday: 2904 kcal but I probably underestimated the takeaway dinner

Exercise yesterday: Fuck all, 6.9k steps

Sleep: 6hr 59mins - 0 x awake, 12 x restless, 16 min awake/restless.

BW: 71.0kg (+1kg overnight - water weight)

Lower back tightness: 85% (no change) - pretty good

LISS:

20mins elliptical - 4.33km / 319kcal - did a few intervals too but my heart wasn't in it

Woke up at 4:45 cos I thought the GP was a 5am start. Turned out I was an hour early, so did some conditioning while watching the pre race.

Had hoped to lift but neck is still bugged, got a heat pack on it again now. Might be able to get into the deadlift position. Definitely won't be PCing or anything jerky for a few days!

BenM

11-01-2016, 05:36 AM

Tue 1/11

Food yesterday: 2318 kcal

Exercise yesterday: As above, but quiet after that - 9.5k steps all up

Sleep last night: 5hr 59mins - 2 x awake, 11 x restless, 26 min awake/restless.

BW: 71.4kg

Lower back tightness: 85% (+5%). It is starting to come along.

Today's music: Dire Straits - Money for Nothing

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x3 @ 72.5kg

3x5 @ 85kg

These felt OK. Tough, but not impossible. Might have even got close to depth in the last couple of reps. Last set:

<http://youtu.be/MsJzrgobICQ>

Overhead Press:

2x5 @ 20kg

1x3 @ 30kg

5x4 @ 40kg

Nup, I've ground away at 40kg enough times that I really do need to deload this. That fifth rep.... just can't get it above forehead height even with a push press, the tank runs empty by then.

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 112.5kg

1x5 @ 122.5kg

Still got a slightly rounded upper back but I _think_ it's a small improvement. Baby steps. 3 plates feels a long way off though.

<http://youtu.be/X4BejREzGjM>

Chinups:

5, 5, 4.75, 4 @ BW

Still think I should move these, or add more volume or something - not much progression happening. Then again, I am a little heavier than normal too...

Take #2 of Sunday's workout. Still got a sore neck, and don't have full ROM without a fair bit of pain, but it's improved enough with heat packs and Naproxen that I thought I'd give it a (careful) go and it worked out OK. Actually got it done fairly quickly too.

Bit surprised my weight has come up a little, but meh. It is what it is.

Coolidgee

11-01-2016, 08:19 AM

Hey Ben, the upper back is still rounding but does look to be improving. I have the opposite problem myself: tight upper back but my lower back rounds.

On a side note, am I imagining it or is that a really thick bar?

BenM

11-01-2016, 09:10 AM

Quote:

Originally Posted by **Coolidgee** »

Hey Ben, the upper back is still rounding but does look to be improving. I have the opposite problem myself: tight upper back but my lower back rounds.

On a side note, am I imagining it or is that a really thick bar?

It looked even a bit better on the earlier sets, it just seems like as soon as the weight gets heavy it struggles to stay flat. I know it's improving though, the 100kg set flew up, and that was hard a while ago. I'd definitely rather have my problem than yours though I think!

It is slightly thick, yes (30mm) - it's one of [these](#) so it's a cheap bar, I definitely would like to get a better one down the track if funds permit. As well as being thick, the knurling is fairly hard on my hands too.

Coolidgee

11-01-2016, 09:19 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Quote:

Originally Posted by **BenM** »

It looked even a bit better on the earlier sets, it just seems like as soon as the weight gets heavy it struggles to stay flat. I know it's improving though, the 100kg set flew up, and that was hard a while ago. I'd definitely rather have my problem than yours though I think!

It is slightly thick, yes (30mm) - it's one of [these](#) so it's a cheap bar, I definitely would like to get a better one down the track if funds permit. As well as being thick, the knurling is fairly hard on my hands too.


Yeah I thought I recognised it. I got the same bar when I bought my set up from Sam's. Didn't know any better at the time. I think mine might've been 32mm actually. Really hurt my wrists when squatting.

Ended up springing for a six hundred dollar bar and the difference was amazing. I should've skimped on some other stuff and spent that on the bar in the first place!

BenM

11-01-2016, 09:36 PM

Quote:

Originally Posted by **Coolidgee** 

Yeah I thought I recognised it. I got the same bar when I bought my set up from Sam's. Didn't know any better at the time. I think mine might've been 32mm actually. Really hurt my wrists when squatting.

Ended up springing for a six hundred dollar bar and the difference was amazing. I should've skimped on some other stuff and spent that on the bar in the first place!

Yeah, I am lucky - no issues with it other than it hurting my girly hands on DL a bit, but they're getting tougher. It's a bit agricultural, like you I didn't know any better.

What bar did you replace it with?

Toasterleavings

11-01-2016, 10:44 PM

I nabbed a \$299 iron edge economy bar (before they went belly up). No complaints at all - great bar. I think it's a generic sold by a few retailers, so you could maybe research that. Australian Barbell Company also make some nice stuff, and it's not ridiculously expensive (\$440 will get you a power bar). If I wasn't a tightass I would have got one of those. The one I use at the Y is nice.

Coolidgee

11-02-2016, 06:51 AM

Quote:

Originally Posted by **BenM** 

Yeah, I am lucky - no issues with it other than it hurting my girly hands on DL a bit, but they're getting tougher. It's a bit agricultural, like you I didn't know any better.

What bar did you replace it with?

I got the Iron Edge power bar before the kingdom fell.

I'd also recommend a bar from ABC when you get around to it.

BenM11-02-2016, 08:06 AM

Quote:

Originally Posted by **Toasterleavings** »

I nabbed a \$299 iron edge economy bar (before they went belly up). No complaints at all - great bar. I think it's a generic sold by a few retailers, so you could maybe research that. Australian Barbell Company also make some nice stuff, and it's not ridiculously expensive (\$440 will get you a power bar). If I wasn't a tightass I would have got one of those. The one I use at the Y is nice.

Quote:

Originally Posted by **Coolidgee** »

I got the Iron Edge power bar before the kingdom fell.

I'd also recommend a bar from ABC when you get around to it.

Thanks Shane, Coolidgee, a couple of votes for Iron Edge, what a shame they fell over.

Just had a look at those ABC bars, I like the idea of the black nitride finish too. I assume the 'fine' refers to the knurling so there are a couple of options there too. Also looking at AgainFaster.

Probably can't do anything now, might have to wait til Christmas and hope Santa is good to me. Otherwise I'm in Melb in Feb, so might be able to slip over to the ABC showroom and look in person. Could be cheaper to bring home on the plane than freight it!

BenM11-02-2016, 08:13 AM

Wed 2/11 - Bonus Bench day (fasted)

Food yesterday: 2723 kcal

Exercise yesterday: 9k steps

Sleep: 6hr 36mins - 2 x awake, 7 x restless, 16 min awake/restless.

BW: 71.0kg

Lower back tightness: 85% (no change)

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

3x5 @ 57.5kg

2x1 @ 60kg

Decided to put the big boy plates on, first rep flew up so I was very surprised when the second one pinned me. Did it again just to prove it wasn't a fluke :p

Probably what I should be doing on these bench days is instead of pushing for PRs, deload slightly (5%) and add volume - maybe do sets of 8 or something. Will try that next time.

Goblet Squats:

3x10 with 9.5kg dumbbell (supersetted with bench press)

LISS:

Power walk - 5.91km, 38:31 (6:31/km) but the numbers are BS - it's the same walk I normally do, which is about 5.3k, my Fitbit lies.

Thu 3/11**Food yesterday:** 2212 kcal**Exercise:** As above - 12.7k steps.**Sleep:** 6hr 43min - 1 x awake, 10 x restless, 19 min awake/restless.**BW:** 70.6kg**Lower back tightness:** 85% (+0%). It actually tightened up pretty bad yesterday but I think that's because I spent too long sitting down in my office chair. Can't wait for my sit/stand desk to arrive.**Today's music:** Eskimo Joe - Black Fingernails Red Wine**Squat:**

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 75kg

3x5 @ 87.5kg

These were tough, but they're only 2.5kg off my PR so they should be. And no, wearing proper shoes (which finally landed yesterday) didn't magically give me an extra inch of depth, haha :) Here's the last set:

<http://www.youtube.com/watch?v=BuhlCe2pB1A>**Bench Press:**

2x5 @ 20kg

1x5 @ 40kg

4x5, 1x4, 1x1 @ 58.5kg

I fucking HATE failing so close to the end of a set, especially a PR. Just ran out of gas. What boggles my mind is I couldn't even do two reps at 60kg yesterday, but I can do sets of 5 at only 1.5kg less today. Here's the fail for fun:

<https://www.youtube.com/watch?v=k2TTafUIIX4>**Barbell Rows:**

5x5 @ 50kg

Still haven't got full ROM in my neck without pain so decided power cleans was probably a bad idea and did these instead. They were too easy and flew up, I should have checked my log and loaded another couple of kgs.

Lying Tricep Extensions (EZ Curl bar):

2x10 @ 33.5kg

Last 1 and 2 reps were more press than throws, I was gassed.

Got the shoes, me likey. Definitely feel very planted on the ground during squats now. Belt is in production with Best as well, so hopefully only 2-3 weeks away with freight etc. Can't wait.

Just on power cleans....

Showed a video to a work colleague (lifter) today and she gave me a few pointers that I need to try next time out.

- a) My grip needs to be a bit wider
- b) Need to really remember to extend fully and shrug at the top

And yes, definitely an early arm bend.....

Just noting it here to remind myself for next time.

BenM

11-04-2016, 09:14 AM

Fri 4/11 - Bonus Press day (fasted)

Food yesterday: 2710 kcal

Exercise yesterday: 11.5k steps

Sleep: 6hr 47mins - 2 x awake, 5 x restless, 16 min awake/restless.

BW: 70.5kg

Lower back tightness: 85% (no change)

Overhead Press:

1x8 @ 20kg

4x8 @ 35kg

Let's see how this responds to volume, eh! Last rep was a grind.

Goblet Squats:

4x10 with 9.5kg dumbbell (supersetted with press)

LISS:

Power walk - 6.36km, 39:28 (6:12/km) but once again the GPS seems to have had a hissy fit. It's really about 5.2k (it seems to go between 5.13 and 5.23 normally).

Pulled out of golf tomorrow due to neck strain, and really looking forward to a rest day. It's a long weekend so hopefully I'll catch up on some sleep - it's been a big week.

Toasterleavings

11-04-2016, 09:49 AM

Great work getting those deadlifts done! Have you run your deadlift form past the coaches at all? I don't know if your T-spine is naturally a bit kyphotic (although you seem to be able to set up a bench arch), or you're skimping on the "wave of extension", but while you look to get your lower back set in extension, your upper back is not quite making it there. Coaches Q&A formchecks are the business.

BenM

11-04-2016, 10:11 AM

Quote:

Originally Posted by **Toasterleavings** 

Great work getting those deadlifts done! Have you run your deadlift form past the coaches at all? I don't know if your T-spine is naturally a bit kyphotic (although you seem to be able to set up a bench arch), or you're skimping on the "wave of extension", but while you look to get your lower back set in extension, your upper back is not quite making it there. Coaches Q&A formchecks are the business.

Thanks mate - yeah, the upper back needs fixing... I did post a form check up a couple of months ago, but not since. I seem to be able to get it pretty close at lighter weights but the heavier I go the harder it is to maintain.

I will throw one up in the next couple of days I reckon - I'm scheduled to hit 125kg again on Sunday which would equal my PR, be interesting to compare to last time I hit it.

BenM

11-06-2016, 12:14 PM

Sun 6/11

Food yesterday: 3765 kcal - or something. Pizza and beer makes it hard to be accurate! :D

Exercise yesterday: 14.6k steps, but only mowing lawns and walking dog.

Sleep last night: 8hr 4mins - 2 x awake, 12 x restless, 21 min awake/restless.

BW: 70.8kg

Lower back tightness: 90% (+5%). Before squatting at least. It's feeling pretty good - touch wood.

Today's music: Ozzie Osbourne - No More Tears / Metallica - Kill 'Em All

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x3 @ 60kg
1x3 @ 80kg
3x5 @ 90kg

Equal PR, pretty sure I was fairly shallow last time I hit this weight though. First couple might have been iffy this set too but last couple were OK - check out the grindy mcgrindfest on the last (actually it doesn't look as bad on the video as it felt).

<http://youtu.be/ySVayV3leU0>

And thanks to Sony for muting my video just because of the music I had on in the background.

Overhead Press:

2x5 @ 20kg
1x5 @ 30kg
1x4 @ 40kg
5x5 @ 37.5kg

With decent food and sleep I tried 40kg again but still couldn't get 5 reps... so stuck.

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg
1x5 @ 112.5kg
1x5 @ 125kg equal PR (reps)

1x1 @ 127.5kg (PR)

I don't really think I'm kyphotic naturally, I seem to be able to get my upper back flat in the mirror but do you think I can do it bent over the bar? REALLY need to find a local coach.

Work set was really tough, and callouses were pinching so it wasn't a quick set at all. Decided to see if I could pull a bit more after a quick break though and it went up pretty easy but 5 would've been a battle. Wish I'd videoed it. I reckon I had a single of at least 130 in me, maybe more, so that's a good sign, for a manlet like me.

<http://youtu.be/ikqkcMrLinQ>

Chinups:

6, 7, 5, 5 @ BW

I'd have to dig back through the log but I'm pretty sure this is a rep PR, or close to it.

And lo, it came to pass that on the occasion of 5 years since joining with the significant other, baked crust delicacies of meat and cheese were consumed, along with fermented barley and hops, causing a slumber that was not easily broken. And the dietary gods spake loud and clear that if thou partaketh of more carbohydrates, the bar of iron will more easily bend to your will.

Life did get in the way this morning, so late lifting = two meals beforehand = better fuelled and more energy. And noweth, I goeth and cooketh some eggseth and watch the cricket. :D

BenM

11-06-2016, 04:55 PM

Sun afternoon bench:

1x10 @ 20kg

1x5 @ 40kg

2x3 @ 60kg, 3x4 @ 60kg

WTF!!! I couldn't get 2 reps at 60kg the other day. I am gonna be doing sets across with the big plates soon. I know that's not very much weight for most people who can actually lift, but for me, it's exciting. Baby steps.

BenM

11-07-2016, 09:16 AM

Mon 7/11 - Bonus Bench day (fasted - just coffee beforehand)

Food yesterday: 2878 kcal with perfect macros, a unicorn day

Exercise yesterday: 9.8k steps

Sleep: 8hr 14mins - 3 x awake, 12 x restless, 28 min awake/restless.

BW: 70.3kg

Lower back tightness: 80% (-5%) - I definitely overworked it yesterday and it's tightened up a lot.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

5x5 @ 58.5kg new PR
1x3 @ 60kg

Fffffn finally got sets across at 58.5kg (with 5 min rests), then managed to grind out a few reps at 60kg just to really finish me off. Even better that it was fasted. Grindy as shit, but legal I think. Will try again tomorrow after squatting.

Goblet Squats:

4x10 with 11kg dumbbell (supersetted with bench press warmup)

Dips:

5x5 @ BW (can't really do more than 5 in a row at the moment, this is the first time I've broken out the dip bars). My triceps are pumped.

Conditioning:

Elliptical - 20 mins (4.44km, 327kcal burn). 8 rounds of 20sec on, 1:40sec off. Quads fried.

Was surprised to have lost weight after a decent day's eating yesterday:

<https://dl.dropboxusercontent.com/s/...qi/macros2.png>

Good session this morning. I love long weekends. Hopefully I can get away with doing next to nothing for the rest of the day.

BenM

11-08-2016, 05:55 AM

Tue 8/11

Food yesterday: 2865 kcal

Exercise: As above - 11.1k steps.

Sleep: 5hr 52min - 2 x awake, 4 x restless, 12 min awake/restless. Shit.

BW: 71.0kg

Lower back tightness: 80% (+0%). Tight.

Today's music: Ben Folds Five - Ben Folds Five

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
1x3 @ 80kg
1x5, 1x4, 1x5 @ 92.5kg

Failed a squat rep for (I think) the first time ever. Also tweaked my elbow somehow. Not happy, Jan.... Wasn't even that deep, you can see them getting shallower as I get tired. The last rep was a grind as usual. Here's the last 2 sets:

<http://youtu.be/AKH36ToIUJM>

Bench Press:

2x5 @ 20kg
1x5 @ 40kg
3x5, 2x4 @ 58.5kg
1x5 @ 55kg backoff

FFS. I did this yesterday. DSKJGFHKSJKGHKLSHKJ. Tried for 6 in the backoff set but that wasn't happening either.

Power Cleans:

1x5, 3x3, 1x5 @ 50kg

This was supposed to be a deload to try and work on form, but they just felt horrible all the way through, there were 2 or 3 fails in there as well. And as usual, I had dizzy spells during the first few, I really wonder whether I have low blood pressure (doc didn't say anything last time he checked it) or some other issue.

Lying Tricep Extensions (EZ Curl bar):

1x10, 1x8, 1x5 @ 33.5kg

Couldn't get 10 without pressing the last couple, so just backed off the reps. Should have taken less weight, given how I was feeling.

Crappiest. Workout. Ever. We had a really shitty night last night with the child, stress levels were high, and sleep was ordinary. Add to that the extra work I've been doing on off days and I'm definitely calling it underrecovery. It's amazing how fast it can go from great to shithouse in less than 24 hours though. Elbow got sore during squats and that bothered me all the way through too which didn't help.

Oh well. I didn't tweak my back any more (I don't think) so I got that goin for me, which is nice.....

Coolidgee

11-08-2016, 07:57 AM

Could the 'bonus bench' sessions be affecting your recovery? Seems with all the sleep and work issues you may need all the recovery time you can get!

Careful with that elbow on squats too. I remember the first time I squatted 100kg - which was a real mental barrier for me at the time - my form went to shit, I did the worst sets of squats ever and hurt my right elbow. Hurt for months too, though that's probably not what you wanted to hear!!

BenM

11-08-2016, 09:34 AM

Quote:

Originally Posted by **Coolidgee** »

Could the 'bonus bench' sessions be affecting your recovery? Seems with all the sleep and work issues you may need all the recovery time you can get!

Careful with that elbow on squats too. I remember the first time I squatted 100kg - which was a real mental barrier for me at the time - my form went to shit, I did the worst sets of squats ever and hurt my right elbow. Hurt for months too, though that's probably not what you wanted to hear!!

Maybe. I don't feel like pressing takes heaps out of me though like squats/deadlifts do. It probably doesn't help but I'm inclined to put it down more to lack of sleep, I don't train terribly well first thing in the morning at the best of times (it's a 4:45am start, coffee/cereal then lift) but it's my only option during the week, and on less than 6 hours of broken sleep, I just didn't feel good. Early night tonight, if at all possible, and if I can force myself to take it easy I will. Will see how the next few days goes and maybe try to hit it again on Saturday.

Thanks on the elbow too :p I don't think it's anything serious - just a weird joint pain and general

arm weakness, never experienced it before. Doesn't feel too bad now though, so hopefully whatever it was is just transient.... I know what you mean about that psychological barrier... I'm feeling it a bit with squatting particularly with my suss back. My belt is due to land at HopShopGo today though, hopefully I can get it here next week and that will help me feel a little more confident with something extra to brace against.

BenM11-10-2016, 05:50 AM

Thu 10/11**Food:** 2812 / 2474 kcal**Exercise:** 9k / 15.8k steps. Walked yesterday morning, then a busy day at work.**Sleep:** 7hr 25min / 6hr 29min - 3 x awake, 7 x restless, 20 min awake/restless.**BW:** 70.7kg**Lower back tightness:** 80% (+0%). Just generally sore.**Today's music:** How Stuff Works podcast.**Squat:**

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

3x5 @ 85kg

I pussied out of trying 92.5kg again. Back is feeling really tired even after a day off lifting, so I had a light day. Glad I did, elbow went bung again during the second set. No video, couldn't be arsed.

Overhead Press:

2x5 @ 20kg

1x5 @ 30kg

5x5 @ 40kg

New PR, and it wasn't even hard. The first set felt so light I just did them all strict (no hip bounce). Obviously a day off pressing has done me good, because I have tried this weight multiple times and couldn't even get 5 reps once, let alone sets across. Gainz! I did get the camera out and video it when I knew it would probably happen:

http://youtu.be/_iBJP5PGNV4**Deadlift:**

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 115kg

1x5 @ 127.5kg

New PR. Maybe. Last one might have a very slight hitch.... If the presses were easy, these were.. not.

<http://www.youtube.com/watch?v=aVPojj8LJG4>**Chinups:**

6, 5, 5, 5 @ BW

Though I still got up early yesterday (and just walked) I had slightly better sleep and food over the

past couple of days and it showed. Much better effort this morning, though I have a few aches and pains to show for it. Got to think about what to do on off days, I was definitely doing a little too much. Mahendra's comments about direct ab work got me thinking maybe that's what I need to do to help me brace properly during squatting. Belt will also help.

DevilfromGA

11-10-2016, 07:56 AM

Quote:

Originally Posted by **BenM** [»](#)

Today's music: How Stuff Works podcast.

Those guys are great. The live in my neighborhood. I also attended the Blitzen Trapper show that they referenced during a sidebar during your squat episode. Small world

Keep up the good work. Great effort on the OHP. all the extra bench work is paying off. Be sure to keep doing the hip bounce even if you dont need it. Think of it as form practice. I attribute much of the latest gains I've achieved lately due to form improvements. Staying tight, proper grip, proper bounce and exploding on the lift.

AtlantaDave

11-10-2016, 08:38 AM

Your back is rounding a lot on your deadlifts (in the video from today and from 11/5), before you even get the bar off the floor. You also drop your hips before the bar gets off the floor. Why are you doing so much volume in your DL warmups? Since you are squatting earlier in your session, you could do 1x5, 1x3, 1x2 then work set. It wouldn't surprise me if this extra DL volume is contributing to your back not feeling 100% (and not being able to maintain your back extension in your workset).

On your presses, get your elbows out just in front of the bar before each rep (this applies to strict presses as well as press 2.0).

BenM

11-10-2016, 09:31 AM

Quote:

Originally Posted by **DevilfromGA** [»](#)

Those guys are great. The live in my neighborhood. I also attended the Blitzen Trapper show that they referenced during a sidebar during your squat episode. Small world

Keep up the good work. Great effort on the OHP. all the extra bench work is paying off. Be sure to keep doing the hip bounce even if you dont need it. Think of it as form practice. I attribute much of the latest gains I've achieved lately due to form improvements. Staying tight, proper grip, proper bounce and exploding on the lift.

Thanks! I've been enjoying HSF and Art of Manliness a fair bit lately - our evening routine usually sees me cleaning up while my wife tends to our daughter, and I got sick of listening to the (depressing) evening news and decided to put something more productive in my brain.

I will go back to Press 2.0 next time, that's good advice I reckon.

Quote:

Originally Posted by **AtlantaDave** »

Your back is rounding a lot on your deadlifts (in the video from today and from 11/5), before you even get the bar off the floor. You also drop your hips before the bar gets off the floor. Why are you doing so much volume in your DL warmups? Since you are squatting earlier in your session, you could do 1x5, 1x3, 1x2 then work set. It wouldn't surprise me if this extra DL volume is contributing to your back not feeling 100% (and not being able to maintain your back extension in your workset).

On your presses, get your elbows out just in front of the bar before each rep (this applies to strict presses as well as press 2.0).

Are you talking about my upper back rounding? If so I am trying really hard to fix it, I'm sure it has improved since I started but it's definitely not there yet. Honestly, I'm not sure how to get it perfect. Maybe I need to invest in a mirror for my gym area so I can check position as I set up (obviously not during the lift itself); lifting then looking at videos seems to have got me as far as it can.

The reason for the volume is that's what the SL app suggests but you're right, I could use a little less. Deadlifting doesn't worry my lower back though - it gets tired but definitely not sore. I'm sure it's squatting that does that. Not saying it won't get sore in future though!

Thanks for the tip on the press. For a lift that should be so simple there is still some technique involved - it's not something I've worked on a lot.

AtlantaDave

11-10-2016, 10:01 AM

Re DL: I'm talking about your mid back mostly. You get it mostly set, then let your hips drop and mid-back round immediately as you start your pull but before the bar breaks off the floor. Could be the weight is too heavy for you to handle with proper form; could be you are tired from the warmups; could be you need to try harder to keep your back in extension (focusing more on step 4).

As an older lifter you most likely do not need as much volume as someone in his 20-30s.

BenM

11-10-2016, 10:48 AM

Quote:

Originally Posted by **AtlantaDave** »

Re DL: I'm talking about your mid back mostly. You get it mostly set, then let your hips drop and mid-back round immediately as you start your pull but before the bar breaks off the floor. Could be the weight is too heavy for you to handle with proper form; could be you are tired from the warmups; could be you need to try harder to keep your back in extension (focusing more on step 4).

As an older lifter you most likely do not need as much volume as someone in his 20-30s.

Thanks for the feedback - yeah I have noticed that too - as soon as I start taking the weight it gets worse. I will try reducing the warmup sets a little most definitely - deadlifts bust me up (as I'm sure they do most people) but I still enjoy them, unlike squats! Hopefully that will help a little, and I'll keep paying attention to it.

I have 36 holes of golf booked on Sunday, and Monday off work. I'm not entirely sure what I'm going to do about training over the next few days. Was thinking of doing my normal session on Saturday and then maybe going a bit lighter on Monday. Or am I just nuts??!!

BenM

11-11-2016, 05:55 AM

Fri 11/11 - fasted press

Food yesterday: 2669 kcal (43% [277g] protein! Macros a bit fubar, not enough carbs)

Exercise yesterday: 9.7k steps

Sleep: 6hr 55mins - 2 x awake, 6 x restless, 16 min awake/restless.

BW: 70.9kg

Lower back tightness: 80%, left erector is sore now. It's normally the other side that tightens up, so I think I've tweaked it.

Overhead Press:

2x5 @ 20kg

1x5 @ 30kg

1x5, 1x4 (short rest) @ 41kg

This was supposed to be a bench day but I couldn't resist adding a little more to an OHP to see what I could do.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

3x4 @ 60kg

5 reps wasn't happening this morning, but it will soon. Was close to getting 5 on the last set, but my elbow started to hurt halfway up and I bailed.

Dragon Flags:

3 sets of 3 kinda half reps between bench warmups.

These only seem to hit my upper abs.

Conditioning:

Elliptical - just some lazy LISS for 20 mins (4.03km, 298kcal burn).

Zzzzz. Golf is off for the weekend so I can sleep in for 3 whole days, hells yeah.

Bliss

11-12-2016, 03:30 AM

In for the journey.

Just finished reading your log. Can't wait for when you increase your food intake and gain mass, as that seems to coincide with when you were getting most stable and consistent gainzzz!

For your deadlifts, consider doing like a double or triple at each of your warm up weights, and review each video after the set. STOP when thoracic extension is lost (=its too heavy for the time being).

Progress from the weight that allowed proper back position.

Good luck ahead! [emoji106]

(tapatalk)

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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Mahendra

11-12-2016, 04:34 AM

Quote:

Originally Posted by **BenM** >>

Dragon Flags:

3 sets of 3 kinda half reps between bench warmups.

These only seem to hit my upper abs.

It may seem like that at first, but if you're keeping your hips locked, you'll feel it in your entire abdominal muscle.

BenM

11-12-2016, 10:58 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Quote:

Originally Posted by **Bliss** >>

In for the journey.

Just finished reading your log. Can't wait for when you increase your food intake and gain mass, as that seems to coincide with when you were getting most stable and consistent gainzzz!

For your deadlifts, consider doing like a double or triple at each of your warm up weights, and review each video after the set. STOP when thoracic extension is lost (=its too heavy for the time being).

Progress from the weight that allowed proper back position.

Good luck ahead! [emoji106]

(tapatalk)

Yep. I've been a bit better with food over the past week or so but I still struggle with it a bit. It's not that I don't want to gain weight, it's that I don't want to gain too much fat, after having lost so much. I'm happy to see gains come a bit slower if I can keep that under control. It's still only low-mid 16% range according to the scales.

I've started using Trendweight to track overall weight over time, that'll be very useful for taking out the bumps/statistical noise from daily weighins. It will only go back 4 weeks but according to that I've gained .3kg of lean mass in that time. Not much :-| Still gotta eat more!!

Thanks for the advice on deadlift, it sounds eminently sensible.

I've been following your log as well, you're going great :)

Quote:

Originally Posted by **Mahendra** »

It may seem like that at first, but if you're keeping your hips locked, you'll feel it in your entire abdominal muscle.

I don't think I'm very good at them yet, maybe that's the issue :) Will definitely keep doing them though, and maybe some hanging leg raises or something. I'm convinced that I need to get stronger in that area to improve my bracing.

BenM

11-12-2016, 02:50 PM

Gah. I find it really difficult to have a complete rest day. Felt guilty for sitting on my backside most of the day, wife took over the main TV so snuck downstairs and you know what happens next....

Sat 12/11/16

Food OK yesterday. Sleep was shithouse. Weight about the same. Will fill in the rest tomorrow.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

3x5 @ 60kg

New PR, massive. Haven't even benched sets across at 58.5kg yet. Shoulder/elbow felt fine even though the last couple were grindy.

Again, gotta credit Brian Alsrue's latest bench press video for this. Definitely I got some leg drive which I haven't really had/used before.

LISS:

Elliptical, 35mins - 6.2km, 464 kcal burn

In jeans (since this was spur of the moment). Was supposed to be a very slow and gentle effort so I didn't sweat too much but I ended up adding some resistance and having a bit of a go towards the end.

BenM

11-13-2016, 11:25 AM

Sun 13/11

Food Fri/Sat: 2452 / 2728 kcal

Activity Fri/Sat: 12.8 / 12k steps

Sleep Fri/Sat night: 6hr 4min / 9hr 2 min - 5 x awake, 12 x restless, 31 min awake/restless

BW: 70.2kg

Today's entertainment: The cricket! Shame it's raining, so it's a classic test from 94, Aus vs South Africa, I miss Richie Benaud's dulcid tones

Squat:

3x25 @ 20kg

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

4x5, 1x4, 1x1, 1x2 @ 60kg

D'oh. So close to sets across, but even with 7 mins break for the last set I ran out of gas... just. Wasn't gonna post the video but screw it:

<http://youtu.be/UVpu9Xrloys>

Barbell Rows:

1 @ 52.5kg

No, just no.

Lying Tricep Extensions (EZ Curl bar):

3x10 @ 32.5kg

Dropped 1kg off and got 3 sets with decent form.

Dumbbell Hammer Curls:

3x12 @ 10kg for the girls

Definitely tweaked my left erector muscle on Thursday - unlike my normal back issue which feels ok and tightens up at the end of the day or if I stay in one position too long, it's been pretty much constant minor pain ever since Thursday's session. Dumbass. Decided to just do high rep squats with the empty bar to start rehabbing it today. It was tiring but it felt pretty good afterwards, so I think I'll keep doing this and slowly add weight. It's frustrating, but it would be great to get my back feeling 100% again as it's been a battle for months. There won't be any max effort squats or deadlifts for a little while.... attempted a row, but the first one hurt a bit and I bailed on those too.

Other than that, I managed to get a sleep in today but my feelz weren't really there this morning, and I'm surprised my weight dropped off a bit as I think I've been eating OK - daily average of 2697 kcal / 244g protein / 255g carbs / 77g fat over the past week. Not to worry, it's roast beef and beer night tonight.

BenM

11-14-2016, 08:59 AM

Mon 14/11 - fasted session

Food Yesterday: 3031 kcal incl a few beers last night

Activity Yesterday: 6.1k steps - not much!

Sleep Last Night: 8hr 43min - 3 x awake, 10 x restless, 29 min awake/restless

BW: 70.4kg

Today's Entertainment: Recording of the Brazilian F1 GP from this morning my time

Rehab Squat:

3x25 @ 22.5kg

Dips:

4x8 @ BW

Chin Ups:

7, 7, 6, 6 @ BW

LISS:

Elliptical - 30mins. A very slow/lazy effort, but with increasing intensity towards the end. 5.52km, 411kcal burn

Was toying with waking at 3am to watch the GP but based on what I've seen so far it was a good thing I didn't. It's just been red flagged for a second time.

Dips felt a bit stronger today, though my shoulder's a bit sore now. Chins coming along too.

Toasterleavings

11-14-2016, 10:04 PM

Quote:

Originally Posted by **BenM** [»](#)

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

4x5, 1x4, 1x1, 1x2 @ 60kg

Holy shit - some serious grinds there! One yes - one no! Those judgmental bears though not a word of encouragement. I would have a stern word or two with the bears. Mention "donation" and "day care center" and see if they up their game a bit.

BenM

11-15-2016, 05:39 AM

Tue 15/11

Food Yesterday: 2373 kcal

Activity Yesterday: 14k steps - was pretty busy

Sleep Last Night: 5hr 59min - 2 x awake, 7 x restless, 21 min awake/restless

BW: 70.6kg

Today's Entertainment: The Badloves - Get on Board

Rehab Squat:

3x25 @ 25kg

OHP:

2x5 @ 20kg

1x3 @ 30kg

1x4 @ 42.5kg, 4x4 @ 41kg

Yes, I still need to microload *facepalm*

Deadlift:

Attempted to do some form work with 40kg, figured that'd be light enough to not worry the back. It was, but I felt stupid doing it with such a light weight, and couldn't get my back any flatter anyway, which pissed me off.

Chin Ups:

8, 7, 6, 6 @ BW

8 in a row is a PR I think. Ran out of gas fairly quick though. 4 mins before the last set and still only got 6.

Incline Bench:

5x8 @ 40kg

Had time left, since I didn't DL, so left the 40kg on the bar and hit these. How very topical. 4th and 5th sets were mildly challenging...

Shoulder still hurts from yesterday, but back strain is just a little fuzzy now so that's a good sign. Back to shithouse sleep last night - bit sick of feeling tired and beat up all the time. Oh well. I do feel like the high rep low weight squats are working though. Looking forward to throwing myself back into it 100% as soon as I can.

BenM

11-15-2016, 05:42 AM

Quote:

Originally Posted by **Toasterleavings** »

Holy shit - some serious grinds there! One yes - one no! Those judgmental bears though not a word of encouragement. I would have a stern word or two with the bears. Mention "donation" and "day care center" and see if they up their game a bit.

Hahahaha... the other day they whispered to me 'gain some weight you skinny fucker' - so I told them bears are a good source of protein. That shut the cheeky pricks up!

BenM

11-15-2016, 08:37 AM

Found this on my desk when I got to work this morning.... <http://uploads.tapatalk-cdn.com/2016...caeb9aa360.jpg>

Toasterleavings

11-15-2016, 10:53 AM

sweet! What kind is it?

BenM

11-15-2016, 11:02 AM

Quote:

Originally Posted by **Toasterleavings** »

sweet! What kind is it?

It's a Best belt, the Athlete. Hope it helps remind me to brace properly. If nothing else it looks cool.

Mahendra11-15-2016, 12:39 PM

Congrats on the belt! BestBelts are grrrreeeattt :)

BenM11-15-2016, 04:48 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Thanks :) Had a busy day at work but finally got a chance to try it on. I can (just) get it on in the middle hole. So looks like I measured right. It does dig into my hips a bit though - hopefully I will get used to that otherwise I may wish I'd gone for a 3", but did some air squats in it and honestly if I brace even half properly it should be tough for my back to go into flexion. Feels toit (like a tiger)

BenM11-16-2016, 08:55 AM

Wed 16/11 - Recovery day - fasted

Food Yesterday: 2824 kcal

Activity Yesterday: 10.1k steps

Sleep Last Night: 7hr 2min - 2 x awake, 11 x restless, 25 min awake/restless

BW: 71.7kg (WTF!)

Today's Entertainment: Netflix - Narcos

Rehab Squat:

3x25 @ 27.5kg

LISS:

Elliptical - 32mins, gentle. 5.98km, 446kcal burn

Holy water retention batman! Had pizza for dinner last night (though I was pretty careful not to overeat) and put on over 1kg in 24 hours. Looking at MFP... yeah I had 5600mg of sodium yesterday, incl about 2000mg in the pizza and garlic bread. Yeah that'll probably be it... it did make the scale numbers look good though as body fat was down a whole percentage point. Shows how (in) accurate they are.

Liking Narcos. Set myself a target of not looking at the timer (or my watch) for 30 mins while I was ellipticalling, as that makes the time drag so much. I knew I had 27 mins to go in the ep I was watching so when that finished I'd be close. Because of all the subtitles, I had to concentrate on it, and it worked well, was past 31 mins by the time I peeked :D

BenM11-17-2016, 05:57 AM

Thu 17/11

Food Yesterday: 2464 kcal

Activity Yesterday: 10.5k steps

Sleep Last Night: 7 hrs 18 min - 1 x awake, 12 x restless, 25 min awake/restless

BW: 71.9kg

Today's entertainment: The Doors - Legacy - The Absolute Best

Rehab Squat:

3x25 @ 30kg

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 50kg

5x5 @ 60kg new PR

I was not failing this today. Last rep was a little grindy but not quite 10/10 effort. Last 2 sets:

<http://youtu.be/ohJMfMpnHf0>

Power Cleans:

6x3 @ 40kg

Probably a little early but wanted to try some very light form work, to try and get rid of the arm pull. First few were rubbish but they got better, and so light I did an extra set.

Dumbbell Hammer Curls:

3x12 @ 10kg for the girls. Supersetted with power cleans. Ow my arms.

Lying Tricep Extensions (EZ Curl bar):

3x10 @ 33.5kg

Added 1kg and form didn't break down much. Progress.

Amazing what a difference a bit more sleep makes. Tried (and failed) to be in bed by 8:30, but was there by 9. Weight is still up a bit too. I was definitely expecting to knock through that bench PR this morning, would've been pissed if it didn't happen.

Back strain is down to a very dull knot. Might try some really light deadlifts during the next session, will see how it feels after golf on Saturday. Really keen to get things 100% once and for all so I can go on an all out attack again.

Toasterleavings

11-17-2016, 11:25 AM

Congrats on the 1 plate 5's across milestone!

BenM

11-17-2016, 11:33 AM

Thanks mate. '1 plate' sounds so pitiful! But at least it's goin up, slowly.....

Toasterleavings

11-17-2016, 01:02 PM

I see plenty of people at the Y max out on one plate. Next week they have exactly the same one plate. And then 2 months later, the same one plate. For the same reps. No progression, it's just a chore - like doing the dishes. For a few of them it's the 15's that appear to be 20's unless you look closely. So no, your 1 plate does not sound pitiful. It sounds like a stepping stone.

BenM

11-17-2016, 04:03 PM

Quote:

Originally Posted by **Toasterleavings** »

I see plenty of people at the Y max out on one plate. Next week they have exactly the same one plate. And then 2 months later, the same one plate. For the same reps. No progression, it's just a chore - like doing the dishes. For a few of them it's the 15's that appear to be 20's unless you look closely. So no, your 1 plate does not sound pitiful. It sounds like a stepping stone.

Thanks Shane-o. When you look at it like that...

Training on my own, and never setting foot in a gym, I mostly only have other logs here to compare myself to. And obviously, there are a lot of guys/gals here who've been training a long time but my lifts are puny even compared to most of the rank novices. I am mostly OK about that so long as I'm making progress though - in fact I've been pleasantly surprised by the lack of negativity (unusual for an online forum) especially since I'm NDTFP (I so wanna get that made into a shirt) and being a weight hypochondriac.

Mahendra

11-18-2016, 01:44 AM

Quote:

Originally Posted by **BenM** »

in fact I've been pleasantly surprised by the lack of negativity (unusual for an online forum) especially since I'm NDTFP (I so wanna get that made into a shirt) and being a weight hypochondriac.

Generally speaking, most people on the SS forums are great, helpful, and encouraging. They respect hard work & progress.

There might be more optimal ways to do things, but in the very long term, I guess that's all negligible. There are plenty of logs of people NDTFP, and they still make progress.

Keep up the good work!

BenM

11-18-2016, 09:21 AM

Quote:

Originally Posted by **Mahendra** »

Generally speaking, most people on the SS forums are great, helpful, and encouraging.

They respect hard work & progress.

There might be more optimal ways to do things, but in the very long term, I guess that's all negligible. There are plenty of logs of people NDTFP, and they still make progress.

Keep up the good work!

Yeah the general consensus seems to be that if you're a novice and you're willing to work hard, any program works (even bad ones) for a while - obviously some are more optimal than others. Something I've been wondering though, is whether the novice effect lasts for a set amount of time for a given individual, or whether it depends on your recovery and growth. So for example, person a eats a big calorie surplus, rests lots, and sees big gains in a short period of time but hits the wall in 6 months - person b eats a smaller calorie surplus, doesn't rest as much, still sees gains but slower - do they hit the wall in 6 months too, or, as their lifts are lower and the adaptation they've seen is smaller, do they still have potential to continue to see gains for a bit longer as their body has not been working so hard and fast to gain strength?

Fri 18/11 - Fasted

Food Yesterday: 2679 kcal

Activity Yesterday: 8.7k steps

Sleep Last Night: 7 hr 16 min - 7 x awake, 13 x restless, 1 hr 4 min awake/restless

BW: 71.3kg

Today's Entertainment: Netflix - Narcos

Rehab Squat:

3x25 @ 32.5kg

Chinups:

7, 6, 6, 6 @ BW

Dips:

5x8 @ BW

LISS:

Elliptical - 30mins, gentle but with a bit more resistance. 5.36km, 400kcal burn, avg 136 BPM

Got to bed pretty early again but had an awful night sleep wise and almost went back to bed when the alarm went off. Must keep fighting the good fight though. Back is starting to feel pretty good, bit of a sore shoulder from dips the other day but pushed through it, just gotta be careful not to go too low!

Mahendra

11-19-2016, 01:58 AM

Quote:

Originally Posted by **BenM** 

Yeah the general consensus seems to be that if you're a novice and you're willing to work hard, any program works (even bad ones) for a while - obviously some are more optimal than others.

Yes, this is true. However, although any program may work, the progress might be slow enough (at

a novice level) that it eventually deters the person from lifting. That's one of the many reasons an LP program (such as SS's LP) is beneficial. It allows someone to get their working weights up quick enough to also help them feel like they accomplished something.

One thing I've read is that some people spend too long on a novice LP, incorporating a few resets. Based on what I've read and experienced, I don't think it's necessary. Moving on to an intermediate program, such as HLM, can be done after the 1st real fail of novice LP, rather than resetting weights.

Also, at this time, novice LBM weight gains probably taper off quite a bit. This is important, as this is when calories probably need to drop down a bit, otherwise one might start to put on excess fat. This is a mistake that I made in 2015, and I ended up putting on a lot of fat.

Quote:

Something I've been wondering though, is whether the novice effect lasts for a set amount of time for a given individual, or whether it depends on your recovery and growth. So for example, person a eats a big calorie surplus, rests lots, and sees big gains in a short period of time but hits the wall in 6 months - person b eats a smaller calorie surplus, doesn't rest as much, still sees gains but slower - do they hit the wall in 6 months too, or, as their lifts are lower and the adaptation they've seen is smaller, do they still have potential to continue to see gains for a bit longer as their body has not been working so hard and fast to gain strength?

I don't know if "given individual" and "recovery & growth" are mutually exclusive. I think that they go hand in hand, as recovery and growth does differ slightly from person to person.

As for time periods, I don't know if ~6 months is realistic to be on a novice program, unless you're really a novice. I.e., learning the movements, very skinny, need to eat lots. I think a novice program would last around ~3 months, including advanced novice, before the need to move into an intermediate program.

But, to answer your question, I really don't know given the 2 scenarios.

Of course, others may have different opinions, but this is based on what I've read, what I've seen, and what I've personally experienced.

BenM

11-19-2016, 01:22 PM

Thanks Mahendra - I appreciate your thoughts. It also kinda solidifies my thoughts on programming for myself in future.

I mean I still consider myself a novice, doing an LP - adding weight to the bar each time I finish sets at a PR weight. I just haven't eaten enough to gain lots of weight so progress has been slow. But pressing movements are definitely going up still (although it may take a couple of attempts each time) - deadlift was going up, and my squat is woeful.

I haven't found the speed of progress demotivating because I understand why it's slow (even though some people here might disagree with the way I've approached it) and I like lifting regardless of gains (satisfying as they are). But I started SL 5x5 in late May so it's been going for roughly 6 months - though I started with an empty bar and have had a few interruptions with injury and things. It's possible I could speed up the gains by eating/recovering better, maybe not too - I can control my diet but have limited control over my sleep.

We will maybe see, soon, once I start squatting and deadlifting properly again - I am hoping another week at the most, maybe less. I'm still hoping to squat 100kg for 3x5 by year's end.... Don't think I'll hit my 140kg deadlift goal by then unless I make a drastic fix to my technique quickly, but there is no point rushing that.

BenM11-20-2016, 11:25 AM

Sun 20/11**Food Yesterday:** 3592 kcal**Activity Yesterday:** 26.2k steps - golf + mowing lawns = lots**Sleep Last Night:** 9 hrs 25 mins - 4 x awake, 11 x restless, 33 min awake/restless - blessed sleep in**BW:** 70.7kg**Today's Entertainment:** Eels - Daisies of the Galaxy / Dinosaur Jr - Without a Sound**Rehab Squat:**

3x25 @ 35kg

OHP:

2x5 @ 20kg

1x3 @ 30kg

5x5 @ 41kg New PR

Used the belt for the last 3 sets, not that I felt like I needed it, but just cos I hadn't used it before!
Last set, little grind, but not too bad:

<http://youtu.be/kuoaggxes-M>**Deadlift:**

5x5 @ 60kg

Just some light pulls to work on flattening the mid back properly. No change. Frustrated. Wasn't gonna post video but stuff it, here's the last set.

<http://youtu.be/NTli7r2GJvA>**Chin Ups:**

7, 7, 7, 7 @ BW

Has to be a rep PR for sure.

Incline Bench:

5x8 @ 42.5kg

Cos I had time, and these are something different.

Ahhhh Sunday sessions are good. I get a sleep in, a decent breakfast and can take my time. Wasn't sure how today would go after a big day yesterday but for once I ate appropriately (plenty of carbs) and felt better for it. Was surprised to have dropped weight this morning, actually. Back pulled up OK too, so I will probably do some heavier squats later in the week and see how it feels.

Really frustrated that I can't get my back flat enough to deadlift properly though. I am wondering whether this is just as much as my body is capable of doing or whether I need to setup a different way because of my long spidey legs. The latter is probably also why my squat sucks donkey balls (plus being weak - goes without saying).

BenM11-21-2016, 08:22 AM

Mon 21/11 - Fasted

Food Yesterday: 2975 kcal

Activity Yesterday: 10.3k steps

Sleep Last Night: 6 hr 56 min - 1 x awake, 10 x restless, 16 min awake/restless

BW: 70.9kg

Today's Entertainment: Netflix - Narcos

Rehab Squat:

3x25 @ 37.5kg

Chinups:

8, 7, 6, 4 (!) @ BW

Dips:

5x8 @ BW

LISS:

Elliptical - 30mins - 5.63km, 419kcal burn, avg 146 BPM

Finally finished Narcos S1. Dunno WTF happened with that last set of chinups, just ran out of gas!

BenM

11-22-2016, 05:50 AM

Tue 22/11

Food Yesterday: 2614 kcal

Activity Yesterday: 12k steps

Sleep Last Night: 6 hrs 39 mins - 3 x awake, 12 x restless, 23 min awake/restless

BW: 71.4kg

Today's entertainment: Billy Joel - Greatest Hits

Rehab Squat:

3x25 @ 40kg

Phew.

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 52.5kg

1x5, 2x4, 2x3 @ 62.5kg

1x5 @ 60kg backoff (grindy mcgrind)

New 5rep PR. Didn't microload, feel like I definitely would have got sets across at 61kg. Upside, I tried this weight on Sunday arvo and could only manage 3 reps at best. Ran out of gas pretty quick though.

Been getting some neck pain after benching, so really tried hard to make sure I lift my head a bit and don't force it into the bench.

Barbell Rows:

3x5 @ 52.5kg

Testing out the back. Felt OK, but I still can't hit my chest on every rep with this weight, it's too heavy.

Hang Cleans:

5x5 @ 30kg

Getting the movement right/eliminating the arm pull. Had to drop a fair bit of weight til I felt comfortable with it, but it was improving by the end and the last set flew up.

Dumbbell Hammer Curls:

3x12 @ 10kg Superssetted in between rows/cleans. These were tougher than usual.

Lying Tricep Extensions (EZ Curl bar):

10 (just), 7, 7, 7 @ 35kg

Dropped bar like a boss on the last set. Bit much for me this morning, I was spent.

Epic session, though it wasn't really any longer than normal. Sweat pouring off me by the end. Thank goodness tomorrow is a rest day, just some cardio if I can be bothered.

BenM

11-24-2016, 05:47 AM

Wed 23/11 - Fasted recovery day**Food Yesterday:** 2644 kcal**Activity Yesterday:** 9k steps**Sleep Last Night:** 7 hr 13 min - 3 x awake, 10 x restless, 23 min awake/restless**BW:** 71.0kg**Today's Entertainment:** Netflix - Narcos**LISS:**

Elliptical - 30mins - 5.68km, 422kcal burn, avg 141 BPM

Thu 24/11**Food Yesterday:** 2522kcal**Activity Yesterday:** 12.8k steps**Sleep Last Night:** 7 hrs 6 mins - 2 x awake, 9 x restless, 13 min awake/restless**BW:** 71.0kg**Today's Entertainment:** Stuff You Should Know podcast**Rehab Squat:**

3x25 @ 42.5kg

1x5 @ 60kg

OHP:

2x5 @ 20kg

1x3 @ 30kg

5x4 @ 42.5kg
1x5 @ 40kg backoff set

Disappointed, wanted fahves as usual, thought I'd get closer than this. Only took 3-4mins between sets once I missed the first.

Deadlift:

5x5 @ 70kg

More form work. Experimented with setup, maybe a slight improvement, maybe not. Sadface.

<http://youtu.be/mFbfRmaWOLO>

Chin Ups:

5, 5, 6, 6 @ BW

Don't know what happened here, I am disappoint. I am doing chins/dips on Monday and Friday anyway so should take them out of this workout.

Incline Bench:

5x8 @ 42.5kg

Didn't add weight but probably could have. Was only a real grind on that 40th rep.

Had reasonable sleep, felt like I ate OK the past couple of days, didn't lift yesterday, and woke up feeling pretty good - was really hoping for a better session than this. Oh well.

BenM

11-25-2016, 11:25 AM

Fri 25/11 - Fasted

Food Yesterday: 2834 kcal

Activity Yesterday: 8.7k steps

Sleep Last Night: 7 hr 42 min - 3 x awake, 8 x restless, 1hr 7 min awake/restless

BW: 71.2kg

Rehab Squat:

10x5 @ 45kg

LISS:

Fast walk - 5.29km, 39:32 (7:28/km), 495kcal burn, avg 150 BPM

Woke up feeling a bit low on energy, despite another fairly early night and what I thought was decent sleep - the time awake/restless says otherwise, which probably explains the feelz. Dropped the volume a bit on squats, skipped the dips/chins I had planned, and went out for a walk in the sun instead.

Think progress weight wise is on the right track:

<http://trendweight.com/u/4da938f8129d4f/chart/4w.png>

According to [my Trendweight dashboard](#) I've gained about .9kg of lean mass in the past month and dropped maybe .3kg of fat. Winning.

BenM

11-27-2016, 12:13 PM

Bahhhhhhhhhhhhhhhhh

Sun 27/11

Food last 2 days: 2481 / 2977 kcal

Activity last 2 days: 10.5k / 21.8k steps (golf)

Sleep last 2 nights: 7 hrs 13 mins / 8 hrs 50 mins - 2 x awake, 12 x restless, 25 min awake/restless

BW: 70.6kg

Today's entertainment: Jimmy Hendrix - Experience Hendrix / Massive Attack - Blue Lines

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
--- belt on ---
3x5 @ 80kg
1x5 @ 70kg backoff

Bench Press:

2x5 @ 20kg
1x5 @ 40kg
1x3 @ 52.5kg
4, 5, 4, 3, 4 @ 62.5kg

Tried a slightly wider grip on the 4th set and hit the safeties... FFS

Hang Cleans:

2x5 @ 30kg

Did a couple more sets of these then...

Power Cleans:

5x3 @ 50kg

Thought the arm pull was a bit better? Now I just gotta work on the rack position, getting the elbows up a bit higher maybe.

<http://youtu.be/jSYzjIstdzE>

Dumbbell Hammer Curls:

3x12 @ 10kg

Need moar dumbbell

Lying Tricep Extensions (EZ Curl bar):

3x10 @ 35kg

A PR I think, though not very exciting

Deadlift

2x5 @ 70kg

Just some light pulls to work on back position. I might be mad but I think there's improvement.

<http://youtu.be/07AweyZ0t8M>

Really horrible feels this morning. Didn't want to train at all. Played golf yesterday and I increased carbs a fair bit but don't think it was enough, judging by the feels and the weight loss.

My back was also tight, I'm honestly wondering if it will ever be 100% again. So fucking sick of it, so I decided to push the weight up on squats again anyway and try the belt, and was pleasantly surprised. Not as hard as I thought it would be since I haven't squatted anything over 60kg for a few weeks, and the belt is great - it reminds me when I'm getting loose/flexion in the hole and gives some feedback on depth too. Will see how I pull up but felt fine afterwards.

BenM11-28-2016, 05:59 AM

Mon 28/11 - Fasted**Food Yesterday:** 3084 kcal**Activity Yesterday:** 10.3k steps**Sleep Last Night:** 7 hr 12 min - 1 x awake, 10 x restless, 19 min awake/restless**BW:** 71.0kg**Today's Entertainment:** Abu Dhabi GP from last night**Chinups:**

9, 8, 6, 6 @ BW

Dips:

5x10 @ BW

Dragon Flags:

2 rounds with bent legs was enough

LISS:

Elliptical - 30mins, went at a fairly good clip today. 5.74km, 426kcal burn, avg 146 BPM

9 in a row chinups is a PR, so is 10 dips in a row. About time to buy a dip belt and start adding weight. Dragon flags still suck (as in, I am not good at them)!

BenM11-29-2016, 06:28 AM

Tue 29/11**Food Yesterday:** 2607 kcal**Activity Yesterday:** 10k steps**Sleep Last Night:** 7 hrs 7 mins - 1 x awake, 6 x restless, 10 min awake/restless**BW:** 70.9kg**Today's Entertainment:** Stuff You Should Know podcast**Squat:**

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 72.5kg

--- Belt On ---

3x5 @ 82.5kg

OHP:

2x5 @ 20kg

1x3 @ 30kg

4, 3, 3, 4, 4 @ 42.5kg

1x5 @ 40kg backoff set

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 90kg

1x5 @ 100kg

Chin Ups:

3, 4, 4, 4 @ BW + 5kg

Incline Bench:

5x8 @ 43.5kg

Squats - OK - maybe RPE 8. Back felt fine, belt really helps.

OHP - pissed off. I'm a bit stuck here.

Deadlift - added some weight. Rounded upper back. Also pissed off - felt totally different than Sunday's effort.

Chins - added some weight, was ok! But I need a belt.

Incline bench - added some weight. Ground it out with bigger breaks.

I made a little video compilation - not to steal an idea, as I was planning on doing this after reading the conversation on Shane's log the other day, but he beat me to it:

<http://youtu.be/tvnGiA9XA0>

Toasterleavings

11-29-2016, 02:02 PM

hahaha - love it! The cheat rep & mission completed sounds were my faves. What game?

Also on press - how minutely can you micro-load? If I'm reading the above correctly, you got 5x5 on 41kg, then haven't hit 5's for two sessions on 42.5kg. That's a 3.7% increment. By way of comparison, I'm only incrementing my press backoff sets (most of my volume) by a massive 1.25%. I would try micro-loading from where you got 5's. Press (even Bench) the peeps who know stuff always say micro-load. So I'm parroting them.

Toasterleavings

11-29-2016, 02:02 PM

double post for some reason

BenM

11-29-2016, 03:46 PM

Quote:

Originally Posted by **Toasterleavings** »

hahaha - love it! The cheat rep & mission completed sounds were my faves. What game?

Also on press - how minutely can you micro-load? If I'm reading the above correctly, you got 5x5 on 41kg, then haven't hit 5's for two sessions on 42.5kg. That's a 3.7%

increment. By way of comparison, I'm only incrementing my press backoff sets (most of my volume) by a massive 1.25%. I would try micro-loading from where you got 5's. Press (even Bench) the peeps who know stuff always say micro-load. So I'm parroting them.

It's from the original Super Mario Bros, I was going to add a little coin overlay somewhere too but ran out of time this morning!

You read right re the stall... The smallest plates I have are .5kg and I only have two, so 1kg is as small as I can go sadly - I haven't got round to buying a fractional plates set yet but they're on my wishlist... definitely will be trying to get them before Christmas though. But your suggestion is good, thanks!

I have been hoping to keep going with this programming til Christmas and maybe switch to HLM after that - definitely with squat and maybe with other lifts too. Just have to see how I feel and whether I can kick start things a bit. I'm probably doing too much and not eating quite enough still.

Coolidgee

11-29-2016, 06:18 PM

Quote:

Originally Posted by **BenM** 

Tue 29/11

Food Yesterday: 2607 kcal

Activity Yesterday: 10k steps

Sleep Last Night: 7 hrs 7 mins - 1 x awake, 6 x restless, 10 min awake/restless

BW: 70.9kg

Today's Entertainment: Stuff You Should Know podcast

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x3 @ 60kg
1x3 @ 72.5kg
--- Belt On ---
3x5 @ 82.5kg

OHP:

2x5 @ 20kg
1x3 @ 30kg
4, 3, 3, 4, 4 @ 42.5kg
1x5 @ 40kg backoff set

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 90kg
1x5 @ 100kg

Chin Ups:

3, 4, 4, 4 @ BW + 5kg

Incline Bench:

5x8 @ 43.5kg

Squats - OK - maybe RPE 8. Back felt fine, belt really helps.

OHP - pissed off. I'm a bit stuck here.

Deadlift - added some weight. Rounded upper back. Also pissed off - felt totally different than Sunday's effort.

Chins - added some weight, was ok! But I need a belt.

Incline bench - added some weight. Ground it out with bigger breaks.

I made a little video compilation - not to steal an idea, as I was planning on doing this after reading the conversation on Shane's log the other day, but he beat me to it:

<http://youtu.be/tvnGiA9XAx0>

Nice! 8 bit sound effects are a thing of beauty.

May need to to invest in footy shorts for the deadlift!

How do find pulling in romaleos?

BenM

11-29-2016, 06:38 PM

Quote:

Originally Posted by **Coolidgee** »

Nice! 8 bit sound effects are a thing of beauty.

May need to to invest in footy shorts for the deadlift!

How do find pulling in romaleos?

Yeah I got a kick out of doing it, it's not as funny as the Wilhelm Scream though!

You noticed that huh... they were annoying me. I'd normally pull in tracksuit pants but it's starting to get a bit warmer now, I reckon I can find something shorter :)

I really haven't noticed a lot of difference pulling in those shoes vs my chucks to be honest. My DL is ordinary any which way - might try a couple of sets one after the other next time round and let you know!

BenM

11-30-2016, 05:45 AM

Wed 30/11 - Fasted

Food Yesterday: 2830 kcal - surprisingly good macros considering pizza and garlic bread for dinner

Activity Yesterday: 7.2k steps

Sleep Last Night: 7 hr 14 min - 1 x awake, 12 x restless, 24 min awake/restless

BW: 71.2kg

Today's Entertainment: Narcos

HIIT:

Elliptical - 30mins on peak intervals setting. 6.46km, 476kcal burn, avg 135 BPM

Haven't done intervals for a while, my legs are pumped. Not the worst way to start the day, considering my sleep felt pretty bad, I'm well awake now!

BenM

12-01-2016, 05:57 AM

Thu 1/12**Food yesterday:** 2687 kcal**Activity yesterday:** 11.1k steps**Sleep last night:** 5 hrs 35 mins 1 x awake, 8 x restless, 19 min awake/restless**BW:** 71.7kg**Today's entertainment:** Stuff You Should Know podcast**Squat:**

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x3 @ 72.5kg

--- belt on ---

3x5 @ 85kg

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 52.5kg

5, 4, 3, 4, 4 @ 62.5kg

1x4 @ 60kg

Hang Cleans:

2x5 @ 32.5kg

Power Cleans:

5x3 @ 52.5kg

Dumbbell Hammer Curls:

3x12 @ 10kg

Lying Tricep Extensions (EZ Curl bar):

1x7 @ 36kg

2x10 @ 35kg

See the skinny man attempting to squat and power clean:

<http://youtu.be/CmtC3Nh4GPw>

Horrible sleep last night so it's unsurprising this session was a bit disappointing. The stats really don't tell the full story, I'm positive I was awake in bed a lot longer than 19 minutes.

Squat - not too hard at all - felt good.

Bench - YAF. My press has hit a wall big time. Couldn't even get the backoff sets.

Hang/Power cleans - These felt really awkward, but looking at the video I don't think the arm pull is a huge issue any more (now I just need to work on the rack). Feedback welcome though.

Planning on ordering a few new toys today, including a set of fractional plates. Merry Christmas to me!

Bliss

12-01-2016, 06:46 AM

Squats look very controlled! Check depth someone knowledgeable thought, as i have absolutely no idea what is an apex of the crease...

Power cleans-are you thinking of internally rotated elbows?

(tapatalk)

BenM

12-01-2016, 08:13 AM

Quote:

Originally Posted by **Bliss** 

Squats look very controlled! Check depth someone knowledgeable thought, as i have absolutely no idea what is an apex of the crease...

Power cleans-are you thinking of internally rotated elbows?

(tapatalk)

In all black, it's hard to tell depth. If they're shallow, it's very, very close (and I just checked it frame by frame). Was pretty happy with the set I did the other day when I looked closely. The belt actually gives good feedback on what depth I've hit, but my next session I will wear a lighter coloured outfit just to be sure :)

With power cleans, when I said arm pull I was talking about premature bending of the elbows during the pull. When I looked at these in slow mo it looks like my arms stay straight / elbows locked until the bar is above the knees, almost at mid-thigh, which is when I jump and try to throw myself under the bar - so I think that part is reasonably OK (far better than it was). What I meant about racking it is that I don't get my elbows high enough and you're right, they're internally rotated too - so that's a bit FUBAR at the moment. Needs more practice. I think my grip may be a tiny bit wider than it should be as well.

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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BenM

12-03-2016, 10:43 AM

Fri 2/12 - Fasted

Food Yesterday: 2826 kcal

Activity Yesterday: 11.2k steps

Sleep Last Night: 7 hr 37 min - 4 x awake, 11 x restless, 28 min awake/restless

BW: 70.9kg

Today's Entertainment: Narcos

LIIS:

Elliptical - 30mins, very lazy. 5.2km, 390kcal burn, avg 128 BPM

Really felt like I needed some recovery so just did some lazy steady state and didn't worry about anything else.

Sat 3/12

Food Yesterday: 2808 kcal

Activity Yesterday: 11.2k steps

Sleep Last Night: 7 hrs 48 mins - 3 x awake, 12 x restless, 24 min awake/restless

BW: 71.1kg

Today's Entertainment: Pearl Jam - Lost Dogs

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 75kg

--- Belt On ---

3x5 @ 87.5kg

OHP:

2x5 @ 20kg

1x3 @ 30kg

5x5 @ 40kg

0x0 @ 45kg, push press 1x3 @ 45kg

Deadlift:

1x5 @ 60kg

1x5 @ 85kg
--- Belt On ---
1x5 @ 105kg

Chin Ups:

4x5 @ BW + 5kg

Incline Bench:

4x8, 1x9 @ 43.5kg

Squats - decent again, hopefully not shallow. Definitely nowhere near max effort so I'm feeling like I still might crack 2 plates by new years. But oh, the belt hickies....

OHP - just a slight deload so I can complete some sets. Decided to go for a heavy single and couldn't even get one! Push pressed them up instead.

Deadlift - added some weight. Did the work set with the belt for the first time. I think my mid-upper back may still be rounding ever so slightly under load but it doesn't seem as pronounced as it was before, so that may be progress.

Chins - kept it at +5kg and managed 4x5. Improvement - will add some weight as soon as the dip belt I ordered gets here. New toys are on the way!

Incline bench - kept it at the same weight, as I really wouldn't have got these last time without faffing around for an age between sets. And yet, with only 4min breaks this time, they didn't crush me, and I even had another rep in me at the end. Needs moar weight next time.

Overall, apart from my deadlift form still being a bit risky, it was a pretty good sesh to finish the week on. My schedule is a bit messed up this week so I will probably go off the reservation a bit and reset next week - I need a rest anyway.

A compilation video of the work sets is available for your pleasure below - yes, even the chinups. Sorry about the lighting, I opened the blinds so it's a bit crap. Spoiler alert: no funny sound effects, had to do this quickly so I could go do parental things...

<https://youtu.be/O1qXd7jR7Ic>

BenM

12-04-2016, 06:23 PM

Sitting here on a Sunday night I've had a couple of beers and I'm feeling a bit reflective.

Looked at my weekly calorie intake for the last 6 weeks:

Nov 27-Dec 3 - average 2809kcal, 239P/256C/87F

Nov 20-Nov 26 - average 2721kcal, 228P/256C/82F

Nov 13-Nov 19 - average 2777kcal, 237P/243C/88F

Nov 6-Nov 12 - average 2697kcal, 244P/255C/77F

Oct 30-Nov 5 - average 2741kcal, 213P/255C/86F

Oct 23-Oct 29 - average 2604kcal, 207P/240C/81F

Weight on Oct 22-24 - 70.3/69.9/70.6kg

Weight on Dec 2-4 - 70.9/71.1/70.7kg

Seems to me I've done a reasonably good job of going for 2800kcal a day, but I've gained SFA weight which is probably one of the reasons I'm stalling. I knew that already in my gut, but hard data might help me overcome the little bastard voice sitting on my shoulder telling me if I eat too much I'll turn into a blimp overnight.

Just adjusted targets in MFP to 3010kcal a day, 300C/250P/90F and will see how that goes til Christmas. It's only a few weeks, if I do gain a few kgs real quick I can put the brakes on then.

Programming wise, I feel like I can probably push LP a bit longer on the squat and try to hit 2 plates next week, gonna work a bit on ankle dorsiflexion so I can get a bit more depth but it feels pretty strong at the moment. Deadlift, if I can get my back somewhere near flat can run with squat. But presses need to go to HLM now. So will wing it a bit this week and see where it takes me. Don't really have a plan, studying PPST3 at the moment. Will probably bro out a bit this week and come

up with a more formal program by next weekend.

Onward and upward eh.

Toasterleavings

12-04-2016, 09:48 PM

Great. I reckon more calories is the best thing you could do. And i don't reckon ankle dorsiflexion is affecting your squats. You have a pretty vertical shin squat - you'd dorsimaffect as much taking a crap. I reckon the depth you squat to is what's causing your squat depth. Which is for the most part fine. But I'd add an inch and give it some turnaround bounce. It's the cowbell it needs right now. Lovely family scene in your backyard btw!

BenM

12-05-2016, 06:05 AM

Quote:

Originally Posted by **Toasterleavings** 

Great. I reckon more calories is the best thing you could do. And i don't reckon ankle dorsiflexion is affecting your squats. You have a pretty vertical shin squat - you'd dorsimaffect as much taking a crap. I reckon the depth you squat to is what's causing your squat depth. Which is for the most part fine. But I'd add an inch and give it some turnaround bounce. It's the cowbell it needs right now. Lovely family scene in your backyard btw!

Thanks mate. Don't think the wife and daughter (and dog) know that they're internet famous, I won't tell if you won't :p I missed out on taking the dog for a walk to deadlift instead - the things we do for lifting!

I guess my worry with the squat is the little bit of doubt around depth. I reckon most of them were OK but there were one or two that were a little shallow, problem is my fear of back pain and if I try to go too deep it definitely comes out of extension, so I'm finding a happy medium. Was mooching about on Youtube yesterday and saw a video from Omar Isuf where he basically said go as deep as you can without butt wink - which is essentially what I am doing (so it made me feel better) - but I'm grasping at straws to try and get a little more depth and do it properly (ie the SS way) without aggravating it :)

Mon 5/12

Food last 2 days: 2820 / 2929 kcal (incl a couple of beers)

Activity last 2 days: 13k / 8.4k steps

Sleep last 2 nights: 9 hrs 3 mins / 6 hrs 10 mins (2 x awake, 9 x restless, 27 min awake/restless)

BW: 71.1kg

Today's entertainment: Stuff You Should Know podcast

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 75kg

--- belt on ---

3x5 @ 90kg equal Pee Arr

Bench Press:

2x5 @ 20kg
1x5 @ 42.5kg
1x3 @ 65kg new weight PR
2x5 @ 60kg backoff
1x12 @ 50kg (AMRAP)

Dumbbell Hammer Curls:

3x15 @ 10kg rep PR. Biceps swole

Pendlay Rows:

5x5 @ 52.5kg

Pullups (shoulder width grip):

2, 3, 4, 5 (WTF?)

Front Squat:

2x5 @ 40kg
-- belt on --
1x5 @ 45kg

A compilation video is uploading as we speak... <http://youtu.be/C7jjhvaKkbA>

Sleep was bad last night, kidlet wouldn't go down easy, then we had a thunderstorm which woke me up. I was OK with that.

Squat - still got good depth on the last rep so I'm happy. This is an equal PR.

Bench - following Andy's 'training without a plan' article, kinda. Except my 80% backoff set was 12 reps so I may not have needed to back off so much! :)

Hammer curls - no more weight so just went for more reps. Very close to failure. Got more [s]cow[/s]dumbbell coming soon :)

Did rows instead of power cleans, feels like I'm really bringing my chest to the bar but it didn't look as bad as it felt, apart from the rounded back. Close as I've ever come to getting 5 good sets at this weight, but still not quite.

Switched to pullups, can't figure how the numbers went up each time - but I did them kinda supersetted so fatigue levels were probably up and down.

Did some front squats, very light since I've not done them before, enjoyed them (wahh?) but gotta work on my rack position, no surprise there.

Just realised I didn't do LTEs but screw it, I've done enough. Trialling a new app called Strong to log workouts, instead of the SS app. Not sure what I think of it yet - jury's still out.

BenM

12-06-2016, 05:53 AM

Tue 6/12 - fasted

Food yesterday: 2974 kcal

Activity yesterday: 13k / 8.4k steps

Sleep last night: 7 hrs 2 mins (1 x awake, 4 x restless, 11 min awake/restless)

BW: 71.3kg

Today's entertainment: Bryan Adams - The Best of Me

Dragon Flags:

3x5 45 degree holds

Chinups:

3x5 @ BW + 5kg

Seated French Press:

1x10 @ 20kg - too light

1x7 @ 30kg - too heavy

3x12 @ 25kg - this one's just right

Volume OHP:

2x12 @ 30kg

No idea why I did this. Tired arms now.

Nice quick session on upper body. No cardio today, I'm playing golf instead.

BenM

12-07-2016, 12:26 PM

Wed 7/12

Food Yesterday: 3521 kcal incl 5 (some big) beers

Activity Yesterday: 21.7k steps

Sleep Last Night: 6 hrs 56 mins - 3 x awake, 10 x restless, 19 min awake/restless

BW: 71.7kg - some water bloat from the beer I suspect

Today's Entertainment: Art of Manliness podcast

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 80kg

--- Belt On ---

3x5 @ 92.5kg new PR

OHP:

2x5 @ 20kg

1x5 @ 30kg

--- Belt On --- (don't normally use for OHP)

2x4 @ 42.5kg failed 5th

1x4 @ 41kg failed 5th

2x5 @ 40kg

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

--- Belt On ---

1x5 @ 120kg

Incline Bench:

2x5 @ 20kg

5x8, 1x7 + F, 1x3 @ 45kg

Video for your pleasure: <http://youtu.be/nr5yTKfPBcg>

Wasn't sure how squats would go after walking miles yesterday playing golf, eating less and drinking more beer than I should. Pleasantly surprised to get the PR @ maybe 9 RPE.

My OHP on the other hand, sucked. I must remember to keep my elbows in front of the bar. And pick between 1.0 and 2.0!

Deadlifted more than I have in a little while. Went back to Chucks for these. Felt tough. Upper back got more rounded as set went on, judging by the video.

Took chins out, since I have been doing them a couple of times a week on non-lifting days anyway. Added some weight to the incline bench. They were pretty easy, so much so I thought I must have misloaded, right up until I failed the last rep! Only took 3 mins between sets though, was a good way to finish.

BenM

12-08-2016, 06:05 AM

Thu 8/12 - fasted

Food yesterday: 2769 kcal

Activity yesterday: 8.4k steps

Sleep last night: 7 hrs 16 mins (2 x awake, 7 x restless, 17 min awake/restless)

BW: 71.1kg

Today's entertainment: Netflix - Narcos

Dragon Flags:

3x5 45 degree holds (kinda.. they were a bit shit)

Pullups:

5, 5, 4 @ BW

Dips:

5x10 @ BW

LISS:

Elliptical - 30 mins - 5.39km, 403kcal burn, average 145 BPM

Failed a bit on the food front yesterday, had a stomachache for hours, maybe from too much protein but that doesn't normally worry me. Also, screaming teething child in the middle of the night. So bad feelz this morning.

Bliss

12-08-2016, 07:51 AM

Nice work there!

Check out your last press rep at 40 kg...see how you got the hip bounce time just right? And the bar just flies over your sticking point and you lock it out with a snap!

Compare that to the previous set and the fail rep-what would you work on?

How do you find the wide belt for deadlifts btw? Also, seems your upper spine extension is improving, right! I'm trying to work on similar issue and it's a bastard...

(tapatalk)

BenM

12-08-2016, 08:59 AM

Quote:

Originally Posted by **Bliss** 

Nice work there!

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Compare that to the previous set and the fail rep-what would you work on?

How do you find the wide belt for deadlifts btw? Also, seems your upper spine extension is improving, right! I'm trying to work on similar issue and it's a bastard...

(tapatalk)

It didn't feel like it flew up, that's for sure! I need to work on the timing of the hip bounce, but my sticking point is always about forehead height. I feel like that's more an issue with tricep and shoulder strength, which is one of the reasons I'm doing a fair few dips, LTEs, and more pullups. Should have a dip belt tomorrow so I can start loading up a bit more weight.

I actually don't mind the wide belt for deadlifts, it digs in a little bit but I'm getting used to it. Yeah the upper spine is a hard one to fix, I am not near my max at the moment because I want to fix it before I go for PRs again. I'm glad you think it's improved, I still thought these were pretty shit! Maybe I am getting stronger after all.

What are you doing to work on yours? I saw a video from Alan Thrall last night with a slightly different way of setting up, I was thinking of trying this - <http://youtu.be/ojCWs2Ga9ZI>

Bliss

12-08-2016, 08:55 PM

Funny you mention it, as that was exactly my plan to try his set up next DL day! For now, I've been simply focusing on extending the t spine freaking HARD and hope it stays in position (it does to an extent), reasoning being that the thoracic erectors should adapt to their increasing share of the load as long as weight jumps are adaptable...

(tapatalk)

BenM

12-08-2016, 09:23 PM

Hah, great minds think alike! I just thought that the way he coached it in that video, while very close to the SS model, the 'lean back' cue might help me maintain back position better than what I'm doing now.

Not scheduled to DL tomorrow, but tempted to try a couple of light pulls and see.

Much the same as you I started bumping the weight a little even though it's not fixed yet. If it's a strength issue it's a bit hard to develop the strength without working it - catch 22.

DevilfromGA

12-09-2016, 01:45 AM

Quote:

Originally Posted by **BenM** 

It didn't feel like it flew up, that's for sure! I need to work on the timing of the hip bounce, but my sticking point is always about forehead height. I feel like that's more an issue with tricep and shoulder strength, which is one of the reasons I'm doing a fair few dips, LTEs, and more pullups. Should have a dip belt tomorrow so I can start loading up

a bit more weight.

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What are you doing to work on yours? I saw a video from Alan Thrall last night with a slightly different way of setting up, I was thinking of trying this - <http://youtu.be/ojCWs2Ga9ZI>

This is the same video that inspired me to do a reset. I was pulling 320 about a month ago and noted that I was using legs, hips were too low and rounded my back. So decided that it would be better to reset to 275 and working my way back up with much better form. I still see some rounding in my lower back but am pulling so much faster and more efficiently.

He has several other DL videos that explain what work looks like and explains what weak abs/back problem cause. good stuff! It made a lot of sense.

BenM

12-09-2016, 11:15 AM

Fri 9/12

Food yesterday: 2610 kcal

Activity yesterday: 11.1k steps

Sleep last night: 8 hrs 2 mins (3 x awake, 16 x restless, 41 min awake/restless)

BW: 71.1kg

Today's entertainment: Bruce Springsteen - Greatest Hits

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 60kg

1x3 @ 82.5kg

--- belt on ---

3x5 @ 95kg new PR

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

2x5, 1x4, 1x3 @ 62.5kg new 5rep PR

1x5 @ 60kg grindy backoff

Hang Cleans:

3x3 @ 35kg

Power Cleans:

5x3 @ 55kg

Lying Tricep Extensions:

3x10 @ 35kg

Dumbbell Hammer Curls:

2x15, 1x16 @ 10kg just because rep PR

Deadlift:

1x5 @ 60kg
1x5 @ 80kg
1x5 @ 100kg

Squat good, definitely a bit tougher now though @ 9.5 RPE I reckon. I think depth is JUST there. Tried to descend a bit quicker in the last set and get some more bounce out of the hole but I might have loosened up a bit. Inching closer to 2 plates.

Bench was also good, up until I hit the safety on the 4th rep and couldn't get 5. It's probably more a form improvement than a strength improvement (I made sure to use leg drive). But an improvement is an improvement, even if it's small.

Power cleans are improving, still a bit hit and miss though. There were some good reps and some bad ones!

LTes I will probably repeat the weight again, the first set was a bit shonky at the end.

Bicep curls just because. Found a bit of gas in the tank at the end.

Light deadlifts to try out Alan Thrall's cue of leaning back. I don't think it worked for me, I didn't drop my hips, and almost fell backwards a couple of times (you can see one in the heaviest set).

Long session, about 135mins.

Unfortunately I still struggled to eat enough yesterday. Was in a classroom for training all day and struggle to justify eating big when I'm doing nothing but sitting on my backside. Gotta keep making the effort.

Some video is uploading, should be live in T minus 25 minutes:

<http://youtu.be/-eRiuRIRvOk>

BenM

12-11-2016, 10:29 AM

Sun 11/12

Food Last 2 Days: 3025 / 3097 kcal

Activity Last Days: 7.8 / 24k steps (golf)

Sleep Last 2 Nights: 7 hrs 54 mins / 7 hrs 55 mins - 2 x awake, 8 x restless, 23 min awake/restless

BW: 70.8kg

Today's Entertainment: Metallica - S&M

Squat:

2x5 @ 20kg
1x5 @ 40kg
1x3 @ 65kg
1x3 @ 85kg
--- Belt On ---
3x5 @ 97.5kg new PR (+2.5kg)

OHP:

2x5 @ 20kg
1x5 @ 30kg
5x5 @ 41.5kg new 5rep PR (+.5kg)

Deadlift:

1x5 @ 70kg
1x5 @ 90kg
--- Belt On ---
1x5 @ 110kg
1x4, 1xF @ 130kg new PR (+2.5kg)

1x5 @ 120kg back off

Incline Bench:

2x5 @ 20kg

5x8 @ 45.5kg new PR (+.5kg)

Video is uploading: <http://youtu.be/FFj4TUdZUto>

Squats, happy to hit the new PR especially after such a big day yesterday with golf and stuff. Am I the only one who feels best in the middle set? As in, I dread the first set but grind through them, the second set feels pretty good and easy, then the third one is a grind again? Makes sense that the third would be hardest but the second really should be harder than the first, logically.

OHP, tried out the new fractional plates, and got a small PR - baby steps! Took proper breaks (5, 5, 5, 6, 6 mins). Need to fix my wrist position, reckon I'm leaking some power there.

Deadlift, I figured hey, let's go 3 for 3 PRs. My plan was just to hit 130kg for a single then do a set at 122.5 (+2.5kg from last workout), but I felt like I had more in the tank so went for reps. Missed the fifth, but still pretty happy with that. Then did the back off set anyway, for better or worse. Bar got a bit in front of me in that set. Back (upper/mid) still rounding a bit. Doesn't seem to be having ill effects, for now.

Incline bench, why not go 4 for 4! I was gassed though, so only added .5kg. Plus I stupidly increased the incline a little, I think. So that made it a bit tougher, but I got them all with 6 min breaks.

All this made for another longish (2hrs) session.

Managed to top 3000 kcal for the last 2 days. It probably wasn't enough yesterday since I was so active, but not to worry. Got a big eating day planned today, going out for Chinese for lunch then a BBQ and beers for dinner. Expect a higher calorie number tomorrow! :D

BenM

12-12-2016, 05:56 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Mon 12/12 - fasted

Food yesterday: 3750 kcal (conservatively, it's hard to estimate when you're eating out)

Activity yesterday: 8.4k steps

Sleep last night: 7 hrs 8 mins (2 x awake, 10 x restless, 25 min awake/restless)

BW: 72.7kg

Today's entertainment: Netflix - Narcos

Dragon Flags:

3x5 45 degree holds - still rubbish

Pullups:

4, 3, 4 @ BW

Dips:

3x10 @ BW + 5kg

Cardio:

Elliptical - 30 mins - 6.4 km, 471 kcal burn, average 134 BPM

Ate pretty well yesterday, and had a few beers too, so BW has jumped 1.6kg overnight.

Bliss

12-12-2016, 05:58 AM

Looks like a solid number of cal!! Hope that translates to more gainzz))

BenM

12-12-2016, 06:27 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Me too! Just gotta find the right balance (and stop pissing out!)

Toasterleavings

12-12-2016, 10:04 AM

4 PRs! Are you channelling Nanette or something?

Microplate gainzz activate!

chromoly

12-12-2016, 10:24 AM

Quote:

Originally Posted by **Toasterleavings** »

4 PRs! Are you channelling Nanette or something?

Maybe I'm channeling Ben.

BenM

12-12-2016, 10:33 AM

Quote:

Originally Posted by **Toasterleavings** »

4 PRs! Are you channelling Nanette or something?

Microplate gainzz activate!

Haha. They're almost the right colours to be Power Rangers plates!

Did you see that Brian Alsrue is giving away free shirts, but people have to upload a video of themselves benching their own bodyweight... or else if they can't do that, make it amusing.

Now, you may have given me an idea.....

(Not sure where I can hire a power rangers costume though.....)

Quote:

Originally Posted by **chromoly** »

Maybe I'm channeling Ben.

Oh, if only it were so... I wish I could deadlift like you do!

Toasterleavings

12-12-2016, 07:14 PM

This place is a rich tapestry of channeling. To mix a metaphor or something. I do love this place.
http://67.media.tumblr.com/1fb11fed9...3nmro1_500.gif

BenM

12-13-2016, 06:10 AM

Tue 13/12

Food yesterday: 2929 kcal

Activity yesterday: 10.8k steps

Sleep last night: 6 hrs 46 mins - 2 times awake, 6 times restless, 12 mins awake/restless

BW: 72.7kg

Today's entertainment: How Stuff Works podcast

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

1x3 @ 85kg

--- belt on ---

3x5 @ 100kg new PR

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

4x5, 1x4 @ 62.5kg new PR but ARGHHHHHH

Hang Cleans:

3x3 @ 37.5kg

Power Cleans:

5x3 @ 57.5kg

Lying Tricep Extensions:

3x10 @ 35.5kg new PR

Dumbbell Hammer Curls:

3x12 @ 25lb (11.3kg) new PR

Video is on the way:<http://youtu.be/XWH9248Tucs>

2016 mission 1 status: complete. Squatted 2 plates for reps. My back is a bit tight though, think I need to wear the belt for the last warmup sets too from now on.

Bench, pissed off I missed it, and it was probably more technique than anything - got too stuck over one side. Still got 4 sets of 5, might even add a little weight next time anyway.

Power cleans were shithouse today. There were a few good ones but some awful efforts as well. Added half a kilo to the LTEs just so I could get a PR.

Tried out my new adjustable dumbbells for the curls, hope I got the plate math right. Biceps pumped.

Got very close to my food target yesterday, and body weight is still up a bit.

BenM

12-14-2016, 05:56 AM

Wed 14/12 - fasted

Food yesterday: 3033 kcal

Activity yesterday: 8.4k steps

Sleep last night: 7 hrs 11 mins (2 x awake, 11 x restless, 23 min awake/restless)

BW: 72.3kg

Today's entertainment: Netflix - Narcos

Cardio:

Elliptical - 30 mins LISS - 5.64 km, 420 kcal burn, average 130 BPM

This is my idea of a rest day. Probably should have had another hour's sleep :)

Hit the 3000 kcal target again yesterday. Mmmmm turkey.

BenM

12-15-2016, 06:05 AM

Thu 15/12

Food Yesterday: 2825 kcal

Activity Yesterday: 10k steps

Sleep Last Night: 7 hrs 0 mins - 1 x awake, 7 x restless, 16 min awake/restless

BW: 73.5kg

Today's Entertainment: Stone Temple Pilots - Thank You

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 67.5kg

--- Belt On ---

1x3 @ 87.5kg

3x5 @ 102.5kg new PR (+2.5kg)

OHP:

2x5 @ 20kg

1x5 @ 32.5kg

5x5 @ 42kg new PR (+.5kg)

Deadlift:

1x5 @ 70kg

1x5 @ 90kg

1x5 @ 110kg

--- Belt On ---

1x5 @ 130kg new 5rep PR

Incline Bench:

2x5 @ 20kg

5x8 @ 46.5kg new PR (+1kg)

Uploading, the video is: <http://youtu.be/pvYlsOcDe5s>

PR'd squats again, but really was close to a max effort. Next week or so is gonna be interesting, I'm a bit apprehensive about the next session! Now I've reviewed the video I'm also a bit iffy on depth in that last set too, even a bit more than usual - might have to look at the first couple as well and decide whether to repeat or not. I really struggle to go any deeper than that without getting loose. Got my OHP up another .5kg, and now only .5kg off the mark I was stuck before. The last rep was probably a bit iffy because of the big sideways move under the bar, but I'm calling it anyway. Got the 130kg DL for 5 this time, and they were actually not that hard - might have had another rep in me, it was only my grip that was failing. No back off sets this time though! Put another 1kg on the bar for the incline bench, but went back to the flatter setting. Took shorter breaks as I was running out of time. Smashed 'em. Last rep was a bit grindy but nothing drastic.

Felt a lot better after an early night last night and a better than average night's sleep. Food was a bit of a struggle yesterday, but I slammed down about 800kcal of roast turkey, muesli, greek yoghurt, protein and Lenny and Larry's cookie right before bed to get the number up. Have gained 2.7kg since Sunday - which is a bit faster than I'd like, but the scales aren't showing massive increases in BF% either, so I'll try and stick to the 3000kcal target for another few days and see where things go. Eating more + smaller increments on the presses seems to be the ticket at the moment (though I really should be dropping OHP/BP back to 3x5... been trying to keep that one up my sleeve for later on).

chromoly

12-15-2016, 08:31 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

If you're getting fatigued in the squats, maybe do fewer reps close to your top set. 3 reps at 87.5 seems a bit much when your top sets are 102.5, but maybe that's just me.

Also about depth. What do your warm up sets look like? Do you video those? Can you achieve depth on those reps?

Coolidgee

12-15-2016, 09:32 AM

Congrats on cracking 100kg!

Which adjustable Dumbbells did you get? Ironmasters? Thoughts on them?

BenM

12-15-2016, 10:29 AM

Quote:

Originally Posted by **chromoly** »

If you're getting fatigued in the squats, maybe do fewer reps close to your top set. 3 reps at 87.5 seems a bit much when your top sets are 102.5, but maybe that's just me.

Also about depth. What do your warm up sets look like? Do you video those? Can you achieve depth on those reps?

Thanks, that's a good pickup on the warmup reps - I might reduce them. It wasn't that long ago that 92.5kg crushed me so they're starting to get heavy, it'd be worth saving some energy.

I don't normally video warmup sets, but I do get all the work sets, so I'll have a look at the first couple when I get home tonight. On looking at the video again I don't think they're all that bad though.

I do think I tend to get a bit deeper in the warmup sets, but the deeper I go the more I tend to get a bit loose and my lower back tends to come out of extension. As it gets heavier this tends to cause issues so cutting them off high is a bit of a self protective mechanism, it's been a constant issue. Having the belt has made me far more consistent with it though.

Quote:

Originally Posted by **Coolidgee** »

Congrats on cracking 100kg!

Which adjustable Dumbbells did you get? Ironmasters? Thoughts on them?

Yep, got the Ironmasters.

Only used them once, but I like them so far. They're a bit bigger than my old spinlock dumbbells, which is a con. They don't rattle round, and they don't seem to loosen up, which is a pro. Changing weights is pretty fast, just pull out the locking screw and add/remove plates as needed. I just wish the weights were in kg, they're 2.5lb & 5lb plates so I won't be able to use nice round kg figures, that's the OCD in me coming out :)

I'm expecting to add on to them later, having a kettlebell handle to swing them around might be nice.

chromoly

12-15-2016, 12:55 PM

I like to video my heavier warm ups because form issues can even manifest themselves at lower weight. This gives me an idea of what I need go focus on for that particular session.

Toasterleavings

12-15-2016, 12:57 PM

More all the PRs! Good stuff

Coolidgee

12-15-2016, 01:17 PM

Quote:

Originally Posted by **BenM** 

Thanks, that's a good pickup on the warmup reps - I might reduce them. It wasn't that long ago that 92.5kg crushed me so they're starting to get heavy, it'd be worth saving some energy.

I don't normally video warmup sets, but I do get all the work sets, so I'll have a look at the first couple when I get home tonight. On looking at the video again I don't think they're all that bad though.

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I'm expecting to add on to them later, having a kettlebell handle to swing them around might be nice.

Stubbornness units!? That sucks a bit. Not a deal breaker though I guess.

I've had my eye on them for a while now but never bit the bullet. Running LP I haven't really used Dumbbells but am about to transition to intermediate so might play around with a bit more bro stuff.

Good to hear they are easy to use though

BenM

12-15-2016, 03:57 PM

Quote:

Originally Posted by **chromoly** »

I like to video my heavier warm ups because form issues can even manifest themselves at lower weight. This gives me an idea of what I need go focus on for that particular session.

Yeah - I will definitely start to do that from now on. Good idea :)

Quote:

Originally Posted by **Toasterleavings** »

More all the PRs! Good stuff

I know. And my back isn't even hurting. Much. How long can this last? Guess we'll see, if I keep eating.

I got goal 1 for the year, which was the 100kg squat. Goal 2 was a 140kg deadlift. I doubt I'll be able to do it for reps by the end of the year but maybe might try it for a sneaky single in a couple of weeks, if it keeps going OK.

Recently added goal 3 (in my head) which was a 100lb press. Surely I can do that by 31st December.

Quote:

Originally Posted by **Coolidgee** »

Stubbornness units!? That sucks a bit. Not a deal breaker though I guess.

I've had my eye on them for a while now but never bit the bullet. Running LP I haven't really used Dumbbells but am about to transition to intermediate so might play around with a bit more bro stuff.

Good to hear they are easy to use though

Yeah it took me ages to make the call too. But I was starting to hit the limits of my el cheapo set, the fact I can keep expanding them made them a pretty attractive option.

BenM

12-16-2016, 05:50 AM

Fri 16/12 - fasted

Food yesterday: 3028 kcal

Activity yesterday: 9.2k steps

Sleep last night: 6 hrs 55 mins (2 x awake, 7 x restless, 20 min awake/restless)

BW: 72.3kg

Today's entertainment: Futurama

Dragon Flags:

3x5 attempts at 45 degree holds, but not very good.

Chinups:

5, 3, 3 @ BW + 7.5kg

Dips:

3x10 @ BW + 7.5kg

(Three above exercises were supersetted)

Cardio:

Elliptical - 30 mins - 5.9 km, 437 kcal burn, average 134 BPM

Blah. Bit too much weight on those chins. Oh well. Dropped 1kg overnight, looks like some water weight has fallen off.

BenM

12-18-2016, 11:08 AM

Sun 13/12

Food last 2 days: 2821 / 2889 kcal

Activity last 2 days: 11.5k / 15.8k steps

Sleep last night: 7 hrs 55 mins / 7 hrs 24 mins - 1 times awake, 5 times restless, 9 mins awake/restless

BW: 71.5kg

Today's entertainment: Pearl Jam - Vs

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 70kg

--- belt on ---

1x2 @ 90kg

3x5 @ 105kg new PR (+2.5kg) but on review, they're a bit shallow

Bench Press:

2x5 @ 20kg

1x5 @ 42.5kg

5x5 @ 63kg new PR for reals (+.5kg on 5RM, +3kg[!] on 5x5)

Hang Cleans:

1x5, 2x3 @ 40kg

Power Cleans:

5x3 @ 60kg new PR

Lying Tricep Extensions:

1x10, 1x9+F, 1x10 @ 36kg new 10RM PR I think though (+.5kg)

Brostuff:

Dumbbell Hammer Curls:

3x12 @ 27.5lb (12.47kg) new PR

- Squats were a grind, not surprisingly, but still going up. Having said that, I may have hit depth on the first couple in the first set but after that they were all a bit shallow. I did video some of the

warmup sets this time, I comfortably hit depth at 70kg and got there at 90kg too, I believe, so it's not like I can't do it, it's just fear of tweaking my back again.

- Didn't get 5x5 on bench last time but was so close, I added .5kg anyway. Fucking nailed it with 5 min breaks and 6 mins before the last. Hooray - feels like i've been stuck there for ages.

- Power cleans were a mixed bag, again.... Probably shouldn't have added weight but I wanted to try with the big plates. I find that when I focus on dragging the bar up my legs, I end up with an arm pull - but when I tell myself to rip the bar straight up in the air vertically, it feels a lot better/more powerful. Managed to do the 5 sets without missing one anyway, and have the bruised shoulders to prove it. My elbows also hurt though, either from bad racking, or from the way I've been letting the bar drop and catching it after each one. Need bumpers, and more space, but neither of those are happening any time soon.

- Dropped a rep of LTEs, and bent my EZ Curl bar a bit, damnit. The last rep was very pressish as well. Don't think I'll add weight to this next time.

- Those curls were freaking hard. Close to failure at the end.

Video on the way: <http://youtu.be/W19Rnb7Lqfk>

I'm refinishing our deck this weekend, so yesterday was pretty busy, did the second coat this morning before my session. Didn't eat enough considering the work I got through. I still have food issues, obviously - logical brain wants to eat 3k calories a day but lizard brain gets in the way, on non lifting days my tendency is to be a bit conservative - have been a couple of hundred calories shy the last couple of days, and only hit that number due to big pre-bed meals. I'm better than I was a month ago though, just gotta keep working at it.

BenM

12-19-2016, 07:58 AM

Mon 19/12 - fasted

Food yesterday: 3185 kcal

Activity yesterday: 10.6k steps

Sleep last night: 6 hrs 44 mins (2 x awake, 10 x restless, 22 min awake/restless)

BW: 71.3kg

Today's entertainment: How Stuff Works podcast

LISS:

A 40 min walk. Well, 39:30 - average 146 BPM. Fitbit says 476kcal burn, 6.02km, but both are BS.

So I probably wouldn't have even logged this, except it's a bit of a deviation from the plan. For the last little while I've been attempting dragon flags, then doing dips, chins/pullups and a bit of cardio on the elliptical on off days. However I didn't get to bed anywhere near early enough last night, and I'm feeling a bit tight and sore, so decided to give myself a break and just go for a walk, I haven't done that for a while. It was quite nice.

Moving forward, I kinda want to change the off day routine anyway - mostly because I dislike pullups/chins even more than I dislike squats (if that's possible) and I feel like it's getting too much. I would much rather move to a 4 day/week lifting routine (since I like lifting, mostly) and just do some conditioning on the off days, I don't really mind getting up and walking, smashing some intervals or whatever, it's a good way to get some extra sleep but still get the blood flowing to start the day. But it seems pointless to change programming a week before the Christmas break when my routine is gonna get pretty disrupted anyway, so I'm just gonna keep winging it a bit.

Really not sure what I'll do after the break yet. I think I can milk more out of the current LP type programming but I am getting a little bored with it to be honest, and workouts are starting to take a bit longer than I'd like. 4 days a week might allow me to shorten them a touch without reducing

volume, and at least one session a week without squatting is a nice thought.....

BenM

12-20-2016, 01:09 PM

Tue 20/12 - is it really only Tuesday... :confused:

Food Yesterday: 2764 kcal

Activity Yesterday: 11.3k steps

Sleep Last Night: 6 hrs 33 mins - 3 x awake, 6 x restless, 19 min awake/restless

BW: 71.9kg

Today's Entertainment: Green Day - International Superhits

Squat:

2x5 @ 20kg

1x5 @ 40kg

1x3 @ 70kg

--- Belt On ---

1x2 @ 90kg

3x5 @ 105kg equal PR

OHP:

2x5 @ 20kg

1x5 @ 32.5kg

5x5 @ 42.5kg new PR (+.5kg)

Deadlift (lightish):

1x5 @ 70kg

1x5 @ 90kg

3x5 @ 110kg

Incline Bench:

2x8 @ 20kg

5x8 @ 47.5kg new PR (+1kg)

<http://youtu.be/v1jpdPEWw2Q>

- Squats - repeated last weight and made sure I hit depth. Think I got there this time (it was a helluva lot harder, that's for sure). Grindy McGrind.

- Finally got the OHP weight that I've failed about 5 times. Probably not RPE10 either, might even add 1kg next time.

- Really want to fix my deadlift form once and for all so just did a little volume at a fair deload.

Looks like shit on the video, my mid back just rounds immediately. FFS.

- Added 1kg to the incline bench and got them again with 4 min rests - my butt might have come up a bit on the very last rep though. Go go gadget chest hypertrophy - actually feeling it a lot in my triceps too - I think my bench is fairly tricep dominant (probably one of the reasons it's weak - even compared to my other weak ass lifts).

Not enough sleep last night again - tried for an early night but it didn't happen. Upside, one of the reasons it didn't was the wife came home from a gathering bearing leftover cold cuts, so we have pastrami, ham, chicken and silverside to last quite a few days. Nomnomnoms. May have sampled it before bed last night.

BenM

12-21-2016, 05:59 AM

Wed 21/12 - fasted fuckarounditis

Food Yesterday: 3105 kcal

Activity Yesterday: 8.8k steps

Sleep Last Night: 6 hrs 20 mins - 0 x awake, 10 x restless, 11 min awake/restless

BW: 72.2kg

Today's Entertainment: Fountains of Wayne - Welcome Interstate Managers

Front Squat:

2x5 @ 20kg

1x5 @ 40kg

3x5 @ 60kg

Had planned to do more weight, but don't think I could hold it in the rack position, I tend to get a bit forward at the bottom.

Pendlay Rows:

1x5 @ 52.5kg

4x5 @ 53.5kg PR of sorts, probably didn't hit my chest on all of them

Dumbbell Flys:

1x12 @ 15lb (6.8kg) / side

2x12 @ 17.5lb (7.9kg) / side

Bit light.

Seated French Press:

3x12 @ 27.5kg

Supersetted with

EZ Bar Curls:

3x12 @ 27.5kg

Bro stuff. My arms were popping.

LISS

Elliptical - 20mins - 4.08 km, 301kcal burn, ave 133 BPM.

Did something different here. Started at 0 resistance, bumped it up at mins 2, 4, 6, 8, 10, 11, then as 12 mins started ramping down. Fricking toast.

I have a work BBQ today, will probably overeat, so figured I may as well put it to use and get some work in.

I'm pretty tired though, and I have sore ribs. Been battling a real nasty bruise from my belt, yesterday I tried moving the belt a bit higher for one of the squat sets. That was a bad idea, cos I've squashed something in my lowest rib (front and back) and it hurts to move around. Might even have a sleep in and a rest tomorrow and try and hit it hard Friday, since that will be it for a few days.

BenM

12-22-2016, 06:00 AM

Thu 22/12

Food yesterday: 3370 kcal - at a guess

Activity yesterday: 8.9k steps

Sleep last night: 7 hrs 17 mins - 1 times awake, 15 times restless, 30 mins awake/restless

BW: 72.9kg

Today's entertainment: Aceradio.net - 90s Alternative Rock

Light Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

4x5 @ 85kg

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x3, 1x4, 1x3 @ 64kg (ok this I can understand)

1x3 @ 62.5kg (but this? FFS!!!)

1x4 @ 60kg (LULWUT)

Brostuff:

Dumbbell Hammer Curls:

3x12 @ 27.5lb (12.47kg)

No video because time, and I couldn't be bothered.

As promised, ate too much yesterday - there was lots of good meat but also way too much cake. That calorie number is a massive guess, probably underestimated....

Decided to work out this morning after all, but catch some extra zzs and split the session between today and tomorrow rather than try and get up at 4:40am and do the whole lot. My ribs are still hurting, actually woke me up during the night a bunch of times when I lay on that side so I ended up squatting light without the belt. Hope it's just bruising but I'm starting to worry a little.

Pretty crappy session this morning overall really. Just felt sore and weak. Should've eaten more than a banana before I started too.

BenM

12-23-2016, 05:55 AM

Fri 23/12

Food yesterday: 2837 kcal

Activity yesterday: 6.8k steps

Sleep last night: 6 hrs 37 mins - 1 times awake, 10 times restless, 10 mins awake/restless

BW: 72.4kg

Today's entertainment: Art of Manliness podcast

HIIT:

Elliptical - 30s on, 90s off, 10 rounds with a couple of minutes warmup/down for 25 mins total.

5.52km, 405kcal burn, ave 129 BPM (seems way too low).

Ribs still sore, back is also sore, and I didn't get to bed til 11pm so gave up on the idea of lifting this morning. Shame, as I probably won't get a proper training session in til at least Tuesday now.

On the upside, my body will probably thank me for the rest.

Will get a little bit of work in this afternoon though, the teddy bears are moving to a new home upstairs and my gym is getting rearranged - so videos will look different from now on!

Have a very happy Christmas fellow lifters... yibbida yibbida, that's all folks!

BenM

12-23-2016, 03:47 PM

Well, my home gym is now a bear free zone. I'm a bit happier with how it looks now.

<http://uploads.tapatalk-cdn.com/2016...37a40b1f16.jpg>

Just needs some posters on the wall reminding me that [That's Not Heavy](#)

Toasterleavings

12-23-2016, 08:16 PM

Quote:

Originally Posted by **BenM** 

Well, my home gym is now a bear free zone. I'm a bit happier with how it looks now.

<http://uploads.tapatalk-cdn.com/2016...37a40b1f16.jpg>

Just needs some posters on the wall reminding me that [That's Not Heavy](#)

Looks spartan! (If spartans used couches). I for one will miss the Bears of Judgement. Happy holidays!

Show 40 post(s) from this thread on one page



Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Printable View

Show 40 post(s) from this thread on one page

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BenM

12-23-2016, 08:32 PM

Quote:

Originally Posted by **Toasterleavings** >>

Looks spartan! (If spartans used couches). I for one will miss the Bears of Judgement.
Happy holidays!

Hah, I was calling them accountabilibears earlier, I like Bears of Judgement better though! There is a bit more room now, I wasn't sure about it at first but is growing on me. I'd love to get rid of the couch actually, but my wife still pretends we'll have guests stay over one day and need somewhere for them to sleep....

Thanks mate, you too. Enjoy some frothies, I definitely will be.

BenM

12-26-2016, 07:27 AM

Mon 26/12

Food yesterday: Best guess, 4158kcal - Christmas macros

Activity yesterday: 12.1k steps

Sleep last night: 7 hrs 57 mins - 3 times awake, 15 times restless, 41 mins awake/restless

BW: 73.3kg (> 1.5 kg overnight)

Today's entertainment: Netflix - Rick and Morty

HIIT:

Elliptical - 30s on, 90s off, 14 rounds with a couple of minutes warmup/down for 30 mins total
6.83km, 500kcal burn, ave 134 BPM

After yesterday's food and drink, thought I'd better at least do some cardio today. Smashed it pretty hard.

Ribs are STILL sore. Not sure how lifting will go tomorrow.

Mahendra

12-26-2016, 07:46 AM

I wonder why the belt bruised your ribs that much.

BenM12-26-2016, 08:46 AM

Quote:

Originally Posted by **Mahendra** »I wonder why the belt bruised your ribs that much.

I'm thinking less of a bruise, more likely an intercostal strain/pull now. I took some Naproxen the other day and it seemed to help which would seem to indicate it's muscular... Back on it again today.

I know exactly why it happened - moving the belt higher where it must have been over the top of my lowest rib. Dumb mistake, I won't be doing it again! Was trying to avoid more of this:

<http://uploads.tapatalk-cdn.com/2016...4f29953c1d.jpg>

I'm sure I'll be able to lift, but will just have to feel my way around it a bit and probably not go max effort on things like deadlift or bench press.

Mahendra12-26-2016, 09:14 AM

Yes those hip area bruises are inevitable I think. The belt has to be placed perfectly for me or I get a small bruise.

Better than the rib thing.

I think in June 2015, I wore my belt a bit too high and might have had a small intercostal muscle strain due to it. Couldn't squat or press for 3 weeks. Not fun.

chromoly12-26-2016, 11:19 AM

Oh yeah, I've done the belt too tight and strained an intercostal twice before. It'll go away on its on. Wrapping up the ribs seems to help for me.

BenM12-26-2016, 12:31 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Thanks both of you - glad to hear it's not just me then! Injuries (and learning how to avoid them, failing that how to train around them) seem to be part of the process. How did you wrap Nanette, just a tight bandage or something?

It's not terribly painful, unless my daughter jumps on it like she did the other day... otherwise it's just sore when I move the wrong way or press on it. No pain no gain. But I might stop forcing the belt into the middle hole and give myself some more room tomorrow...

chromoly12-26-2016, 12:39 PM

Yea just an ace bandage. The wider the better, the two inch ones aren't very good. You'll need to loosen it and breathe deeply every once in a while... So you don't get pneumonia.

BenM12-26-2016, 12:45 PM

No worries - thanks, will see how it feels tomorrow and maybe give it a go if it's not improved a bit.

BenM12-27-2016, 08:49 AM

Tue 27/12**Food Yesterday:** 2302 kcal**Activity Yesterday:** 14.5k steps**Sleep Last Night:** 7 hrs 44 mins - 2 x awake, 9 x restless, 33 min awake/restless**BW:** 72.5kg (-0.8kg)**Today's Entertainment:** How Stuff Works podcast**Squat:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg -

--- Belt Off ---

1x5 @ 100kg (beltless PR)

--- Belt On --- (4th hole)

2x5 @ 100kg

OHP:

2x5 @ 20kg

1x5 @ 32.5kg

3x4 + F @ 43.5kg (new 4RM, but bah)

1x5 @ 40kg backoff set

Deadlift (lightish):

1x5 @ 75kg

1x5 @ 95kg

2x5 @ 115kg

Incline Bench:

2x8 @ 20kg

4x8, 1x7 + F @ 48kg (new 8RM, but double bah)

Video is T-minus 30 minutes away, but I gotta post this and run: <http://youtu.be/zhEW0hcpRfs>

Notes:

- I like the new gym layout, I think. Camera angles might be a bit better too.

- Tried belt in the middle hole for squats, silly - it dug in under the sore rib and was too painful to keep going. Squatted 100kg without a belt (by far the most I've ever squatted without it, they were

a bit shallow and yukky) but then decided that was silly too, so backed the belt off a notch. It was pretty loose, and didn't really feel like it did much, but got through them - they were shallow too, but that doesn't surprise me when I'm feeling a bit ginger.

- Added 1kg to OHP but it was too much really, the 5th rep wasn't going up. Back off set was pretty damn easy though even after hardly any rest. I decided over Christmas that I'd drop OHP and bench back to 3x5 for the next little while and see what happens.

- Deadlift felt surprisingly good, didn't hurt the ribs at all, but 115kg felt heeeavy. Back rounded a little bit especially towards the end but I think it's improving, main issue I can see is I think my shoulders are too far forward of the bar at setup.

- I'm doing incline bench for chest hypertrophy, so 5x8 seems OK but I might start rotating the rep ranges round.

Coming back after a little break, and with the sore ribs (doing a valsalva is slightly painful), thought I'd better feel my way a bit and not bite off more than I can chew. Speaking of which, went a bit easy on the food yesterday to try and compensate for Christmas bloat - body fat is slowly creeping up.

BenM

12-28-2016, 09:13 AM

Wed 28/12

Food yesterday: 2794 kcal

Activity yesterday: 13.3k steps

Sleep last night: 8 hrs 16 mins - 2 times awake, 17 times restless, 33 mins awake/restless

BW: 71.9kg (< .6kg from yesterday)

Today's entertainment: Queen - Greatest Hits I

Upper body superset - 3 rounds of:

Chin ups:

9, 7, 6 @ BW

Dips:

3x10 @ BW + 7.5kg

Dumbbell Flys:

3x12 @ 9kg (20lbs)

HIIT:

Elliptical - 30s on, 90s off, 9 rounds with a couple of minutes warmup/down for 20 mins total
4.51km, 331kcal burn, ave 135 BPM

Busy day yesterday, spent most of the afternoon cleaning up my wife's old bike so I can go cycling with the girls. Gears needed adjusting so I rode it round the backyard half the afternoon trying to get it right, it's probably been 30 years since I spent that long on a bike. Everything fricking hurts this morning - back, legs, ribs, you name it!

Thankfully it's raining today, my plan is to park myself on the couch, watch the cricket (Melb weather permitting) and do nothing at all.....

Mahendra

12-28-2016, 09:41 AM

Quote:

Originally Posted by **BenM** »

...and do nothing at all.....

A rarity these days...

BenM

12-28-2016, 09:46 AM

Quote:

Originally Posted by **Mahendra** »

A rarity these days...

Yeah not always easy. Thankfully I've done most of the holiday chores now, and SWMBO has designated today as a rest day too since we've planned a day out tomorrow.

Just hope it keeps raining all day or she'll probably want us to go for a ride together! (She bought a new bike recently with a child seat, so the girls can pedal round our neighbourhood. Then she bought me a helmet for Christmas so I can go with them. Like I need more exercise!)

Mahendra

12-28-2016, 09:48 AM

Haha don't look at it as exercise, look at it as life.

One thing I regret is not being very active outside of lifting and training in my basement.

I should go for outdoor bike rides more often... when it's summer again :)

I'm pretty sure my gainzzz won't run away.

BenM

12-28-2016, 09:58 AM

Quote:

Originally Posted by **Mahendra** »

Haha don't look at it as exercise, look at it as life.

One thing I regret is not being very active outside of lifting and training in my basement.

I should go for outdoor bike rides more often... when it's summer again :)

I'm pretty sure my gainzzz won't run away.

Yeah you're right. I'm only really half joking :) It will be a nice way to spend some quality time together as a family and I'm sure we won't be going super far/fast anyway. Just a nice gentle cruise around in the sunshine, it's the right time of year here.

It's definitely nice to do stuff outside instead of training indoors all the time - I've kinda fallen back into the elliptical for conditioning because it's more time efficient versus going out for a walk, but I play golf as well.

Do you plan on easing off the conditioning as you increase calories or are you going to keep it up?

Mahendra

12-28-2016, 10:16 AM

Quote:

Originally Posted by **BenM** 

Yeah you're right. I'm only really half joking :) It will be a nice way to spend some quality time together as a family and I'm sure we won't be going super far/fast anyway. Just a nice gentle cruise around in the sunshine, it's the right time of year here.

It's definitely nice to do stuff outside instead of training indoors all the time - I've kinda fallen back into the elliptical for conditioning because it's more time efficient versus going out for a walk, but I play golf as well.

Do you plan on easing off the conditioning as you increase calories or are you going to keep it up?

Yep a nice gentle cruise is always good.

Similarly, that's why I use my air bike versus other methods for conditioning. It's time efficient.

I didn't golf at all this year. Things just kept getting in the way. Hopefully I can golf at least once a month in 2017's golf season.

I will keep conditioning in as I ramp up calories. I'll also keep in that one day of cardio. I think there are benefits to both that are non fat loss related.

BenM

12-28-2016, 01:30 PM

I didn't realise you were a golfer - what do you play off? (I'm a chopper... have been as low as 6 but have been mostly stuck in the low teens for the past few years).

Yeah I tend to agree with you on conditioning/cardio. I am probably doing a little too much of it at the moment, but haven't decided how to change it up yet, so it's just easier to keep doing what I'm doing.

BenM

12-29-2016, 08:44 AM

Thu 29/12

Food yesterday: 2436 kcal

Activity yesterday: 8.1k steps

Sleep last night: 7 hrs 22 mins - 2 times awake, 13 times restless, 26 mins awake/restless

BW: 71.8k (< .1kg)

Today's entertainment: Queen - Greatest Hits II & III

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg
--- Belt on ---
1x3 @ 85kg
1x1 @ 100kg
3x3 @ 107.5kg new PR / depth still maybe a bit shy
1x5 @ 100kg back off

Bench Press:

2x5 @ 20kg
1x5 @ 45kg
2x4+F, 1x3+F @ 64kg
1x5 @ 60kg back off

Power Cleans:

1x1+F+F @ 62.5kg
1x3 @ 60kg
1x3 @ 61kg
1x3 @ 61.5kg
1x1+F+F+1+1 @ 61.5kg
1x1 + many Fs + 1 + F + 1 @ 61.5kg

Brostuff:

Mercy 30s:

2 rounds with straight bar / 22kg
1 round with EZ Curl bar / 20kg

Video is uploading, including the last set of crap PCs with all the fails: <http://youtu.be/CfPJl7u0oJ0>

Notes:

- Rib is down to a dull ache, like a minor stitch, 8 days later. So whatever it was, it was pretty minor thankfully.
- Long session today, bang on 2 hours for the workout (not counting doing the video afterwards)
- I haven't squatted heavy for 9 days, and due to ribs and general DOMs wasn't sure I should jump straight back up to attempting a PR. Decided to have a crack and see how it felt anyway. Went OK, but the bar moved so slow on the third rep I thought no way was I getting fahves, so I did 3 sets of triples and a back off set. Elbows still a bit high / depth still a bit shy.
- Bench is poo. I was actually not far off getting the 5th rep first time round, but my left side let me down. Still more reps than last attempt, just, but is disappoint. Back off set went up OK though, so that's something. **Hrm....** on looking at the video it's obvious how much weaker my left side is, whenever it gets tough that's what gives out first....
- For some reason I missed a couple of power cleans early - maybe I just wasn't committed enough. Dropped weight back, then resorted to microloading it. FML. I never take long breaks with these either. Started mucking with technique in the last couple of sets, and also got very dizzy a couple of times, hence the failures. If I try and drag the bar up my legs and jump when it's touching my thigh I fail every time. If I pull straight up in the air and jump, I can get myself under the bar. Something is wrong.
- If you're wondering what Mercy 30s are, watch this [How To: MERCY 30s \(GROW YOUR BICEPS!\) - YouTube](#) - suffice to say my biceps are utterly fried. I'm not sure I'll do those again, they're a bit hard on the elbows even with the EZ Curl bar, I did take a few moments between reps at times.

to keep it nice and refreshed.

BenM

12-30-2016, 07:20 AM

Quote:

Originally Posted by **Toasterleavings** [»](#)

I get a belt mark on my hip also. Mine's 'permanent' now - squatting even just once a week seems to keep it nice and refreshed.

Yeah, I'm resigned to the fact that mine's gonna always be there too. Sometimes it's really painful, other times, not so much, but I'm hoping it'll get easier.

Fri 30/12 - fasted

Food Yesterday: 2767 kcal

Activity Yesterday: 11.4k steps

Sleep Last Night: 6 hrs 53 mins - 1 x awake, 12 x restless, 27 min awake/restless

BW: 71.4kg (-0.4kg)

Today's Entertainment: How Stuff Works podcast

Front Squat:

2x5 @ 20kg

1x5 @ 45kg

3x5 @ 62.5kg

Chinups:

8, 8, 7 @ BW

Seated French Press:

3x12 @ 27.5kg

HIIT:

Elliptical - 30s on, 90s off, 9 rounds with a couple of minutes warmup/down for 20 mins total
4.36km, 321kcal burn, ave 144 BPM

I thought that seemed hard. HR indicates I was working a bit harder..... feelin' spent this morning.

Mahendra

12-31-2016, 10:34 AM

Quote:

Originally Posted by **BenM** [»](#)

I didn't realise you were a golfer - what do you play off? (I'm a chopper... have been as low as 6 but have been mostly stuck in the low teens for the past few years).

Lo! I should clarify. I golf based on work events and invites. No idea what I shoot. Sometimes I can sink a ball within 4 strokes on a par 3, other times it's 10. Hahah.

Sun 01/01/2017 - Episode II - a New Year

Food Yesterday: 3088 kcal

Activity Yesterday: 20.9k steps

Sleep Last Night: 8 hrs 9 mins - 1 x awake, 7 x restless, 12 min awake/restless

BW: 71.8kg (+0.1kg)

Today's Entertainment: Foo Fighters - Echoes, Silence, Patience & Grace / Guns N Roses - Use Your Illusion I / II

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg -

1x1 @ 100kg

3x5 @ 107.5kg - new PR for fahves

OHP:

2x5 @ 20kg

1x5 @ 32.5kg

1x4 + F @ 43.5kg

2x4 + F @ 43kg - FFS!

1x5 @ 40kg backoff set

Deadlift (lightish):

1x5 @ 75kg

1x5 @ 100kg

1x2 @ 120kg

1x1 @ 132.5kg - new PR

1x5 @ 120kg

Incline Bench:

2x8 @ 20kg

4x8, 1x7 + F @ 48kg grrrrrrrrrrrr

Video for funsies: http://youtu.be/h12TmX5_eLk

Notes:

- Happy new year! I had a very carb/fat heavy day yesterday, including an awesome pizza for dinner, no idea if that calorie number is right or not. So I came into today thinking I should have some good energy but it ended up all gone after squatting. Maybe I should try eating more than a bowl of protein oats and milk (25g carbs / 23g protein / 7g fat) + black coffee before lifting.
- Squats. Holy fuck. I have said lots of lifts were 'hard' but as I add weight I find that I'm redefining what that word actually means. Made really sure to focus on depth - looking at the video of the last set, the first couple are definitely fine, got a bit shallower towards the end but still very close. And very very grindy.
- What more needs to be said about that press. Sucks.
- New years resolution - improve my deadlift form. I was definitely setting up a bit too far forward/weight on toes, so rocked back a little and it felt a lot better. The bigger issue of rounding my upper/mid back is still there, which is the thing I really need to fix - these are as bad as they've ever been, so what I'm doing now clearly isn't working. Think I'll have to add in some paused deadlifts and/or rack pulls somewhere.

Couldn't resist attempting a 1RM to start the year though.

- Didn't increase the weight for the incline benching, and took 5 minute breaks, 6 minutes before the last set, STILL bombed out on the last one again. Much unhappy, the video might just contain bad words. Actually I had a bit of a dummy spit but cut most of it out.

BenM

01-01-2017, 11:58 AM

Quote:

Originally Posted by **Mahendra** »

Lol! I should clarify. I golf based on work events and invites. No idea what I shoot. Sometimes I can sink a ball within 4 strokes on a par 3, other times it's 10. Hahah.

Ahhh I see. It's a great, fun game when it's like that and you don't take it too seriously! Once it gets under your skin and you play all the time it can become evil :)

BenM

01-02-2017, 07:14 AM

Mon 2/1 - fasted

Food Yesterday: 2736 kcal

Activity Yesterday: 11k steps

Sleep Last Night: 7 hrs 41 mins - 1 x awake, 8 x restless, 17 min awake/restless

BW: 71.7kg (-0.1kg)

Today's Entertainment: Art of Manliness podcast

Chinups:

9, 7, 7 @ BW

Dips:

2x5 @ BW + 12.5kg

1x5 @ BW + 15kg

Rack Pulls

1x5 @ 80kg

1x5 @ 90kg

1x5 @ 100kg

HIIT:

Elliptical - 30s on, 90s off, 9 rounds with a couple of minutes warmup/down for 20 mins total
4.56km, 334kcal burn, ave 140 BPM

Going to try and do sets of 5 on dips with increasing weight, to build tricep strength (rather than the higher reps I have been doing).

Also added some rack pulls to try and strengthen my back for deadlifts.

BenM

01-03-2017, 06:06 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Well, I've mentioned it a few times but I think it's time for a bit of a programming change. There's a bunch of reasons:

- Early morning workouts are taking too long
- Because I'm getting up at 4:45am to lift, I'm not getting enough sleep and that's hurting recovery
- With the work I'm doing on 'off' days, I'm probably doing too much volume anyway, again with the recovery
- I've been doing an LP (of sorts) for a long time now, my presses are stuck (and have had a few resets) and my squat is about at the limit too - I just can't see myself adding weight to the bar every workout

So I've come up with a new plan:

- Move squats to HLM, starting naow. Sunday will be heavy day, Tuesday light day, Thursday medium. On Sundays I usually have more time for a longer workout, and should have had a good night's sleep (as well as 3 days rest since the previous workout)
- I still want to keep some conditioning and light accessory work on off days. But Monday will be LISS only (probably a walk, no lifting) in order to recover from heavy day and get a decent sleep to start the work week. Keep HIIT to Wed/Fri only
- Drop the accessory work from the main workouts (lately that's been curls / incline bench) to save some time
- Given my presses are stuck and have been reset multiple times, I'll probably move them to HLM next week too - just want to run with this for a few sessions and see how it works first

Assuming I cut over on Sunday, my week will look something like this (it's actually one of the templates from BBrX).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Heavy squat (4x5) Heavy bench (4x5) Pull ups	LISS only	Light Squat (2x5) OHP (4x5) Deadlift	LIGHT accessory work / HIIT	Medium Squat (3x5) Close grip bench press (3x5) Chinups	LIGHT accessory work / HIIT	Rest / active recovery (usually golf)

I'll have an enforced break in early Feb, so I'll have about 5 weeks to see what it does for me, and reassess after that.

Tue 3/1 - Light squat day

Food yesterday: 2600 kcal

Activity yesterday: 10.8k steps

Sleep last night: 6 hrs 41 mins - 1 times awake, 6 times restless, 16 mins awake/restless. I also had an hour's nap yesterday afternoon.

BW: 71.4k (< .3kg)

Today's entertainment: Art of Manliness podcast

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

--- Belt on ---

1x1 @ 85kg
2x5 @ 95kg

Bench Press:

2x5 @ 20kg
1x5 @ 45kg
1x4+F @ 64kg
2x4+F @ 63.5kg
1x5 @ 60kg back off

Power Cleans:

5x3 @ 60kg (with fails in most sets)

Moving picture thingy: <http://youtu.be/ZY2J27wqNxY>

Notes:

- Squat didn't feel light
- 3rd fail at this weight with bench. Bit over it
- My power cleans absolutely suck. Glad I'm dropping them for a while
- Total workout time was 1 hr 20 mins, not including the video editing at the end - and I was going sloooooow

Hope everyone has a great day! I'm back to work this morning (sigh). Holidays always fly by.

BenM

01-04-2017, 05:59 AM

Wed 2/1 - fasted

Food Yesterday: 2563 kcal

Activity Yesterday: 8.2k steps

Sleep Last Night: 6 hrs 50 mins - 2 x awake, 6 x restless, 15 min awake/restless

BW: 71.2kg (-0.2kg)

Today's Entertainment: Netflix - Rick and Morty

Dumbbell Pushups into Rows

4x10 @ 6.8kg (16lb)

HIIT:

Elliptical - 30s on, 90s off, 9 rounds with a couple of minutes warmup/down for 20 mins total
4.41km, 325kcal burn, ave 136 BPM

Late to bed last night, so had a bit of a sleep in and didn't have much time. Got my second (and last) HIIT session in for the week though, so I got that goin' for me.

BenM

01-05-2017, 06:11 AM

Thu 5/1 - Medium Squat Day

Food Yesterday: 2482 kcal

Activity Yesterday: 10.1k steps

Sleep Last Night: 6 hrs 45 mins - 2 x awake, 7 x restless, 16 min awake/restless

BW: 71.5kg (+0.3kg)

Today's Entertainment: Starting Strength podcast

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

--- Belt On --- (5th hole)

1x1 @ 85kg

3x5 @ 102.5kg

OHP:

2x5 @ 20kg

1x5 @ 32.5kg

1x4 + F @ 43kg

1x4 + F @ 41.5kg backoff set

Deadlift (lightish):

1x5 @ 75kg

1x5 @ 100kg

1x3 @ 120kg - grip fail

1x2 @ 120kg

1xF @ 135kg

1x1 @ 135kg new PR

Incline Bench:

2x8 @ 20kg

3x8 @ 48kg

Vid is uploading, maybe 40 mins away: <http://youtu.be/vGAGHiY9H6Q>

Notes:

- Could've eaten more yesterday, only hit that number with a ~ 580 calorie snack before bed. And sleep was awful - felt like it took me hours to nod off, so really wasn't feeling it this morning.
- Squats went OK. Heavy but manageable. I haven't looked at the video closely yet but form felt like it was decent today.
- OHP - head, meet wall. I will definitely have to deload more than this next week on light day and build up again. Much disappoint.
- Deadlift was OK except my hands got sweaty and I couldn't hang onto the bar, had to go for the chalk mid set. Went for a PR again, couldn't even break it off the floor the first time, but went back for another go and got it.
- I know, I know, I said I'd take the accessory work out, but I had a bit of extra time (since I still got up early) and figured why not do a few sets. My chest needs the work.
- Total workout time was bang on 90 minutes which is about right for an early morning session.

BenM

01-06-2017, 11:49 AM

Fri 6/1

Food yesterday: 3090 kcal

Activity yesterday: 7.6k steps

Sleep last night: 8 hrs 33 mins - 3 times awake, 10 times restless, 21 mins awake/restless

BW: 71.3kg (< .2kg from yesterday)

Today's entertainment: How Stuff Works podcast

Dips:

5x5 @ BW + 15.5kg

Dumbbell Flys:

3x12 @ 22.5lbs (10.2kg)

Hammer Curls:

3x12 @ 27.5lbs (12.4kg)

Halting 1.5 Deadlifts:

3x5 @ 90kg

Conditioning:

Elliptical - 20 mins total, which was supposed to be lazy, but I went harder than planned
4.30km, 316kcal burn, ave 133 BPM

-
- Yikes. Had a day off work today, and felt like a light session since I've dropped out some volume from my main days
 - Did extra volume on the dips and added a little weight
 - Did some flys for my weak flat chest
 - Did hammer curls, but didn't alternate arms like normal, did them simultaneously for more time under tension. Youch
 - Those deadlifts were frigging hard. 90kg might have been a little much. Still working on my back position and strengthening it
 - I've done two HIIT sessions this week so I intended to just gently jog for 20 mins but was virtually sprinting by the end and the numbers weren't much different to HIIT anyway. Already walked the dog this morning too. Gonna be an active-ish day

BenM

01-08-2017, 12:24 PM

Sun 8/1 - Heavy Day, week 1

Food Yesterday: 2855 kcal

Activity Yesterday: 19.3k steps (golf)

Sleep Last Night: 7 hrs 57 mins - 3 x awake, 13 x restless, 25 min awake/restless

BW: 71.5kg (+0.0kg)

Today's Entertainment: AceRadio - 90s Alternative Rock

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 70kg

--- Belt On --- (5th hole)

1x3 @ 90kg

1x1 @ 100kg

4x5 @ 110kg new PR - bit shallow by the end, but I'm taking it

Bench Press:

2x5 @ 20kg

1x3 @ 45kg

2x5 @ 62.5kg

1x4 + F @ 62.5kg (hit the frigging safety, still almost got it)

1x4 + F @ 62.5kg again bzzzzzzt

1x5 @ 60kg back off

Pullups:

6, 6, 6, 6 @ BW

Here's a video of some work sets for your amusement: http://youtu.be/He131_Berts

Notes:

- Woke up feeling awful tired. Shit sleep, heavy legs, not fully recovered from golf yesterday. Sucked it up, had a big breakfast (for me... protein oats, toast and peanut butter, TWO coffees [I never do that]), took the dog for a walk with the womenfolk, and finally psyched myself up enough to have a crack at the big scary boogie man weight I've been worrying about all week.
- Did my squat fahves at a new PR weight. Took 7+ minute breaks, sweated, had jelly legs, the works, but did it, fuck yeah. Don't listen to that little voice! I really must get into the habit of looking at video between sets though (often don't, because small screen on video camera, plus exhaustion). Depth got progressively shallower as I got fatigued. Not enough that I won't add weight next week though.
- Since my bench has been stuck, I dropped the weight back a touch to try and get all the reps. Was looking good, third set was actually feeling stronger than the first two (though a little chest bouncy) til I hit the safety on the last rep. Gotta control the descent better. Was outta gas after that and the fourth set felt weak as piss. Did a back off set because it's heavy day and I want my bench to go up, damnit.
- Pullups, almost managed 7 in the first set (got my face to the bar but couldn't get chin over). Pretty sure these smash my PR which is super surprising considering I was rooted by this point. Bit of leg action but I don't care.
- Total workout time was 1hr 52mins, so not too bad. Took about 40 minutes looking at the video and editing afterwards though!
- First impressions on this programming are, heavy day is freaking tough. I need to go and eat the entire contents of the fridge then go lie down for a while. That said, if it makes the working week easier, improves recovery, and my lifts go up, then I think I'm gonna like it overall. Definitely think I'll try and run it for 5 weeks then reassess after that.

BenM

01-09-2017, 08:14 AM

Mon 9/1**Food Yesterday:** 3009 kcal**Activity Yesterday:** 11k steps (exactly.. wtf)**Sleep Last Night:** 6 hrs 32 mins - 1 x awake, 13 x restless, 27 min awake/restless**BW:** 72kg (+0.5kg)**Today's Entertainment:** Art of Manliness Podcast**Active Recovery:**

A long, brisk walk - 43:30 minutes, 7.47km, 143 ave BPM, 509 cal burn.

The last three numbers are bullshit. Couldn't be that far, it was a little longer than normal but not two clicks, and I can't see how my average heart rate could be higher than during a HIIT session.

Just a little post heavy-day recovery to get the blood flowing, no lifting today. Bit sore especially one hamstring that's tight, and my glutes are feeling it too.

BenM

01-10-2017, 06:01 AM

Tue 10/1 - Light Day, week 1

Food yesterday: 2618 kcal

Activity yesterday: 11k steps

Sleep last night: 6 hrs 38 mins - 2 times awake, 12 times restless, 31 mins awake/restless

BW: 72.2k (+ .2kg)

Today's entertainment: The Goon Show

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

--- Belt on ---

1x1 @ 85kg

2x5 @ 97.5kg

Overhead Press:

2x5 @ 20kg

1x5 @ 32.5kg

4x5 @ 42.5kg

1x1 @ 45kg new PR

Deadlift:

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 120kg

1x1 @ 137.5kg new PR

Video is 15 minutes away, I gotta go eat breakfast: <http://youtu.be/RDHihPeJtvc>

Notes:

- Oh, the DOMs from Sunday.... still feelin' it in my hamstrings and glutes, big time, and lower back too
- I know I read too much into the daily fluctuations, but I can't help it: my weight has crept up a little bit, but my body fat has stayed the same (according to the scales). This makes me happy.
- First work set of squats was horrible, almost fell over twice. Second was a lot better, though I am still letting the bar get a bit far forward.
- Dropped OHP weight back a touch, to hopefully not start with a fail. Got all the sets, a little grindy by the end, then went straight for a heavy single without a rest. Bigger me if I didn't get 45kg which I don't think I've ever even managed one rep before.
- It seems counterintuitive to be deadlifting on 'light' day, but that's where it fits in this programming. I'm still trying to work on my back position mostly, so my set of 5 wasn't max effort but I think it is a little better, almost no change from the start position at 80/100kg, and very little in the work set 120kg so that's something - will probably try for a heavier work set next week. Then of course I went for a PR lift and it definitely rounds there. My goal for deadlifting was to pull 140kg before the end of 2016, turns out I probably won't miss it by that much, all going well.
- Total workout time was only about 70 minutes. Pretty nice to have a bit less time

pressure.

Mahendra

01-10-2017, 06:48 AM

Congrats on the deadlift PR. I agree that your back was a bit rounded there.

Regarding deadlifting on "light" day, I agree that it does seem counter-intuitive, but it's something that I did when I ran HLM before, and it worked really well.

Regarding BF%, I think you mentioned you use a bioimpedance scale. My understanding is that they are not accurate.

I have a Tanita scale which I use to only track my weight measurements. I weigh myself 3 times, because at 5 AM, I apparently don't know how to step on a scale. For reference, this morning I had my scale give me 3 different BF % measurements ranging from 11.5% - 16%, all taken within ~10 seconds of each other.

I don't think there is an accurate way to gauge BF% other than dying in a non-messy way and having an autopsy done. There are supposedly a few better ways to measure (DEXA or Bod Pod), but even those have their flaws.

Calipers have their flaws (consistency), and as such, it's why I like and only use the navy method. A simple 2 measurement system (neck & waist), which then plugs into a formula. Sure, it also has it's inaccuracies as well, but for men, change in waist circumference is a good way to measure fat gains & losses.

I really like [Izzy's reasoning for using the Navy method](#), as well as [Andy Morgan's discussion on it](#).

Cheers!

BenM

01-10-2017, 08:27 AM

Quote:

Originally Posted by **Mahendra** »

Congrats on the deadlift PR. I agree that your back was a bit rounded there.

Regarding deadlifting on "light" day, I agree that it does seem counter-intuitive, but it's something that I did when I ran HLM before, and it worked really well.

Regarding BF%, I think you mentioned you use a bioimpedance scale. My understanding is that they are not accurate.

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Calipers have their flaws (consistency), and as such, it's why I like and only use the navy method. A simple 2 measurement system (neck & waist), which then plugs into a formula. Sure, it also has it's inaccuracies as well, but for men, change in waist circumference is a good way to measure fat gains & losses.

I really like [Izzy's reasoning for using the Navy method](#), as well as [Andy Morgan's discussion on it](#).

Cheers!

Thanks Mahendra! I probably shouldn't try for PRs while I'm still fixing it, but my understanding is the upper back rounding is less of an issue than lumbar rounding, and I don't seem to be suffering any ill effects.. yet. Still working on it though.

Yeah I weigh myself 3-4 times every morning too, and get different readings every time. Normally trending upwards... I think this morning it went 16.6, 16.8, 16.9 and 16.6 again. So I realise they're not accurate, but I do like to note the trend over time, and in the past it has often seemed as if every time I've added weight it's been mostly fat. Thanks for reminding me about the navy method though, I really should measure that way again - haven't done it for quite a few months now, but I like it for consistency even though it's still only an estimate.

I would really like to get a DEXA done but in my state you need a referral from a GP, mine was happy to give me one but didn't believe it would give me the info I wanted. I am going to Victoria next month and was considering a DEXA then (as I think I can book one without a referral there), but I will only have time on the last day of my trip, which will be after 5 days of good food, beer and golf, so it wouldn't be a particularly accurate 'training' level. There is also a BodPod about 2.5 hours drive away so I have considered going down there to get a measurement too.

At the end of the day, they're all guides, and I am overthinking things :) I mainly want to be able to get a third party reading (ie DEXA/BodPod) so that I can look at it in 6 or 12 months time and get another reading from the same machine to verify how much muscle I've actually added. But the scales and/or navy method really should give me that as well - even if they are a flat out guess, they're at least a guess with a consistent methodology, if that makes sense.

BenM

01-11-2017, 05:49 AM

Wed 11/1 - fasted

Food yesterday: 2803 kcal

Activity yesterday: 7.6k steps

Sleep last night: 6 hrs 46 mins - 1 times awake, 8 times restless, 13 mins awake/restless

BW: 72.0kg (- 0.2kg)

Today's entertainment: Netflix - Rick and Morty

Dips:

5x5 @ BW + 16.25kg

Dumbbell Flys:

3x12 @ 25lbs (11.3kg)

Hammer Curls:

3x12 @ 27.5lbs (12.4kg)

HIIT:

Elliptical - 20 mins total, 9 rounds of 30s on/90s off
4.52km, 332kcal burn, ave 145 BPM

- Max weights for everything - pretty close to failing everywhere
- I'm smoked

- Really must try and get an early night tonight

BenM

01-12-2017, 06:01 AM

Today's workout is brought to you by this song which has been rattling round in my brain all night and all morning: <http://www.youtube.com/watch?v=3DHFzvhMAW0>

Thu 12/1 - Medium Day, week 1

Food yesterday: 2432 kcal

Activity yesterday: 12.3k steps

Sleep last night: 6 hrs 46 mins - 1 times awake, 8 times restless, 14 mins awake/restless

BW: 72.0k (no change)

Today's entertainment: How Stuff Works podcast - one for allent, all about feeding babies

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 70kg

--- Belt on ---

1x1 @ 90kg

3x5 @ 105kg

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 55kg

1x5 @ 57.5kg

3x5 @ 58.5kg new PR

Chinups:

7, 7, 6, 6

Vid going up: <http://youtu.be/LhUjdXlkPn4>

Notes:

- Squats went OK - felt heavy, but that's not surprising since it's only 5kg off my PR! I am planning on having the gap gradually widen a little in coming weeks.....
- Still never seem to know where I'm at with squat depth, I was going 1-2 inches too deep on some of my warmups, and even some of the reps early in the work sets were too deep, but by the third set I think they were consistently _just_ borderline hitting depth.
- Having never really done CGBP before this was a bit of an experiment both weight and grip wise. My normal bench grip has pinkies at the very outside edge (but not over) the knurling. For this I moved my hands in so the webbing between thumb and forefinger is almost (maybe half an inch away) at the inside edge of the knurling. Seemed to work ok, does it seem about right?
- Weight wise, 55kg was fairly easy, 57.5kg was a bit harder but not really a struggle, got to 58.5kg and the last rep was slightly grindy, so this seemed a good place to do the reps. I'm calling it a PR :)
- Chinups were a bit disappointing, but I started as soon as I tidied from benching and only took ~3min breaks. Not much gas left.
- Total workout time was 1hr 22mins - not too bad, since the squats alone took over half an hour (I've been tending towards 7 min breaks on work sets) and there were a

couple of extra bench sets etc.

BenM

01-13-2017, 05:52 AM

Fri 13/1 - fasted

Food yesterday: 2759 kcal

Activity yesterday: 9.1k steps

Sleep last night: 6 hrs 15 mins - 3 times awake, 7 times restless, 15 mins awake/restless

BW: 71.8kg (- 0.2kg)

Today's entertainment: Netflix - Rick and Morty

Seated Arnold Press:

1x12 @ 17.5 lbs (7.9kg) - bit too light

3x12 @ 20 lbs (9kg)

HIIT:

Elliptical - 20 mins total, 9 rounds of 30s on/90s off

4.44km, 326kcal burn, ave 136 BPM

-
- Not enough sleeeeeeeeeeeep - new episode of Sherlock (is awesome) plus a great finish to the T20 game.
 - Snoozed the alarm, didn't have much time. Got the HIIT in which was the main thing, almost chickened out of it.
 - TGIF is all I can say... it's been a long week.

BenM

01-15-2017, 11:42 AM

Sun 15/1 - Heavy Day, week 2

Food Yesterday: 2866 kcal

Activity Yesterday: 29.1k steps (golf + mowing etc... big day, might be a PR!)

Sleep Last Night: 8 hrs 9 mins - 2 x awake, 8 x restless, 17 min awake/restless

BW: 71.5kg (- 0.5kg)

Today's Entertainment: AceRadio - The Hard Rock Channel

Squat:

2x5 @ 20kg

1x5 @ 50kg

1x3 @ 75kg

--- Belt On --- (5th hole)

1x3 @ 92.5kg

1x1 @ 102.5kg

4x5 @ 112.5kg - new PR

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

4x5 @ 62.5kg

1x2 @ 70kg - new PR (+5kg!)

Pullups:

7, 6, 7, 6 @ BW - rep PR

Here is the video.... <http://youtu.be/cd9d82RVNNE>

Notes:

- Same routine as last week, breakfast/timing wise. I think it works pretty well, I get some family time in, and the big brekky doesn't impact my overall calories since I end up skipping morning tea.
- Squats actually felt really good through the warmup. I've got a sticky note stuck low on the wall in front of me to look at (it just says 'knees out') but I think I've been staring at it all the way through each rep so my head has been moving up during the descent. Put another one lower down today and tried to move my gaze down to the lower one through the rep (theoretically keeping my neck in the same position relative to torso), I think I got a bit more hip angle in the hole, a bit more hip drahve, a bit less good morning-y - as a result my back feels much less smoked than it usually does after a heavy set!
- The worksets were a bit inconsistent but due to the above, I think they were easier than I expected.. hard but not quite RPE@10. The usual struggles with depth, but I focussed on it hard on the last set and they look pretty close. I might need to drop my elbows a little.
- Was pleased to get the bench reps I failed last week. Moved my grip just a tiny bit wider (pinkies on the rings, rather than outside of the knurling) and remembered my leg drahve. Was thinking it was maybe a rep PR, but checked and bzzt, I've done 5x5 @ 63kg before.
- After realising it wasn't a PR, I thought fuckit, try for a big one, and loaded up 70kg on the bar. I would have been happy just to get 1 rep, but bugger me if I didn't grind out two. Did the bar stop moving on the second rep, maybe, it was pretty damn slow at one point! But I'm still pretty freaking stoked with that, getting close to a bodyweight bench press which is a very small goal I'd like to hit soonish.
- Got 7 pullups a couple of times, massive grind... but another PR for a clean sweep.
- Total workout time was 116 minutes, I had a couple of interruptions today though so it's probably 10-15mins more than it should've been.
- All in all this was a pretty excellent workout. The best part is, it's my 'me time' this afternoon/evening as the girls are going out, so I should be able to relax in front of the cricket, there's a beautiful hunk of grass fed eye fillet waiting for the BBQ, and beers in the fridge.
- It's funny, the last two weeks I've been really dreading these heavy sessions in the day or two beforehand, but once you finish and you've nailed the extra weight there's not much better feeling. Gotta store these ones in the memory bank, and remember them on the bad days. I hope everyone has a fantastic Sunday! :D

BenM

01-16-2017, 09:20 AM

Mon 16/1

Food Yesterday: 3009 kcal

Activity Yesterday: 10k steps (exactly.. wtf.. that's 2 Sundays in a row I've hit a round number)

Sleep Last Night: 7 hrs 7 mins - 1 x awake, 4 x restless, 15 min awake/restless

BW: 71.6kg (+0.1kg)

Today's Entertainment: Art of Manliness Podcast

Active Recovery:

Morning walk by the river - 43:06 minutes, 7.14km, 125 ave BPM, 449 cal burn.
Still not sure I trust these numbers (definitely not the calcs), but the map looks right, so meh...

Nice way to start the working week, after heavy day yesterday. A little sore this morning but nowhere near as bad as last week.

BenM

01-17-2017, 06:34 AM

Tue 17/1 - Light Day, week 2

Food yesterday: 2477 kcal

Activity yesterday: 12.9k steps

Sleep last night: 6 hrs 52 mins - 3 times awake, 9 times restless, 20 mins awake/restless

BW: 72.0k (+ .4kg)

Today's entertainment: How Stuff Works podcast

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt on ---

1x3 @ 85kg

2x5 @ 100kg

Overhead Press:

2x5 @ 20kg

1x5 @ 32.5kg

4x5 @ 43.5kg new PR for reps

1x1 @ 47.5 new overall PR (+2.5kg!)

Deadlift:

1x5 @ 85kg

1x5 @ 105kg

2x2 @ 125kg

1x5 @ 115kg

Video of the work sets: <https://youtu.be/cNynzM18KXk>

Notes:

- DOMS from heavy day wasn't as bad as last week, but still there. Did some air squats last night and my adductors yelled at me to stop.
- Probably didn't eat enough yesterday, but had a pretty carb heavy dinner, felt decent this morning despite usual lack of sleep etc.
- Squats went fine, not too difficult, depth on the first set was really good, but the second got a bit iffy. Funny, it was only about a month ago I was celebrating squatting 2 plates for the first time, and now it's my light day :D
- Apparently my overhead press has got a touch stronger, after banging my head against this plateau multiple times. Interesting, since volume has actually reduced. Got the 43.5kg with a bit of a grind then decided to go for a big PR single and hellz yeahz, ground that mofo up as well!
- Now, to my mega disappointment, deadlifts sucked. After last session, I thought I had been making progress on getting my back flatter. Unfortunately got to the worksets @ 125kg (which is well below my 1RM) and I could feel my lower back rounding, which is never normally an issue for me, it's usually my upper back that's the

problem. Pulled it twice and stopped, went back for another go, same thing. Dropped 10kg off the bar and did a set of fahve but even at that light weight it was teh suck. Gave up. Wasn't going to go for the big PR today anyway but these felt really horrible. Putting it down to an off day - no damage done, I get to lift again another day.

- Total actual workout time was 75mins, which is great. Still took me from 4:52am (wake up) til 7:05am (headed upstairs) to get it done though!

BenM01-18-2017, 07:29 AM

Wed 18/1 - fasted**Food yesterday:** 2541 kcal**Activity yesterday:** 6.7k steps**Sleep last night:** 7 hrs 8 mins - 2 times awake, 15 times restless, 32 mins awake/restless**BW:** 71.6kg (- 0.4kg)**Today's entertainment:** Art of Manliness podcast**Dips:**

4x5 @ 16.25kg

1x5 @ 17.5kg

Seated Arnold Press:

3x12 @ 20 lbs (9kg)

HIIT... bzzt, nope. Conditioning:

Bike ride, 35 mins

Fitbit says 258kcal, ave 100bpm, I'm guessing around 12kms or so

-
- Got a bit more sleep, but still rooted this morning. Actually tried to go back to sleep, but couldn't (bathroom) so decided no point going back to bed after that. For some reason, I have no issue getting up to barbell sessions even though I hate heavy squats etc. But I am really struggling with motivation for these accessory/conditioning days at the moment. I'm also not sure that the accessory work is doing a lot for me, I wrote some new programming this week so it will be different between Wed/Fri (on Fri it's French Press / Hammer Curls) but we'll see how it goes.
 - Because of the above, and because my hamstrings are really tight lately, I really wasn't feeling like facing the elliptical for HIIT this morning. So I deviated from the plan, went for the compromise option, and jumped on the pushbike - figure why not take advantage of the good weather while I can. It wasn't a tough effort cardio wise, but it gave my hamstrings a break and toasted my quads instead.
 - My left shoulder starts to get a bit sore during the later reps of Arnold presses, and it was definitely struggling towards the end of the dips. I did a heavier set at the end, I think it'd be safe to add a bit more weight next week. But really, my left side is weak generally (you can see it during bench especially).
 - As usual, fail at eating.



Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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BenM

01-19-2017, 06:29 AM

Thu 19/1 - Medium Day, week 2

Food yesterday: 2820 kcal

Activity yesterday: 8.6k steps

Sleep last night: 7 hrs 5 mins - 1 times awake, 8 times restless, 17 mins awake/restless

BW: 71.8kg (+ 0.2kg)

Today's entertainment: Art of Manliness podcast

Squat:

2x5 @ 20kg

1x5 @ 50kg

1x5 @ 70kg

--- Belt on ---

1x3 @ 90kg

3x5 @ 106kg

1x1 @ 120kg new PR

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

3x5 @ 60kg new PR

1x1+F @ 65kg new PR

Chinups:

8, 8, 7, 6 - may be volume PR

I made a video of the work sets, as usual: <http://youtu.be/85wvsHl1nhw>

Notes:

- Yesterday wasn't a great food day again. I ate close to 700 calories right before bed to get the number up.
- Was in bed at 9:30pm but felt like it took an hour or more to get to sleep. Very tired....
- Squats went OK again, heavy but manageable with 6 minute breaks. Really focussing on depth and not getting lazy but they're still a bit inconsistent.
- I've gotta squat 115kg for reps on Sunday, decided to try for a big PR straight after the work sets, maybe make it feel lighter. Was thinking I'd try for a double at 120kg but the first one was so slow I backed out of it, mega mega grind.
- CGBP surprised me pleasantly, 60kg wasn't really that hard til the last rep. Did the same as squat, went for a PR double with no real rest - got the first, but failed the second effort.
- Chins, meh. Got 2 sets of 8 which is OK but then flagged. Might be a volume PR, not

sure - I know I've done 9 in a set before.

- Total workout time, 1hr 21mins. Happy with that.

BenM

01-20-2017, 04:10 PM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Fri 20/1

Food yesterday: 2575 kcal

Activity yesterday: 7.5k steps

Sleep last night: 7 hrs 28 mins - 5 times awake, 11 times restless, 33 mins awake/restless

AM BW: 71.5kg (-0.3kg)

Today's entertainment: Watched Rick and Morty on the elliptical, the rest was blissful silence....

Arms superset of:

Seated French Press:

2x12 @ 27.5kg

1x12 @ 28.5kg (stopped for a sec before the last two)

Hammer Curls:

2x12 @ 27.5lbs (12.4kgs)

1x16 @ 25lbs (11.3kgs)

Incline Bench Press:

2x5 @ 20kg

1x8 @ 50kgs, new PR (+2.5kg), but my butt was off the bench for the last two.

1x8 @ 48.5kg, slightly more legit PR

1x8 @ 48.5kg, backside off bench bigtime on last rep

1x8 @ 48.5kg, slightly longer break, almost legit

1x6 + F @ 48.5kg argh

1x3 + F @ 48.5kg fuckit I'm done

HIIT:

Elliptical, 20 mins of 30s on 90s off (9 rounds total)

4.67km, 342kcal burn, average HR 145 BPM

-
- Was up working last night, so tried (unsuccessfully) for a bit more sleep, knocked off work early and hit the gym in the afternoon instead
 - Should have done the benching first, but hadn't decided what the third movement would be til I got there. Arms were bugged and couldn't get 5x8, but then did a couple of smaller sets to finish.
 - Bumped the resistance on the elliptical to 4 instead of 3 on the middle 4 rounds. PR for distance/time and equal HR PR I think too. Absolutely rooted now.
 - Took 89 mins total. Many bench much rest.

BenM

01-22-2017, 12:39 PM

Sun 22/1 - Heavy Day, week 3

Food Last 2 Days: 2376 / 2804 kcal

Activity Last 2 Days: 10.9k / 22.9k steps

Sleep Last 2 Nights: 6 hrs 26 mins / 7 hrs 44 mins - 2 x awake, 12 x restless, 22 min awake/restless

BW: 70.5kg (-1kg!)

Today's Entertainment: AceRadio - The Hard Rock Channel

Squat:

2x5 @ 20kg

1x5 @ 50kg

1x5 @ 70kg

--- Belt On --- (5th hole)

1x3 @ 90kg

2x1 @ 105kg

3x5 @ 115kg fugly PR

1x1 + F @ 115kg

1x5 @ 110kg back off set

Bench Press:

2x5 @ 20kg

1x5 @ 46kg

4x5 @ 63.5kg new PR

2x1 @ 72.5kg new 1RM / first bodyweight+ bench press, fuck yeah

Pullups:

8, 8, 7, 7 @ BW - rep/volume PR I think

Here's a video - I'm a bit ashamed of these squats to be honest: <http://youtu.be/3eq9gbO9OFY>

Notes:

- OK, I didn't eat enough Friday (or yesterday, arguably), and dropped 1kg bodyweight from yesterday to today. That's my lowest weigh in since mid-November..... whoops. Not sure if related or not, but I felt pretty low on energy this morning and even a big breakfast and a real light walk didn't make any difference. Also, I've had triceps DOMs since Friday's afternoon session. Recovery may be a little lacking....
- Squats went OK til the work set. Did a second warmup single at 105kg because I didn't hit depth the first one, no dramas, felt fahne. Then got to 115kg and it all went to crap
- These were max effort, grindy, depth all over the show, mostly shallow, ugly ugly squats. Just watched video of the 3rd set and I might have got depth on the last rep if I'm lucky. The 4th set just wasn't happening today. Guess I repeat next week :(
- Did a backoff set of squats (which was also shitty and shallowish) and partway through realised I'd been lifting my chin out of the hole and getting out of my hips early which is why it was so damn hard. Video confirms. I've really gotta get my elbows down too, especially the left one, starting to get some achey arm pain.
- Got the bench reps. Just. Mega, mega grind. But good, considering I felt shitty. Went for a 1RM anyway and finally hit a bodyweight bench press. Nootch! First one was a bit bouncy off the chest to be fair, so I did it again with a pretty short break just to prove it wasn't a fluke. Was even less grindy and felt so good I actually felt like hitting a few more heavy singles, but it was already a long workout at this point!
- I'm calling it 8 reps in the first couple of sets of pullups. Watch the video and make up your own mind - last one was frigging hard. But it's PR territory so I guess it should be - being 1kg lighter might have helped, I guess..... took long breaks too.
- Disappointed with the squatting but pretty happy overall. Another heavy day done, and feeling stronger every week. That's what I'm talkin' about.
- Total workout time was 2 hrs 18 mins. Squats alone took about an hour, the extra bench reps plus 8 mins between pullup sets made it a long one.

BenM

01-22-2017, 03:46 PM

Sun 22/1 mk II - Sunday silliness

Overhead Press:

1x5 @ 20kg

1x3 @ 40kg

1xF @ 50kg

1x1 @ 48.5kg new PR (+1kg)

1xF @ 48.5kg - only a minute or two's rest

Was relegated downstairs to watch the cricket and felt the urge to get a weight over my head. Dunno why. Didn't have a lot of time either. Just thought 50kg was a nice round number.

Missed it, but did get a single at 48.5kg which is a new PR, so I got that going for me. Videoed it on my phone:

<http://youtu.be/6l-609dGbZ4>

Bliss

01-22-2017, 07:42 PM

Congrats on the BW bench!

What's happened by the way to your plan to move from 5x5 to 3x5?

BenM

01-22-2017, 08:12 PM

Quote:

Originally Posted by **Bliss** »

Congrats on the BW bench!

What's happened by the way to your plan to move from 5x5 to 3x5?

Thanks mate. I'm still weak, but baby steps, I'm stronger than I was.

I did switch I think (mostly) but it's become irrelevant since I switched to HLM as the reps/sets vary. Heavy day is 4x5 squat/bench + pullups, light day is 2x5 squat/4x5 OHP/1x5 DL, medium day is 3x5 squat/3x5 CGBP + chins.

I've been sticking to this mostly; but if I fail a weight I'll usually do a back off set and I'll also occasionally go for a heavy single just because I like hitting PRs.

Bliss

01-23-2017, 04:46 AM

Oh, sure, missed that you switched to HLM...

What are your percentages for light and medium?

Did you check out thread SS squats becoming grindfest?? The set scheme is laid out a bit different to your 4x5 (less volume overall). Maybe something to look into considering your food intake...

BenM

01-23-2017, 07:58 AM

Quote:

Originally Posted by **Bliss** »

Oh, sure, missed that you switched to HLM...
What are your percentages for light and medium?

Did you check out thread SS squats becoming grindfest?? The set scheme is laid out a bit different to your 4x5 (less volume overall). Maybe something to look into considering your food intake...

Yeah - I can understand you missing it, my log is... verbose ;) I went into some of the reasons and some more detail [here](#). Percentages are supposed to be 5-10% deload on medium day, 10-20% on light day, I've been tending towards the 5 and 10 at the moment.

I've been reading Ice Man's thread too, yes - there is some good info there mixed up in all the other stuff. Plenty to think about if I get stuck, but while things are moving ok I'm reasonably happy. My bench and press were stuck and had been reset a few times before I changed programming so it's worked well for the most part.

Which leads me into....

Mon 23/1

Food Yesterday: 3238 kcal

Activity Yesterday: 7.5k seps

Sleep Last Night: 7 hrs 3 mins - 2 x awake, 10 x restless, 22 min awake/restless

AM BW: 71.5kg (+1.0kg)

Today's Entertainment: How Stuff Works Podcast

Active Recovery:

Morning walk by the river - 42:26 minutes, 7.15km, 129 ave BPM, 443 cal burn.

Not much to report really. Legs are tired from yesterday. Not doing these off day sessions (whether cardio, or walking) fasted this week as an experiment, will see what it does.

BenM

01-24-2017, 06:07 AM

Tue 24/1 - Light Day, week 3

Food yesterday: 2561 kcal

Activity yesterday: 11.1k steps

Sleep last night: 6 hrs 51 mins - 1 times awake, 10 times restless, 21 mins awake/restless

BW: 71.9k (+ 0.4kg)

Today's entertainment: Art of Manliness podcast

Squat:

2x5 @ 20kg

1x5 @ 40kg
1x5 @ 65kg
--- Belt on ---
1x3 @ 85kg
2x5 @ 102.5kg

Overhead Press:

2x5 @ 20kg
1x5 @ 32.5kg
1x4 + F @ 44.5kg bzzt
2x4 + F @ 44kg my press sucks
2x5 @ 43.5kg for some volume

Deadlift:

1x5 @ 85kg
1x5 @ 105kg
1x5 @ 125kg
2x1 @ 140kg new PR and lmao3plaet

Here's a video, with some slightly different angles than usual: http://youtu.be/UM_XP1bErbI

Notes:

- Squats went OK, no big deal. I reversed position in the rack to try and stop lifting my head, felt fahne. Depth looks decent on video too. Much win.
- In contrast, OHP, not so good, wish my upper body wasn't so weak. Guess I try again next week. At least I got a bit of volume in.
- My upper/mid back in the deadlift is still rounded, and I feel like the hump is never coming out. That said, I can keep it in that position (ie not rounding any more) during the pull when the weights are sub 120kg or so, so it's getting stronger. At 125kg it rounded a little more under load but not a massive amount.
- Decided last night I'd go for the three plates if my pulls felt strong. They did, so I did, form or no form. Anyways, pulled it once, it was easier than I thought, then pulled it again for good measure. Felt a little dizzy after the second one. Almost at 2xBW, just a little more to get that milestone too.
- Decent workout, 1hr 15 mins, no mucking about.

BenM

01-25-2017, 05:56 AM

Wed 25/1**Food yesterday:** 2999 kcal**Activity yesterday:** 7.6k steps**Sleep last night:** 7 hrs 10 mins - 2 times awake, 7 times restless, 20 mins awake/restless**BW:** 72.1kg (+ 0.2kg)**Today's entertainment:** Netflix - Rick and Morty**Dips:**

5x5 @ 17.5kg

Upright Rows:

3x5 @ 35kg

Seated Dumbbell Press:

3x12 @ 25 lbs (11.3kg)

Halting 1.5 Deadlifts:

3x5 @ 90kg

HIIT:

Elliptical - the usual 20 mins of 30s on 90s off (9 rounds total)

4.54km, 333kcal burn, average HR 141 BPM

-
- Took out the Arnold presses, my left shoulder still doesn't feel right and didn't want to risk it. Subbed in lightish regular dumbbell presses instead.
 - Wasn't really happy with the upright rows, couldn't get them high enough (my elbows got to level with my ears, maybe). Too much weight, poor mobility, or I did them wrong - not sure.
 - Those halting 1.5 deadlifts were tough again. But good, I think, in terms of teaching tightness and building explosiveness off the floor.
 - Pretty great workout really, and only 63 minutes. And ate pretty well yesterday too.

BenM

01-26-2017, 11:29 AM

Thu 26/1 - Medium Day, week 3**Food yesterday:** 2687 kcal**Activity yesterday:** 11.4k steps**Sleep last night:** 6 hrs 57 mins - 2 times awake, 6 times restless, 16 mins awake/restless**BW:** 71.3kg (-0.8kg)**Today's entertainment:** Aceradio - The Super Rock Channel**Squat:**

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x3 @ 80kg

--- Belt on ---

1x1 @ 90kg

1x1 @ 100kg

3x5 @ 107.5kg

1x2 @ 120kg - new PR

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

3x5 @ 61kg - new PR

1x2+F @ 66kg - new PR

Chinups:

9, 9, 8, 7 - new PR

Video of the work sets: <http://youtu.be/vZdOrrVoOnA>

Notes:

- Pretty happy with this set of squats, really. It's a pretty shitty camera angle to check depth since you can't really see my kneecap but I think they're probably there, just. Added a little weight since last medium day, even though I failed the heavy sets on Sunday, and it still felt like maybe a 90% effort. Bar did get a bit forward on the last rep, and I had to muscle it up (hence the grunt). Then I decided to go for the double

- at 120kg (like last week) to finish it off, and got it this time, w00t. I
- CGBP was a bit easier than I expected, then again I only added 1kg from last week. Decided since they felt strong, I'd go for another PR, wanted a double, and got it easily enough that I decided to go for a triple - bzzzt, fail - didn't have it in me. Oh well. PR is a PR.
- 9 chins in a set is an equal PR I think, but I don't think I managed it twice last time. Breaks might have been slightly longer at 5ish minutes, but still - decent progress. In the last 3 weeks it's gone 26 -> 29 -> 33 chins in 4 sets.
- Total workout time was a bit longer at 1hr 35 mins, but that's OK since it's a public holiday and getting to work isn't a factor. Lifting mid-late morning rather than at 5:30am might also account for some of the performance improvement.....
- Happy Australia Day all you Aussie readers. Hope everyone has a GR8 day :)

BenM

01-27-2017, 01:08 PM

Fri 27/1

Food yesterday: 3083 kcal

Activity yesterday: 12.1k steps

Sleep last night: 8 hrs 44 mins - 4 times awake, 13 times restless, 41 mins awake/restless

BW: 71.2kg (- 0.1kg)

Today's entertainment: Aceradio - 90s Alternative Rock

Front Squat:

2x5 @ 20kg

1x5 @ 45kg

3x5 @ 65kg - new PR (I know, it's frickin light)

Incline Bench Press:

2x5 @ 20kg

5x8 @ 48.5kg - new PR (proper form this time)

Seated French Press:

3x12 @ 28.5kg - new PR

Supersetted with:

Hammer Curls:

3x12 @ 12.4kg (27.5lbs)

Conditioning:

Skipped it.

I don't normally bother videoing these supplemental workouts but I did today, so here are some highlights, form comments welcome:<http://youtu.be/LsOj-bfGnjU>

-
- I don't think my rack position is very good for front squats, though it's a shitty angle to see it. I actually did a warmup and a work set with crossed arms but that actually felt worse somehow, less pressure on my wrists but more bar moving forward. Just need to practice maybe? I also look like a hunchback in this video so I wonder if I really am a little kyphotic.
 - Repeated last week's weight with incline bench press but got all the reps without too much form breakdown this time, 6 minute breaks only.
 - Those french presses were hard, but I managed to just get the last couple of reps with a little more weight than last week. Looks like my elbows flare out a lot. The curls were just as hard as always, I haven't added weight for a while - but I have

added a couple of centimetres to my biceps in the past few months so I got that going for me.

- Skipped conditioning. Yesterday I walked the dog, rode the pushbike with the girls in the afternoon, and did 20 mins LISS on the elliptical in the evening, and I walked the dog this morning too - think I've done enough.
- Also, the other reason for skipping the HIIT is I'm thinking about moving heavy day forward a day to tomorrow. This might seem like a stupid reason, but I have a social thing in the afternoon which will involve beer and tons of American style meat (brisket, hot link sausages, etc). I will probably overindulge, and I figured hey, if I'm going to do that it may as well be on a training day. Is this dumb? Dunno. Will decide in the morning and see how it pans out.
- Total workout time was 1hr 19 mins. Good.

peez

01-28-2017, 04:28 AM

Quote:

Seated French Press:
3x12 @ 28.5kg - new PR

I bet these left you roasted.

chromoly

01-28-2017, 05:18 AM

Don't you have lifting shoes? Front squats may go better with them. I have a hard time doing any kind of squat in flats. It will help you stay more upright and maybe take some of the weight off your wrists and on your shoulders.

BenM

01-28-2017, 05:35 AM

Quote:

Originally Posted by **peez** [»](#)

I bet these left you roasted.

Yeah a little, the last couple of reps were hard, I wouldn't have got another.

Quote:

Originally Posted by **chromoly** [»](#)

Don't you have lifting shoes? Front squats may go better with them. I have a hard time doing any kind of squat in flats. It will help you stay more upright and maybe take some of the weight off your wrists and on your shoulders.

Thanks N... proof positive someone watches the videos :)

Yeah I do, and on the odd occasion I've thrown in front squats I've usually worn them, but I often have this feeling of falling forward and I wondered whether the flats would help with that so thought I'd try it. I think they might have but it's hard to know since silly me didn't throw the heels on for a proper comparison....

Mahendra

01-28-2017, 06:07 AM

+1 on heeled shoes for front squats. Although I prefer to back squat in flat shoes, front squats are significantly easier to do in heeled shoes... at least for me.

I stopped wearing my adipowers for a long while, and when I put them back on, I felt like I was walking on stilettos (not that I have any experience... but I assume...). But, I got used to them quickly.

Front squats are doable in flats, but better in heeled shoes, methinks.

BenM

01-28-2017, 09:39 AM

Sat 28/1 - Heavy Day, week 4

Food yesterday: 2819 kcal

Activity yesterday: 9k steps

Sleep last night: 7 hrs 29 mins - 2 x awake, 9 x restless, 18 min awake/restless

BW: 71.8kg (+0.6kg, no BM - unusual)

Today's Entertainment: Barbell Shrugged podcast

Squat:

2x5 @ 20kg

1x5 @ 50kg

1x5 @ 70kg

--- Belt On --- (5th hole)

1x5 @ 85kg

1x3 @ 95kg

1x1 @ 105kg

1x3+F @ 115kg fffffff form error

3x5 @ 115kg

1x2 @ 122.5kg new PR and a big fuck you

Bench Press:

2x5 @ 20kg

1x5 @ 47.5kg

1x4+F @ 63.5kg I tried, I really did

2x4+F @ 63kg goddamnit

1x1 @ 62.5kg hit the safeties, got the shits and racked it

1x5 @ 62.5kg grindiest fahve you've ever seen

1x4 @ 62.5kg really didn't think I was getting a fifth

1x0 @ 75kg shouldn't have bothered

Pullups:

7, 7, 7, 6 @ BW

Today's video could be entertaining for you if you like seeing weak people fail lifts: http://youtu.be/sbj_o4e9nZ4

Notes:

- That first work set on the squats sucked. I let the bar get a bit too far forward coming out of the hole, and just couldn't muscle it up. The next three sets though, were actually not terrible form wise, I thought - hard work though of course. Still gotta be real careful of elbows, my left one is starting to get that ache again. Did a slightly

heavier double to finish, and got a PR (with proper depth!) just to make up for the two I missed.

- Damn my weak bench to hell. I actually screwed up the plate math, thought I was trying for 64.5 and then dropped back to 64, but after the second fail I realised, it was actually 63.5 and 63 which means my bench has REGRESSED from last week. This makes me unhappy. Could be the early morning start, fatigue, the sore elbow, who knows. Could also be form, I think I was touching the bar too high on my chest and increasing the ROM. This is also why I end up mashing my head into the bench and getting a sore neck. Luckily the weight is only light. Did an extra set than I needed to because I was looking at this log instead of the app I was using to log it, whoops.
- Pullups regressed a bit from last week as well, though I was only an inch or two from 7s across. Just feeling generally weak in the upper body this morning, arms were feeling spent even with 6 min breaks. I'm definitely thinking I should've rested yesterday if I was gonna do this.
- Things I have learnt today #1 - listening to podcasts that are actually interesting while working out is distracting, I had to turn it off once the squats got heavy.
- Things I have learnt today #2 - moving heavy day forward a day might not have been the best idea if I wanted to lift yesterday too.
- Total workout time was 2 hours 29 minutes - ouch. I did get interrupted partway through though, and all those fails and extra sets dragged it out a bit.
- I'm a little disappointed in this workout, but at least I understand the reasons why, and I am sure it will all be forgotten while I'm stuffing my face this afternoon. I hope everyone has a fantastic day!

BenM

01-28-2017, 07:15 PM

Faaaaark

I've eaten a ton of food today and feel like I'm gonna explode. Met the owners of the gym that a few of my golf friends go to. Been invited to go do a Grit class tomorrow. The worst part is, part of me wants to..... haven't decided yet.

So my goal was to squat 120kg for sets before I go away in 12 days. If I can squat 122.5kg for a double today (when feeling shit and fatigued) surely I can go close to hitting it for fahves on Sunday (or even Monday... I'm not working next week)?

Just gotta work out how to arrange my week since I've got an extra day up my sleeve now.

Normally I'd go Tue - Light / Thu - Med / Sun Heavy.

Now I'm thinking Mon - Light (but push a bit harder than normal) / Wed - Med / Fri - Lightish / Sunday - fucking Hulk Smash. I gotta play golf Saturday is the only thing.

BenM

01-29-2017, 10:39 AM

Quote:

Originally Posted by **Mahendra** »

+1 on heeled shoes for front squats. Although I prefer to back squat in flat shoes, front squats are significantly easier to do in heeled shoes... at least for me.

I stopped wearing my adipowers for a long while, and when I put them back on, I felt like I was walking on stilettos (not that I have any experience... but I assume...). But, I got used to them quickly.

Front squats are doable in flats, but better in heeled shoes, methinks.

Thanks Mahendra. I'll go back to the heels next time I try them - whenever that may be. I don't do front squats often but like them for a variation. Maybe I'll throw them in on light day in the next cycle.

Sun 29/1

Food Yesterday: 3957 kcal - conservatively

Activity Yesterday: 12.1k steps

Sleep Last Night: 8 hrs 12 mins - 3 x awake, 13 x restless, 35 min awake/restless

AM BW: 72.6kg (+0.8kg)

Today's Entertainment: YouTube video of Mark Bell with Rob and Dana Linn Bailey in the gym

Active Recovery:

Elliptical - 40 mins - ramping resistance. 7.64km, 128 ave BPM, 568 kcal burn.

Increased resistance one click @ 10, 15, 20, 25, 30 mins

Reduced resistance 2 clicks @ 33, 35, 37 mins

So yesterday afternoon was good, I ate a lot of fatty, salty meats and had a few beers. Food intake was a massive guess, probably bigger, but offset by the fact that when we got home for dinner neither of us could stomach much except some salad and a few pieces of barbecue chook. Gained almost a kilo in water weight overnight.

Skipped the Grit class this morning but felt I should do something so went for some LISS just to get the blood flowing. Had sweat pouring off me by the end, but didn't raise my heart rate all that much. Planning on going out and buying a big piece of dead animal for dinner tonight, get an early night and try for a big push this week.

Side note: it was kinda nice, one of my friend's wives said yesterday she didn't recognise me when she first saw me (it's probably been six months). I'm used to this, but it's normally people who've not seen me since before I lost the weight, but she has definitely seen me since then. It might be partly because I've grown a beard, but she said no, you just look different - have you been hitting the gym? That was good to hear, since my body weight hasn't changed really at all since I last saw her, but it's clearly been redistributed. I don't notice the changes as much since I see it all the time.

Second side note, a few of my friends all go to this gym, the two owners were there yesterday and I was encouraged to talk to them since they were interested in my lifestyle change. One of them said 'hey, you look really lean, you're pretty vascular and veiny etc'.. which was also a little nice to hear. I actually kinda wish I was a little leaner, but I will focus on that later in the year - more gainz first!

BenM

01-30-2017, 07:44 AM

Mon 30/1 - Light Day (kinda), week 4**Food yesterday:** 2958 kcal**Activity yesterday:** 15.8k steps**Sleep last night:** 6 hrs 16 mins - 1 times awake, 11 times restless, 22 mins awake/restless**BW:** 72.1kg (- 0.5kg)**Today's entertainment:** Aceradio - The Hair Band Channel**Squat:**

2x5 @ 20kg

1x5 @ 50kg

1x5 @ 70kg

--- Belt on ---

1x3 @ 90kg

1x1 @ 100kg

2x5 @ 110kg

Overhead Press:

2x5 @ 20kg

1x5 @ 32.5kg

2x4 + F @ 44kg FFS

2x5 @ 43.5kg

1x1 @ 50kg for a new 1RM (+1.5kg).... oh yeah

2x3 @ 45kg new 3RM

Deadlift:

1x5 @ 80kg

1x5 @ 105kg

1x5 @ 127.5kg which I believe is a PR for fahves

1x1 @ 145kg new PR (+5kg) - and double BW (but I almost passed out)

1x1 @ 145kg again - silly, but I pulled it and didn't feel so bad afterwards

Slightly longer video today, as there's multiple sets of presses / deadlifts: <http://youtu.be/6rpDYmRWheQ>

Notes:

- Squats felt pretty good, heavy but good. Technically this is a little (only like 5kg) more weight than a 'light' day offset, but I decided to up the intensity a little.
- Overhead press is not moving much, that's 2 fails at this weight. I'm only hitting it once a week, I guess.... So I went for a PR single @ 50kg which I missed last Sunday. And was pretty pumped to get it. Just a little bit grindy. About 8 seconds worth I think, haha.
- Maybe I just need more press volume? Hit 45kg for triples which I've never done before either - it was only 3 weeks ago that this was a PR single.
- Pulls were feeling OK today so I went for that heavy single again. Twice. Pretty happy with that too, form was shit but you get that on 1RMs. I probably should stop doing this soon.
- Longer workout @ 1hr 55min, but I planned for that today. Was a great workout, pretty pumped to get all that press volume in and hit some PRs. Hope everyone has a great day!

BenM

01-31-2017, 06:07 AM

Good morning all! :)

Tue 31/1 - The plans they keep a changin

Food yesterday: 2879 kcal

Activity yesterday: 8.6k steps

Sleep last night: 7 hrs 6 mins - 1 times awake, 7 times restless, 24 mins awake/restless

BW: 72.4kg (+ 0.3kg)

Today's entertainment: Aceradio - The Hard Rock Channel

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 62kg

2x4+F @ 62kg

1x4+F @ 60kg

Chinups:

6, 6, 4, 3

Supersetted with

Dumbbell BORs:

4x12 @ 30lbs (13.6kg)

Conditioning:

Elliptical - 30 mins ramping resistance - up 2 clicks at 5, 10, 15 mins / down 2 clicks at 20, 23, 26 mins

6.0km, 444kcal burn, 141 ave BPM

Notes:

- So I had planned on doing my 'medium' day today, minus the squats and having another 'heavy' kinda day tomorrow. That's also why I didn't do intervals and went for steady state instead.
- Turns out I really struggled this morning. Breaks were short as I didn't get out of bed early enough and sleep felt more interrupted than the Fitbit says, but going from 9 chins in a set to 6, and failing to bench 60kg for fahves is pretty ordinary.
- Might be wiser to have a day off tomorrow. Hit it hard on Thursday. If I don't hit the weight I wanna hit on the weekend, doesn't matter. I'm a better chance of hitting it if I'm properly recovered anyway.
- Was a bit surprised to have gained weight. Normally Mondays are a 'weight from the weekend falls off' day. Huh. I've started taking more BCAAs (between meals, as well as post workout) so maybe the extra sodium is making me hold onto more water.
- Took video but it was boring and I haven't got time to deal with it right now anyway. Total workout time was 1hr 11mins. Hope you all have a tops/choice/bonza day :D

Bliss

01-31-2017, 06:59 AM

Hey, was waiting for your last video to get uploaded, but it just keeps saying unavailable.... what's up?

BenM01-31-2017, 07:58 AM

Quote:

Originally Posted by **Bliss** 

Hey, was waiting for your last video to get uploaded, but it just keeps saying unavailable.... what's up?

Damn, sorry about that - I didn't realise. I think it's fixed now - the background music was copyrighted so YouTube blocked it from playing on some devices, I assume that was the issue - I've replaced it with something else!

Just in case that didn't work though - I just signed up to Vimeo and you can see it in 1080p glory below :D

<http://vimeo.com/201746228>

BenM02-02-2017, 07:51 AM

Wed 1/2

Ate 2748 kcal and did 13.6 k steps yesterday, weighed 72.3kg this morning with 7 hrs 33 min sleep last night.

Didn't lift. Went for a 40 min walk in the morning but that was it.

Thu 2/2 - should be Medium Day - week 4.

Food yesterday: 2469 kcal

Activity yesterday: 13.2k steps

Sleep last night: 6 hrs 49 mins - 3 x awake, 7 x restless, 19 min awake/restless

BW: 72.3kg (no change)

Today's Entertainment: Aceradio - the Super Rock Mix

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 70kg

--- Belt On --- (5th hole)

1x3 @ 85kg

1x3 @ 97.5kg

1x1 @ 107.5kg

3x5 @ 117.5kg new 5RM

Bench Press:

2x5 @ 20kg

1x5 @ 47.5kg

3x5 @ 64 new 5RM

1x0 @ 75kg

Pullups:

7, 7, 7, 6 @ BW

Vimeo link because YouTube is being a dick again. Its just background music. <http://vimeo.com/202093141>

Notes:

- Wanted to go for max effort since I'd had a rest, but early AM workouts mean time is more limited, so compromised and did heavy day movements and weights with medium day rep/set scheme.
- Pretty happy to hit a new 5RM for squats, form felt decent too, though the last set was a little grindy. After looking at the video, not unhappy - clearly hit depth on at least 3 of the last 5 reps :p My left shoulder is still a little achy, I find myself pulling down on the bar coming out of the hole, I usually realise as I come through the sticking point and stop it but it's enough to keep it sore.
- Even more happy after the disappointment of Saturday's bench session to hit a PR there too. The first set went up really fast, form felt good (kept my head off the bench) and I definitely could've handled a little more weight. The second and third sets weren't so great though. Tried for 75kg again, was very very close this time.... maybe on Sunday.
- Pullups, meh. Got the same numbers as Tuesday, bit disappoint, but not terribly so.
- Total workout time was 1hr 36 mins. Decent.

Funny story. The forum's google ads were suggesting I join Fernwood. I know the weights are light and I'm weak but that's a bit rough.

BenM

02-03-2017, 05:46 AM

Good morning! :)

Fri 3/2 - Friday Funsies

Food yesterday: 2642 kcal

Activity yesterday: 13.1k steps

Sleep last night: 6 hrs 48 mins - 4 times awake, 13 times restless, 34 mins awake/restless

BW: 71.8kg (- 0.5kg)

Today's entertainment: YouTube - JTS Strength channel

Dips:

5x5 @ BW + 20kg

Supersetted with:

Chinups:

1, 1, 1, 1 @ BW + 20kg

Dumbbell Incline Bench Press

3x12 @ 30lbs (13.6kg)

Hammer Curls:

3x8 @ 30lbs (13.6kg)

Conditioning:

Elliptical - 20 mins HIIT - 30sec on/90sec off (9 rounds)
4.4km, 323kcal burn, 137 ave BPM

Notes:

- Looks like the extra weight that crept on from the weekend binge has finally fallen off.

- 20kg is too much for me to do more than 1 chinup but it's a PR for weighted dips. PITA changing weights between sets, shoulda just done 'em unweighted.
- My resting heart rate has crept up this past week or so since I haven't been doing HIIT. Didn't really feel like I broke much of a sweat til about the 12 minute mark though.
- Great little workout at 58 mins. Chest and arms are a little tired. Happy Friday, everyone! :D

BenM02-05-2017, 12:41 PM

Sun 5/2 - Heavy Day, week 5 - The Reckoning**Food yesterday:** 2722 kcal**Activity yesterday:** 25.4k steps**Sleep last night:** 8 hrs 48 mins - 1 x awake, 7 x restless, 16 min awake/restless**BW:** 71.5kg (-0.6kg)**Today's Entertainment:** Cricket - Aus vs NZ ODI**Squat:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 70kg

--- Belt On --- (5th hole)

1x3 @ 85kg

1x3 @ 100kg

1x1 @ 110kg

4x5 @ 120kg new 5RM PR - level 1 pre-holiday achievement unlocked

Bench Press:

2x5 @ 20kg

1x5 @ 46kg

1x3+F @ 65kg - new 3RM PR? But 1kg jump was too much for fahves

1x5 @ 64.5kg - new 5RM PR - w00t

2x4+F @ 64.5kg baaaah humbug

2xF @ 75kg double baaaah - first hit the safety, to be fair

1xF @ 73.5kg fuckit I give up - held it a long time

2x5 @ 60kg volumez

Pullups:

7, 7, 7, 7, 7 @ BW (7 min breaks)

Some video, including most of the fails: <http://youtu.be/YYEka-xxQMk>

Notes:

- Best sleep I've had in months last night. Woke up at 7:45am and miss 2 was still sound asleep in her own bed - WTF, that never happens? Having said that, felt weak all over and was hard to get started. Big breakfast didn't help, pre-workout second coffee and snack didn't really either. My theory is, on an active day like yesterday where I played 18 holes of golf, mowed the lawns, etc I need to stop fucking stressing about calories and make sure I eat a bit more. Dropping over half a kilo from yesterday mornings weight probably means glycogen stores are a bit depleted. Or something.
- Despite the feelz, pretty happy with the sqwatz. They were a grind, but form didn't feel terrible. I really badly wanted to squat 120kg for fahves before I go away this week, and did it. So I got that goin for me, which is nice.

- I wasn't sure how bench would go today. Left shoulder has been bothering me a little for a while and I think the dumbbell presses on Friday aggravated it - it's not ultra painful but enough to make me think there's something goin on there. Anyway, I took a slightly wider grip and definitely engaged a bit more chest, felt it much more in my pecs than triceps where I usually do, and no ill effects, aside from being weak. Hit a new 5RM PR but didn't have the juice to get sets across. And because I'm a stubborn prick, tried for a 1RM. Three frickin' times. Then did 2 backoff sets. Wondering whether I shouldn't do some extra work on my left side since it is CLEARLY lagging behind my right all the time.
- Pullups still a bit shit, though I got very close to 8 in the first set (see video). Added an extra set today since I had time.
- Total workout time was 2 hrs 40 mins, which is pretty long, but I took my time today, had long breaks between sets, etc - I'm on holidays and pretty relaxed. Probably need intra workout food though if they're this long. Hope everyone has a wonderful day :D

BenM

02-06-2017, 02:49 PM

HAIIIIII

Mon 6/2**Food yesterday:** 3540 kcal**Activity yesterday:** 9.4k steps**Sleep last night:** 7 hrs 5 mins - 1 times awake, 11 times restless, 24 mins awake/restless**BW:** 72.3kg (+ 0.8kg)**Today's entertainment:** Art of Manliness podcast (during run)**Conditioning:**

Instead of my normal Monday walk, I jogged it instead.

Normally 40 mins, Fitbit says 29.08mins, 6.84km, 325kcal burn, ave 131 BPM.

This was followed later in the morning by a leisurely bike ride with the girls - roughly 40 mins each way (morning tea in between), 99/94BPM ave, 204/237kcal burn.

Then this arvo got in a real quick sneaky bench session:

Bench Press:

2x5 @ 20kg

1x5 @ 46kg

1x5 @ 60kg

2x1 @ 75kg new PR yeahhhhhh

<http://youtu.be/30R6R3h5fmc>

Notes:

- Last night's dessert was pretty rich and calorie dense which drove the numbers up but it was freaking delicious. That plus a couple of beers (normal for Sundays) meant I weighed in plenty heavier this morning, which is expected.
- Ran this morning, just wanted to see if I could do it, apparently I can - barely broke a sweat. Probably unnecessary as I knew we'd be riding the bike this morning too. Plenty of activity this morning.
- So I really wanted to see if I could hit that 75kg bench press that I keep failing, apparently if I'm not fatigued from squats, I DO have it in me, just. Funny because the set of five at 60kg felt heavy AF. Anyhoo.... pre-gym break achievement #2 unlocked.

BenM

02-07-2017, 08:03 AM

Good morning all! :)

Tue 07/02 - Light Day, week 5 (thank \$deity)**Food yesterday:** 2688 kcal**Activity yesterday:** 16.5k steps**Sleep last night:** 7 hrs 18 mins - 1 times awake, 5 times restless, 12 mins awake/restless**BW:** 72.3kg (no change)

Today's entertainment: Aceradio - The Hair Band Channel**Squat:**

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On --- (5th hole)
1x3 @ 85kg
1x1 @ 97.5kg
2x5 @ 107.5kg

OHP:

2x5 @ 20kg
1x5 @ 32.5kg
2x4+F @ 44kg
2x4 @ 43.5kg
1x6 @ 40kg

Deadlift:

1x5 @ 70kg
1x5 @ 90kg
1x5 @ 110kg
5x1 @ 130kg bah

Video - on Vimeo because YouTube annoyed me: <http://vimeo.com/202832144>

Notes:

- My lower back was really tight yesterday after squats on Sunday and it's not much better today. Add to that, mega DOMs in the legs from yesterday. Many fatigue, very soreness, wow.
- Squats were OK, felt much heavier than they were.
- OHP made me sad. Sick of failing this puny weight. But then I couldn't even get 5 at a weight I've managed before - almost didn't get 4 second time out, grind. No gas. Blah. Wanted 7 in the back off set but that was wishful thinking too.
- Deadlift felt really good til I got to the work sets. First one went up so damn slow I knew I had no hope of getting five without some serious form breakdown. Ended up doing 5 singles with short (like 90 second) breaks but even then my lower back was feeling like it was rounding a bit by the end.
- All in all, just an off day. Serves me right for doing way too much yesterday. That said, this is the end of a training block, as I'm heading away on a golf trip on Thursday, so there wasn't a lot to gain today anyway. Not sure if I'll do any dumbbell work tomorrow like normal, might just do some light cardio to try and freshen up.
- Total workout time was 1hr 45mins - light days aren't supposed to take this damn long. In my defence I had a 2 year old wander in part way through which probably delayed me 15 mins but it's still slow.

All in all, HLM seems to be working well in some areas and not so well in others (some of them my fault, eg recovery), but overall I think I like it. I'll post some more detailed thoughts later when I can be bothered looking at it properly.

BenM

02-08-2017, 11:39 AM

Good afternoon all! :)

Wed 08/02 - Chest Day

Food yesterday: 2689 kcal

Activity yesterday: 8.7k steps

Sleep last night: 8 hrs 46 mins - 1 times awake, 4 times restless, 8 mins awake/restless

BW: 71.8kg (-0.5kg)

Today's entertainment: Aceradio - 90s Alternative Rock

Incline Bench Press:

2x5 @ 20kg

5x5 @ 50kg new PR

Incline Dumbbell Bench Press:

3x12 @ 15.9kg (35lbs) new PR but was pretty easy

Incline Dumbbell Flys:

1x5 @ 12.5kg (27.5lbs) - was too heavy for 12s - backed out to save my shoulders

3x12 @ 10.2kg (22.5lbs)

Pushups:

Sets of 12, 12, 14 - wanted 15 but was done

Conditioning:

Elliptical - 31 mins ramping resistance. Up one click @ 2, 5, 8, 11, 14 mins / down one click @ 17, 20, 23, 26, 29mins.

6.81km, 501kcal burn, average HR 142 BPM.

Video: <http://vimeo.com/203038261>

Notes:

- Had an awesome sleep last night. My lower back was still sore though, I think I must've tweaked it a little again on Sunday. No matter, it gets a rest from heavy weights starting now.
- Decided to bro out a bit today, and really enjoyed it!
- Couldn't face HIIT but what I did instead was still pretty hard work. #getfitforgolf #Imaogolfaintexercise
- Total workout time was 1hr 55mins.

Warning: Epic post about how I'm going, goals etc is coming below. May be boring for some but I feel like I gotta spew it out - maybe I can look back at it in months and years to come and snicker at myself (hopefully look back and realise how far I've come....)

BenM

02-08-2017, 11:44 AM

So, time for a little introspection, self analysis and general jibber jabber.

Some milestones:

30/5/16 - Started doing Stronglifts, with the empty bar.

BW 78.5kg - was still dieting down.

8/8/16 - Started logging on Starting Strength - still kept doing 5x5, but took out rows and added PCs.

BW 70.5kg

5RMs:

Squat: 62.5kg

Bench: 47.5kg

OHP: 32.5kg

Barbell Rows: 47.5kg

Deadlift: 70kg

3/1/17 - Stopped doing 'LP' and moved to an HLM program.

BW: 71.4kg

5RMs:

Squat: 107.5

Bench: 63kg

OHP: 42.5kg

Deadlift: 130kg with pretty poor form

7/2/17 - End first HLM block

BW: 72.3kg

5RMs:

Squat: 120kg (have squatted 122.5 for a single)

Bench: 64.5kg (have benched 75kg for a single)

OHP: 43.5kg (have pressed 50kg for a single)

Deadlift: still 130kg - have not improved 5RM, but have pulled 145kg for a single with pretty poor form

Thoughts:

Diet: (B minus). - I've been doing an awesome job of eating super clean, getting lots of protein and hitting my macros. Lose marks for not eating enough. Trendweight at the moment is saying I'm trending to a .2kg gain a week - which maybe at my age is about the right rate to minimise fat gains, but strength ain't coming fast. And honestly, I feel like I'm hungry all the fucking time, often feel crappy and weak, and my life revolves around when my next meal is. I either need to eat more overall, or change from eating 6 times a day to maybe 4 and have bigger meals, but it's been really hard to break the routine I've formed.

Lifts: (C). My squat has come on pretty well, I think my form has improved a lot - my main issues are hitting depth consistently (I tend to get lazy as sets get heavier), staying tight in the hole, and high elbows. Everything else is pretty mediocre, bench and press have moved ultra slowly, just tiny amounts of progress, and deadlift, none at all - though I deloaded that a fair bit to try and get my upper back flatter, which still hasn't improved much.

Programming: (B). I like the HLM programming. I think it's working ok for the most part, but the lack of press movement is a concern. I am pretty keen to see my bench improve and I care more about that than overhead - so may bench more in the next cycle. My other issue is recovery - really feel like I'm fatigued all the time. I'm getting as much sleep as life allows, so maybe I need to take out some of the extra stuff on off days, or keep training most days but lower the intensity - since May last year I don't think I've had more than 3 days away from the barbell. The problem is, I actually LIKE training, but always being tired is hurting progress.

Goals: I want to be able to bench two plates for reps one day - it's probably a year or two away yet. This year though - squatting 150kg, benching 80kg, and deadlifting 180kg for fives - possible by the end of the year? I'll give it a crack. Problem is, I am training for physique just as much as strength - I want to be strong(ish) but also want to look good - because I am vain and because I lost all the fat. So how to achieve this?

From tomorrow I have 6 days interstate. No logging food, playing golf every day, much food and beer - damnit, it feels like it's been a year since I've eaten a fucking hamburger. In fact it probably has been. This should be a good exercise in 'intuitive eating' and a good way to reset things a bit - hopefully when I come back I can be just slightly less of a food hypochondriac. I realise I need to add some weight, I just want it to be as much muscle as possible - but if I gain some fat, just gotta

give myself time to lose it again before I go away in late September. That means a good 5 months or so of hitting the weights hard and eating well will still leave me some time to diet down a little before I head off.

Anyone wanna place bets on what I weigh when I get home? On one hand, I'm thinking I'll eat more what with eating out and beer and stuff. On the other hand, I won't be eating 6 times a day and there's gonna be plenty of activity, plus no creatine. I'm calling it right here, I reckon next Wednesday I weight at least 1-2 kilos more though - what say you?

Toasterleavings

02-08-2017, 11:54 AM

Quote:

Originally Posted by **BenM** [»](#)

- Decided to bro out a bit today, and really enjoyed it!

That was indeed quite the bro-ing out. All the bro was bro'd.

Quote:

Originally Posted by **BenM** [»](#)

Warning: Epic post about how I'm going, goals etc is coming below. May be boring for some but I feel like I gotta spew it out - maybe I can look back at it in months and years to come and snicker at myself (hopefully look back and realise how far I've come....)

Awesome. That's always good to do.

BenM

02-08-2017, 12:01 PM

Quote:

Originally Posted by **Toasterleavings** [»](#)

That was indeed quite the bro-ing out. All the bro was bro'd.

There were no curls. But I have no regrets.

Toasterleavings

02-08-2017, 12:32 PM

Quote:

Originally Posted by **BenM** [»](#)

There were no curls. But I have no regrets.

Of course there weren't. It was Chest/shoulders day! I'm mortified you'd even mention curls. You'd accompany that later in the week with a back day (wide-grip pulldowns, machine rows, T-bar rows, dumbbell rows, shrugs, hyperextensions), then an arm day (tricep pushdowns, tricep kickbacks, one-arm overhead dumbbell extensions, one-arm tricep extensions on the cable fly machine, curls,

other curls, different curls, extra curls, curls with the wavy bar, ironically cheaty curls on the preacher bench, and curls). Then the optional leg day that you skip.

Toasterleavings

02-09-2017, 10:22 AM

Quote:

Originally Posted by **BenM** [»](#)

Tue 13/9

I deloaded just a touch because I wanted to make sure I was hitting depth. Got deeper this time for sure but damn it was frickin difficult. Probably the hardest set of squats I've ever done and got a lot wobbly by the end. I am still scared of aggravating my lower back soreness and there were a couple of good morningish reps in there...

I also changed the orientation so I could take video from the back, here's the last 2 sets. Apologies for the massive fart in the last set haha! Be interested to get thoughts on whether this depth is better / worse / too deep, after just watching it again I may even have gone a touch too far on some of those reps?

Definitely not too deep. Bluntness: many good, a couple borderline, and at least one high (your last). I reckon if you try to sink them a little faster & deeper with more of a bounce (sometimes your descents are slow and you don't quite hit the full stretch to get the bounce) you'll notice the difference. But don't go gung ho and do a hammy/adductor on me now or I'll feel guilty. Do you hang out on the whirlpool forums at all?

BenM

02-09-2017, 10:31 AM

Quote:

Originally Posted by **Toasterleavings** [»»](#)

Definitely not too deep. Bluntness: many good, a couple borderline, and at least one high (your last). I reckon if you try to sink them a little faster & deeper with more of a bounce (sometimes your descents are slow and you don't quite hit the full stretch to get the bounce) you'll notice the difference. But don't go gung ho and do a hammy/adductor on me now or I'll feel guilty. Do you hang out on the whirlpool forums at all?

Going back a bit in the thread now Shaneo - I'd have to look at the video to refresh my memory but I still have the same issues knowing when I've hit depth :) I get gun shy on descending too fast cos of my back and cos I tend to get loose in the hole if I don't focus.

And yep... you've outed me. But I kinda figured that would happen sooner or later.

Toasterleavings

02-09-2017, 10:41 AM

Hahaha - I'm an idiot. I was on the wrong page.

BenM

02-09-2017, 10:44 AM

Quote:

Originally Posted by **Toasterleavings** 

Hahaha - I'm an idiot. I was on the wrong page.

Haha... oops!

And that was only 80kg. I could squat that to depth all day now. Hope 120kg feels that easy in a few more months cos it felt ducking heavy on Sunday!

BenM

02-15-2017, 04:13 PM

Good afternoon all! Got back from my golf trip yesterday evening, hoo boy that was epic. Some fun stats:

- 6 days away from home - played golf on 5 of those days, just not yesterday. Averaged 27.5k steps / day - did actually hit the gym at the hotel a couple of times for some cardio (due to guilt from eating so much, see below) but no weights, apart from 5 minutes on some stupid cable machine until I decided it was completely futile
- Ate like an absolute fucking pig. I wasn't logging food, I thought I could just wing it a little and make healthy choices. Turns out I still have absolutely no self control, though I probably did have some encouragement from the rest of the group.... I obviously still have big issues so back to logging it and being strict as of now
- Drank every gosh darn night too, culminating in a crazy Monday night of Mexican food, 2 for 1 margaritas, beer and a late night kebab
- Conservatively, I probably averaged 5000-6000 calories a day, so going from 71.8kg on Thurs morning to 73.8kg this morning is less than I expected - definitely I've stored away some fat, the layer on my belly is noticeably thicker
- Due to the crazy amount of walking, my feet have blisters on top of blisters and both calves are.. if not strained... tight as a nun's nasty - and my left erector is still sore from 2 weeks ago to boot
- My resting heart rate has jumped from sub 50 BPM to as high as 58 BPM in the last week - not sure if this is due to alcohol intake, crazy quantity of food, or what - will see how it goes the next few days as things normalise

Wed 15/2 - Afternoon of Achiness

Food yesterday: NFI - didn't log it

Activity yesterday: 31.1k steps

Sleep last night: 8 hrs 37 mins - 1 times awake, 10 times restless, 23 mins awake/restless. Then a 1 hr nap pre-workout.

BW: 73.8kg (+2kg)

Today's entertainment: Aceradio - The Hair Band Channel

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg

3x5 @ 105kg

Bench Press:

2x5 @ 20kg

1x5 @ 47.5kg

3x5 @ 64.5kg - new PR (+.5kg)

Pullups:

6, 6, 5, 5 @ BW

Vid of the final work sets: http://www.youtube.com/watch?v=l_kQ6v8NNOc

Notes:

- I felt like absolute rubbish today, still need more rest - but figured the sooner I start again the better, otherwise I'll keep putting it off.
- Almost didn't squat since my legs are so overworked but ultimately just deloaded it. Was better (read: easier) than expected, but I really rushed the last set, and it was very sloppy - bar got a bit far forward a couple of times and I was wobbling everywhere (see video).
- Benched 3 sets of 5 @ 64.5kg for the first time. Wasn't expecting that first day back. Might have even had 65kg in me.
- Rushed through pullups with quick rests, plus the extra weight I'm carrying, no surprise the numbers are down a bit.
- Total workout time was 1hr 15mins, nice and quickish.
- Not sure what I'm gonna do for the rest of the week, programming wise - might wing it a little depending on how I feel - definitely some light cardio tomorrow though. Will probably also go lightish on food for a week or two, do a mini cut just to get back to the weight/BF I was before I went away.

BenM

02-16-2017, 05:59 AM

Hidey ho!

Thu 16/2 - fasted**Food yesterday:** 2201 kcal**Activity yesterday:** 11.8k steps**Sleep last night:** 6 hrs 38 mins - 1 times awake, 7 times restless, 21 mins awake/restless**BW:** 74.2kg (+0.4kg)**Today's entertainment:** Aceradio - The Hair Band Channel**OHP:**

2x5 @ 20kg

1x5 @ 32.5kg

1x5 @ 44kg - new 5RM

2x4+F @ 44kg

Dips:

1x3 @ BW + 20kg

1x5 @ BW + 15kg

3x7 @ BW + 15kg

Elliptical:

30 mins LISS - worked up to a steady clip and kept it there. Didn't really get out of breath, but sweated lots.

5.68kms / 422kcal / avg 142 BPM

Press griiiiind video: <http://www.youtube.com/watch?v=Y62lb0GAFaw>

Notes:

- Wow, got 44kg for a set of five, that was hard work. May have been some excessive layback. Couldn't get it again but still, it's a good sign.
- 20kg dips was too heavy, even though I've done it before... guess the extra BW adds up, felt my shoulder giving way in the first set, so backed it off.
- Cardio went well.
- It feels good to not be hung over.
- Total workout time was 1hr 10mins.
- Looking forward to going back to work today - said nobody, ever.

peeZ

02-16-2017, 07:51 AM

Nice grind, mate!

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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Matthew_888

02-16-2017, 08:29 AM

Hi!

- I selected 4 images of your press [here](#)
- Image 1: you start your press, hips aligned w/ shoulders ("neutral" position)
- Image 2: you moved your hips behind your shoulders: why? Beside making you falling in front of you, I do not see any good reason for that.

For comparison: here is Rip doing the press w/o moving the hips behind the shoulders.

[Learning to Press 2.0 with Mark Rippetoe - YouTube](#)

<https://youtu.be/tMAiNQJ6Fpc?t=930>

BenM02-16-2017, 10:29 AM

Quote:

Originally Posted by **peez** Nice grind, mate!

Thanks. Was surprised, I normally struggle a bit if I haven't eaten but this morning was good.

Quote:

Originally Posted by **Matthew_888** 

Hi!

- I selected 4 images of your press [here](#)
- Image 1: you start your press, hips aligned w/ shoulders ("neutral" position)
- Image 2: you moved your hips behind your shoulders: why? Beside making you falling in front of you, I do not see any good reason for that.

For comparison: here is Rip doing the press w/o moving the hips behind the shoulders.

[Learning to Press 2.0 with Mark Rippetoe - YouTube](#)

<https://youtu.be/tMAiNQJ6FPc?t=930>

Hey, thanks for going to the trouble of doing that. Looks like a bad habit I've picked up, I don't think I have always done it (though I haven't always done press 2.0 either, sometimes I have just done strict press and used the stretch reflex). I guess it feels like I have to go back before going forward but that's clearly not the accepted method..... I'll definitely work on it next time :)

Matthew_88802-16-2017, 09:01 PM

- My pleasure: if I can spot problems and aiming at cues to correct them then I really know SS and hopefully correct my own problems.
- Win-win!

BenM02-17-2017, 07:54 AM

Quote:

Originally Posted by **Matthew_888** 

- My pleasure: if I can spot problems and aiming at cues to correct them then I really know SS and hopefully correct my own problems.
 - Win-win!
-

Yeah, I am training on my own, no coach, and still a relative newbie. Have come a long way with certain things but there are LOTS of things about my form that can be improved so little critiques are always helpful... I don't always look at the videos very closely myself as by the time I edit and upload them I'm usually starving and keen to go and eat.

Anyhoo, maybe not worth logging this but I will anyway.

I had planned to get up early and train this morning but felt pretty tired last night after work. Managed to get into bed by 8:30pm and lights out by 8:45pm. But when the alarm went off at 4:50am there was no way in hell I could get up - still felt absolutely zonked. This is strange... normally I am very keen for lifting, even at sparrow's fart after 6 or 7 hours sleep. I think the last week of crazy activity levels is catching up with me, and being back in a calorie deficit for the last couple of days probably doesn't help either. Ultimately I caught another hour and a half of z's and then figured going out for a walk is better than doing nothing.

Resting heart rate is back down to 51 BPM which is almost normal, and I've dropped 1kg since yesterday - probably won't need to diet down for any longer than 2 weeks tops. Hopefully my energy levels will improve tomorrow and I can hit the weights then.

Fri 17/2 - fasted

Food yesterday: 2099 kcal

Activity yesterday: 9.9k steps

Sleep last night: 9 hrs 4 mins - 2 times awake, 10 times restless, 24 mins awake/restless

BW: 73.2kg (-1.0kg)

Today's entertainment: How Stuff Works podcast

Active Recovery:

4.12km walk, 27:06 mins, ave HR 105 BPM

BenM

02-18-2017, 03:38 PM

Sat 18/2

Food yesterday: 2123 kcal

Activity yesterday: 8.9k steps

Sleep last night: 8 hrs 9 mins - 1 times awake, 7 times restless, 15 mins awake/restless

BW: 73.0kg (-0.2kg)

Today's entertainment: Aceradio - The Hard Rock Channel

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg

1x1 @ 100kg

3x5 @ 110kg

Bench Press:

2x5 @ 20kg

1x5 @ 50kg

3x4+F @ 65kg

2x5 @ 60kg #4volume

Deadlift:

1x5 @ 90kg

1x5 @ 110kg

1x5 @ 130kg equal 5rep PR

As usual, some video to entertain anyone who's interested: <http://www.youtube.com/watch?v=9KljefNHjIE>

Notes:

- I'd forgotten how hard it is training in a caloric deficit... oops. Had a decent sleep, and a busy morning doing household stuff, then took some serious self-psyching up to get my arse into the gym this arvo.
- Squats were hell - all over the place, but they didn't look that bad on video except the very last rep. Just gonna keep LPing these back up to where I was for the next week or two (and beyond, hopefully... nutritional barriers notwithstanding...).
- Bench OK, but I didn't have it in me to hit a new PR today, though it was very, very close to going up in the first 2 attempts. Didn't even bother trying in the third set.
- Deadlifts felt pretty damn good during the warmup, I actually scraped my shins which is a good sign. Work set was hard, upper back was roundy as usual, and got even worse as I got tired, but still managed five without taking my hands off the bar. OK, I rested for 10 or 15 seconds before the last rep, but I'm still calling it a set of five.
- Total workout time was 1hr 18mins - this, I like.

JT_

02-18-2017, 05:07 PM

Loving the detailed logs. Keep up the great work!

BenM

02-18-2017, 06:29 PM

Quote:

Originally Posted by JT_ 

Loving the detailed logs. Keep up the great work!

Thanks mate, I reckon lots of people think it's TLDR but it's kinda an outlet, since I think my wife will divorce me if I keep trying to discuss it with her.

Only half joking.

Matthew_888

02-18-2017, 09:51 PM

- Back is rounded: as it is, it will probably be translated to some painful experiences...

<http://i.imgur.com/n6xmtAg.png>

- How SS teaches the DL:

<http://i.imgur.com/Opmz2FJ.png>

BenM

02-19-2017, 07:27 AM

Quote:

Originally Posted by **Matthew_888** 

- Back is rounded: as it is, it will probably be translated to some painful experiences...

Thanks. I am aware of the issue, unfortunately this is as flat as my back gets. Too much time spent sitting at a desk. I continue to work on it, but nothing I've done til now changes it.

Sun 19/2

Food yesterday: 2199 kcal

Activity yesterday: 14.1k steps

Sleep last night: 8 hrs 5 mins - 0 times awake, 3 times restless, 13 mins awake/restless

BW: 72.2kg (-0.8kg)

Today's entertainment: Barbell Shrugged podcast

Conditioning/Fat Loss - Elliptical:

- 5 mins warmup
 - Intervals - 4 rounds of 20s on 10s off - 60 secs rest
 - A few more rounds of 10s on 10s off
 - 10 mins total (2.04km)
 - 5 minutes rest
 - 30 minutes LISS, medium intensity - ramping resistance protocol (5.8km)
 - Fitbit says 505kcal burn, 133 avg BPM
-

BenM

02-20-2017, 07:32 AM

Mon 20/2 - fasted (just BCAAs / no caffeine)

Food yesterday: 2234 kcal

Activity yesterday: 15.2k steps

Sleep last night: 6 hrs 40 mins - 2 times awake, 9 times restless, 25 mins awake/restless - plus an hour's nap yesterday afternoon

BW: 72.5kg (+0.3kg)

Today's entertainment: AceRadio - The Super Rock Mix

Overhead Press:

- 2x5 @ 20kg
- 1x5 @ 32.5kg
- 1x3+F @ 44kg wtf?
- 1x5 @ 44kg equal PR
- 1x4 @ 44kg fffff
- 1x3 @ 42.5kg
- 1x4 @ 42.5kg

Pendlay Rows:

- 1x5 @ 42.5kg
- 2x5 @ 52.5kg
- 3x5 @ 55kg - new PR I think

Lying Tricep Extensions (EZ Curl Bar):

1x12 @ 36kg - PR for 12s but it was scrappy by the end

1x8 @ 36kg fried

1x10 @ 36kg very scrappy

Conditioning:

Elliptical - 21 mins ramping resistance - medium intensity

4.12km, 306kcal burn, ave HR 148 BPM

Took video, but no time to edit/upload, it'd be boring anyway. Total workout time was 1hr 25mins.

BenM

02-21-2017, 05:56 AM

Tue 21/2**Food yesterday:** 2169 kcal**Activity yesterday:** 9.8k steps**Sleep last night:** 7 hrs 4 mins - 1 times awake, 4 times restless, 6 mins awake/restless**BW:** 72.7kg (+0.2kg)**Today's entertainment:** Aceradio - The Hair Band Channel**Squat:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x5 @ 85kg

3x5 @ 100kg

Bench Press:

2x5 @ 20kg

1x5 @ 50kg

2x3 @ 65kg

1x2 @ 65kg

2x5 @ 60kg bek orf

Chinups:

7, 6, 7, 6 @ BW

Video for what it's worth... <http://www.youtube.com/watch?v=Fq7rvw6SBUU>

Notes:

- Felt horrible. Sleep was bad, I definitely woke up more than the Fitbit thinks - wife woke me at least once complaining about snoring, and child in the bed woke me more than once too. Took preworkout (which I haven't used for maybe 6 months) with 180mg of caffeine in it, didn't help, just made me thirsty. Considering having more coffee post workout.
- Deloaded squats, mostly because the left hand side of my back is still sore from a couple of weeks ago but also because I felt so rubbish. Even this light weight felt hard. They may even be a touch shallow.
- Bench proved how weak I was this morning, no way in hell was I getting close to 4 reps @ 65, let alone 5. Disappointed to regress like that, but just did what I could.
- Total workout time was 1hr 33min - did some work in between sets so slowed me down a bit. All in all a pretty bad effort, but gotta be expected I guess.

Matthew_888

02-21-2017, 06:06 AM

Great that you completed the workout anyway :-) !

BenM

02-21-2017, 07:25 AM

Quote:

Originally Posted by **Matthew_888** 

Great that you completed the workout anyway :-) !

Thanks mate.

At least I know the cause, and at least it should only be temporary, the food thing anyway. Sleep I can't control much - daughter was sleeping all night in her own bed all night for a while but seems to have regressed :(

Worst part (or maybe best part) is, it's pizza night tonight - so I need to undereat a bit more than usual today to make room for the extra calories! Gonna be a tough day. Scale better drop a little tomorrow, I'm due for a whoosh.

BenM02-22-2017, 06:05 AM

Wed 22/2 - fasted (just BCAAs / no caffeine)

Food yesterday: 2216 kcal

Activity yesterday: 6.8k steps

Sleep last night: 6 hrs 58 mins - 3 times awake, 11 times restless, 19 mins awake/restless

BW: 72.7kg (no change)

Today's entertainment: Art of Manliness podcast

Incline Bench Press:

2x8 @ 20kg

1x2 @ 50kg

2x8 @ 45kg

1x5 @ 45kg

Supersetted with:

Incline Dumbbell Flys:

1x6 @ 11.3kg (25lbs)

2x12 @ 10.2kg (22.5lbs)

Pushups:

3x12 @ BW

Supersetted with:

Hammer Curls:

1x12 @ 10.2kg (22.5lbs)

2x12 @ 11.3kg (25lbs)

Conditioning:

Elliptical - 30 mins on peak intervals setting

5.79km, 429kcal burn, ave HR 148 BPM

No work today, should've had a sleep in, but taking the wife out for fish and chips for lunch and felt like I should compensate. Maybe tomorrow I'll just walk. Not much gas in the tank. Damn scales still haven't moved either.

Was pretty quick today, 1 hr 4 mins, but performance was pretty poor due to low energy / low rest times.

BenM02-24-2017, 06:10 AM

Thu 23/2 - fasted (just BCAAs / no caffeine)

Ate 2019kcal yesterday, weighed 72.4kg, and managed 8hrs 18 minutes sleep (wow).

Actually slept in a bit, and just did a short morning walk - 4.21km, 28:01min, ave 128 BPM.

Fri 24/2 - fuckarounditis

Food yesterday: 1782 kcal (!)

Activity yesterday: 9.6k steps

Sleep last night: 6 hrs 8 mins - 2 times awake, 6 times restless, 16 mins awake/restless

BW: 72.0kg (-0.4kg)

Today's entertainment: How Stuff Works podcast

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On (5th hole) ---

1x3 @ 85kg

1x1 @ 100kg

1x1 @ 110kg

1x1 @ 120kg

1xF @ 130kg

1xF @ 125kg

1x3 @ 110kg, bit shallow maybe

1x5 @ 100kg, felt stupidly easy, may also be slightly high

Overhead Press:

2x5 @ 20kg

1x3 @ 30kg

1x1 @ 40kg

2xF @ 50kg ouchie arm

1x2 @ 45kg

1xF @ 42.5kg

Bench Press:

2x5 @ 20kg

1x3 @ 30kg

1x3 @ 40kg

1x1 @ 60kg

1x1 @ 70kg

1x1 @ 72.5kg

1x3 @ 65kg

2x5 @ 60kg

Last sets were supersetted with:

Dumbbell BORs:

3x12 @ 11.3kg (25lbs) - easy, but that's what was on the dumbbells and I cbf'd changing

Video for the lulz, includes some fails: <http://youtu.be/cv8S-ja9oO4>

So I felt pretty good this morning, aside from the left side of my lower back which is still sore all the time. Almost front squatted but I hate them even more than back squats so I am going to just train without a plan for a little while and (following Andy Baker's principles) try to work up to heavy singles rather than heavy sets because a) I'm not gonna see gainz anyway on this mini cut and b) I want to get it right for when I start eating more again in a couple of weeks.

Squats felt OK, except going for 130kg was bloody ambitious, although given I've squatted 120kg for reps a few weeks ago I was surprised to miss 125. Guess I'm a little weaker at the moment.

Attempted an equal PR on OHP, and got weird pain on the outside of my right arm - almost at tricep, not quite - like a mild strain, not terrible, but definitely affected the lift. Backed out early, tried again, second time proved it wasn't a fluke. Got 2 reps at 45kg but then couldn't even get 42.5 which should be easy and decided to let it go.

Tried benching instead, felt it but it didn't affect things too much. Hit a +BW bench press, not far off my PR of 75, so at least this lift is hangin' in there, and did a bit more volume too.

All in all took 1hr 5 mins, bit disappointed with the squatz, can't help the OHP (shit happens), and bench was good - hope everyone has a fantastic day!

JT_

02-24-2017, 08:02 AM

Nice work man. Not 100% sure on this but your bench doesn't look like it's following a vertical bar path. Take what I say with a grain of salt though, pretty new to this.

Ryaan

02-24-2017, 08:33 AM

Quote:

Originally Posted by **JT_** 

Not 100% sure on this but your bench doesn't look like it's following a vertical bar path. Take what I say with a grain of salt though, pretty new to this.

I'm no expert, but the bar path here looks okay to me. The bench is the one lift where the Starting Strength model doesn't call for a vertical bar path, as the lockout position is directly above the shoulder joint, but the bottom position has the bar touching lower down (anatomically inferior) near the base of the sternum. It's so you don't impinge your shoulders and saw through your rotator cuff tendons (as you would if you used the most mechanically efficient path, which would be straight down from the lockout position). The result of that is that the most efficient safe bar path for the bench is not quite vertical.

That being said, BenM, I think your elbows aren't staying under the bar—you want your forearm completely vertical under the bar (so there's no moment force between your elbows and the bar) for the most efficient transfer of force.

BenM

02-24-2017, 10:01 AM

Thanks fellas - it's hard without a coach, I just try and learn from others and from reading and looking at videos. Yeah, I always thought the bar path was supposed to be on an angle at bench, locking out above the shoulder but touching the chest at the higher point. So I got that part right at least....

Looked at the video again, Ryaan do you mean I need to flare my elbows a bit more at the bottom? Cos that's what it looks like I'd have to do in order to get my elbows under the bar more.

Ryaan

02-24-2017, 10:18 AM

Quote:

Originally Posted by **BenM** [»](#)

Looked at the video again, Ryaan do you mean I need to flare my elbows a bit more at the bottom? Cos that's what it looks like I'd have to do in order to get my elbows under the bar more.

I don't think that you'll want to flare your elbows out because then you'll end up with the same sort of problem along a different axis. If you're got the book handy, check out Figure 5-13, which shows the correct, vertical forearm position from a couple of angles. I find that just thinking of keeping the elbows under the bar on the way down and up does the trick. Look at figure 5-15, too—right now it looks to me like your elbows are in the first position, but you want them tucked under like in the second position shown there.

BenM

02-24-2017, 10:23 AM

Quote:

Originally Posted by **Ryaan** [»](#)

I don't think that you'll want to flare your elbows out because then you'll end up with the same sort of problem along a different axis. If you're got the book handy, check out Figure 5-13, which shows the correct, vertical forearm position from a couple of angles. I find that just thinking of keeping the elbows under the bar on the way down and up does the trick. Look at figure 5-15, too—right now it looks to me like your elbows are in the first position, but you want them tucked under like in the second position shown there.

Alright, thanks mate. Don't have the book handy, but I'll check it out when I get home tonight.

JT_

02-24-2017, 01:26 PM

Quote:

Originally Posted by **BenM** [»](#)

Thanks fellas - it's hard without a coach, I just try and learn from others and from reading and looking at videos. Yeah, I always thought the bar path was supposed to be on an angle at bench, locking out above the shoulder but touching the chest at the higher point. So I got that part right at least....

Looked at the video again, Ryaan do you mean I need to flare my elbows a bit more at the bottom? Cos that's what it looks like I'd have to do in order to get my elbows under the bar more.

I'm glad I commented because now I've learned something new. I own SS and PP:ST. Better read them again. Haha

BenM

02-26-2017, 12:37 PM

Good afternoon!

Sun 26/2**Food yesterday:** 2124 kcal**Activity yesterday:** 24.7k steps (golf)**Sleep last night:** 7 hrs 57 mins - 1 times awake, 11 times restless, 20 mins awake/restless**BW:** 71.0kg (-0.2kg)**Today's entertainment:** Aceradio - The Hair Band Channel**Squat:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 70kg

--- Belt On (5th hole) ---

1x3 @ 90kg

1x3 @ 105kg

1x1 @ 120kg

1x1 @ 125kg new PR

1x3 @ 115kg - depth was iffy on the last two

--- Turn up the F(*G music! ---

2x5 @ 110kg so damn shallow

Bench Press:

2x5 @ 20kg

1x3 @ 40kg

1x4+F @ 65kg soooooooo CLOSE DAMNIT

1x3 @ 65kg didn't even attempt 4

1x4+F @ 65kg

1x1 @ 70kg

1xF @ 77.5kg nup nup nup and hamstring cramped on the way up

1xF @ 76kg no

1x5 @ 62.5kg back off

1x2 @ 67.5kg just because

Pullups:

7, 7, 8 (equal PR), 7 @ BW

Video of some stuff: <http://vimeo.com/205728306>

-
- This is the lowest I've weighed for a month, and I may be cutting a bit quicker than I should. Had a couple of really low cal days (17-1800) on Thurs/Fri and a busy day yesterday so might be an anomaly too - have been aiming for 2200 or so but the scale didn't seem to be moving and I got a bit spooked. Will see where I'm at tomorrow, but pretty sure that's close to the right number for a slow cut. Anyway, got the hangry jitters and a sore back as usual.
 - Hit the squat PR I couldn't nail on Friday. Pretty happy with that, depth looked good on video too. Got some volume in as well.
 - FFS, bench felt good this morning but that 5th rep. Damn it! Tried to focus on grip and keep my elbows under the bar but I don't think these are much better. Was a bit silly trying to hit a bench PR when I feel so run down, but figured if I got the squat why not try. No chance though - maybe next time. Did a little bit of back off work.
 - Pullups back where they were, maybe the weight drop has helped heh..... I have a tendency to give up when the rep gets real slow, but might be underestimating what's in the tank - got 8 on the third set, reckon I might've been able to get 8 on the second set too. Definitely not the last....
 - Total workout time was bang on 2 hours - all things considered, I'd call that a great session, and now I'm real hungry. Gonna go eat then have a nice lazy afternoon/evening.... have a fantastic day everyone!

BenM02-27-2017, 11:40 AM

Sun 26/2 - more silliness

Batching it last night. Had chocolate coated macadamias after dinner. Decided I needed to walk them off:

Elliptical:

20 mins - pretty steady walking pace. Fitbit says 195 kcal burn, 113 BPM average HR.

Then did neutral grip chinups x 9 reps, straight into pullups x 3 reps, then decided I was being silly and should go relax.

Mon 27/2**Food yesterday:** 2132 kcal**Activity yesterday:** 11.7k steps**Sleep last night:** 7 hrs 6 mins - 2 times awake, 6 times restless, 19 mins awake/restless**BW:** 71.1kg (+0.1kg)**Today's entertainment:** Barbell Shrugged podcast**Walk:**

7.11km, 44:55 mins, ave HR 125 BPM, 458 kcal burn.

Just some active recovery today, since yesterday was kinda heavyish. Back to the L in HLM tomorrow AM.

Interested to note that my resting HR (which I might've mentioned had crept up to the high 50s while I was away) has dropped drastically now - in the last week it's gone 50, 50, 50, 51, 49, 48, 46, 46. I kinda hope this isn't my metabolism slowing in response to the reduced fuel intake, since I have really only done one 'proper' cardio session and that was back on Wednesday.

BenM02-28-2017, 06:04 AM

Good morning!

Tue 28/2**Food yesterday:** 2025 kcal**Activity yesterday:** 10.6k steps**Sleep last night:** 6 hrs 51 mins - 2 times awake, 6 times restless, 13 mins awake/restless**BW:** 71.8kg (+0.7kg)**Today's entertainment:** A couple of podcasts**Squat:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On (5th hole) ---

1x5 @ 85kg
2x5 @ 105kg

Overhead Press:

2x5 @ 20kg
1x3 @ 30kg
1x1 @ 40kg
2x3+F @ 43.5kg
1x4+F @ 41.5kg
1x4 @ 41.5kg didn't even attempt 5
1x4+F @ 41.5kg again

Deadlift:

1x5 @ 90kg
3x5 @ 110kg

Video of work sets: <http://youtu.be/25X9z0fpJTz>

-
- Weight has gone up, wtf? That shits me. Lower back still sore, doesn't seem much better.
 - Squats went OK - felt heavy, but that's to be expected I guess. Depth was iffy on a few reps, but mostly OK. At least I stayed tight.
 - Overhead press felt horrible. I hit 43.5kg for fives a month ago, but was a long way off today. Took a couple of kilos off and still couldn't get fives. Wow.
 - Wasn't up for max effort deadlifts with the back how it is, but I need to practice the movement so just did a bit of volume at submaximal weights. Went ok - thoracic spine still hunched over, that's as flat as it seems to get but my lower back felt pretty good both during and afterwards.
 - Total workout time was bang on 1hr 21mins. Crappy morning really, I need more sleep. Got a day off Friday so might move Thursday's session back a day, we'll see. Pretty keen to bench tomorrow, and get at least one cardio session in between now and then.

BenM

03-01-2017, 07:45 AM

Good morning log (and anyone reading it :))!

Wed 29/2

Food yesterday: 2054 kcal

Activity yesterday: 6.9k steps

Sleep last night: 7 hrs 34 mins - 2 times awake, 6 times restless, 16 mins awake/restless

BW: 71.3kg (-0.5kg)

Today's entertainment: How Stuff Works podcast

Conditioning:

Elliptical - fat loss protocol (fasted):
 - 16 mins HIIT - 2 mins warmup, 7 rounds of 30s on, 90s off - 3.43km / 252kcal burn
 - 5 mins rest
 - 21 mins medium intensity - ramping resistance up a notch @ 3, 6, 9 mins and back down @ 12, 15, 18 mins - 4.24km / 314kcal burn
 - Fitbit says ave HR 138 BPM / 494kcal burn for the whole session

-
- I'm feeling pretty tired and run down - when the alarm went off @ 5:15am I decided to just do cardio this morning and stayed in bed til 6am. Don't think I actually got any

extra sleep in that 45mins despite what the Fitbit says.

- Lower back fkd. It always gets sorer through the work day but was worse than usual yesterday, so much so I resorted to the Naproxen when I got home. So frustrating - I know exactly when I tweaked it, back on 5th Feb's heavy day. Don't think I'll squat tomorrow, will just pump the NSAIDs for a few days and see if it improves.
- Diet update, last 7 days: Average food: 2000kcal/day, protein 177g/carbs 180g/fat 62g, weight has gone from 72.7kg on 21/2 to 71.3kg this morning (1/3). Resting HR is at an all time low I think - 45 BPM the last 2 mornings, wow.

Toasterleavings

03-01-2017, 11:50 AM

Hope your back settles down quickly man, so you can jump back aboard the gainzz train.

BenM

03-01-2017, 12:08 PM

Quote:

Originally Posted by **Toasterleavings** »»

Hope your back settles down quickly man, so you can jump back aboard the gainzz train.

Thanks Shane... me too. Took months to get over the last tweak properly!

BenM

03-02-2017, 05:58 AM

Good morning!

Thu 2/3

Food yesterday: 1848 kcal

Activity yesterday: 10.5k steps

Sleep last night: 7 hrs 14 mins - 3 times awake, 13 times restless, 37 mins awake/restless

BW: 71.5kg (+0.2kg)

Today's entertainment: Art of Manliness podcast

Front Squat:

2x5 @ 20kg

1x5 @ 40kg

2x5 @ 60kg

2x3 @ 70kg new PR

Incline Bench Press:

2x8 @ 20kg

4x8 @ 45kg

Dumbbell Flys:

3x12 @ 11.3kg (25lbs)

Neutral Grip Chinups:

7, 8, 7, 7 @ BW

Conditioning:

Elliptical - 31 mins ramping resistance

Up a notch @ 3, 8, 13 mins, down a notch @ 18, 23, 28 mins

6.14km, 454kcal burn, avg HR 144 BPM.

- Got to bed at 9pm last night but sleep was ordinary as usual. Felt surprisingly decent this morning though, energy wise. Chose to do this morning's workout fasted, just black coffee and BCAAs. Looking forward to a sleep in tomorrow!
- Scales are being stubborn, but I've definitely lost some fat, just gotta stay the course.
- Did front squats, as that didn't put the lower back under any pressure. 70kg is a PR (cos I hardly ever FS), I just couldn't keep it in the rack position for fahves - gotta work on that. Everything else was pretty uneventful really.
- Super quick breaks between sets today, squats took 15 mins, 3 mins between bench sets, etc so I had time for some condish too. Total workout time was bang on 90mins.

Have a great day! :D

BenM

03-03-2017, 03:06 PM

Good afternoon!

Fri 3/3 - mega epic bench day

Food yesterday: 1874 kcal

Activity yesterday: 12.6k steps

Sleep last night: 7 hrs 49 mins - 3 times awake, 10 times restless, 30 mins awake/restless

BW: 70.6kg (-0.9kg)

Today's entertainment: Aceradio - The Hard Rock Channel

Bulgarian Split Squats:

1x10 @ 13.6kg (30lbs) each side

1x10 @ 15.8kg (35lbs) each side

1x10 @ 18.1kg (40lbs) each side

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

1x1 @ 70kg

1xF @ 77.5kg dreaming

1xF @ 75kg still dreaming

5x1 @ 70kg

2x3 @ 65kg

1x5 @ 60kg

1x4+F @ 60kg done

Lateral Raises:

1x12 @ 9.0kg (20lbs)

2x12 @ 7.9kg (17.5lbs) @ 40lbs

Supersetted with

Ab Wheel Rollouts:

2x12

1x20 to finish

Here is the traditional video including fails: <http://youtu.be/GVZKkCk7dRY>

- Got a whoosh with my weight this morning (though weigh in was a couple of hours later than usual due to sleeping in). Didn't sleep well at all, tried out a new bedtime protein drink last night and it made me pee lots.
- This is supposed to be medium day (squat, CGBP, chins). But no back squats for the moment, I did fronties yesterday, so I just did what I felt like. Programming is FUBAR right now but so long as I maintain as much strength/muscle as I can, I'm happy.
- First time doing BSSs, didn't know what weight to use, had trouble keeping my balance on the last set (which almost maxed out my dumbbells). Magic 8 ball is seeing glute DOMs in my future.
- Bench, just worked up to some heavy (for me) singles, then backed off til I was well and truly rooted. The second set @ 65kg almost didn't go.
- Lateral raises sucked, I couldn't even do 9kg with decent form, dropped weight. They look horrible on video too.
- Bought an ab roller today so tried it out. It works. It didn't seem to worry my lower back. Nothing to see here, move along.....
- Total workout time was 1hr 26mins... nice.
- Was thinking of a refeed day tomorrow, bump carbs up a bit just to reboot things. Looking forward to that :)

BenM

03-05-2017, 12:29 PM

Good afternoon fellow lifters!

Sat 4/3

Wasn't quite a rest day. Ate 1928kcal on Friday, got 7hrs 26mins sleep, and did 10.7k steps, including 20 mins really light LISS on the elliptical in the afternoon. Pretty good activity wise, since I spent heaps of hours on the laptop working.

Sun 5/3

Food yesterday: 1925 kcal

Activity yesterday: 10.7k steps

Sleep last night: 7 hrs 54 mins - 1 times awake, 2 times restless, 3 mins awake/restless

BW: 70.3kg (-0.1kg)

Today's entertainment: Aceradio - The Hair Band Channel

Front Squats:

2x5 @ 20kg

1x5 @ 40kg

1x5 @ 60kg

3x5 @ 70kg new 5rep PR

Overhead Press (1.0):

2x5 @ 20kg

1x5 @ 32.5kg

1x5 @ 40kg

1x3 @ 45kg

1xF @ 50kg (equal PR attempt)

5x3 @ 45kg

1x1 @ 47.5kg toasty now

Pullups:

4x5 @ BW + 5kg (last one had some flailing)

Lying Tricep Extensions:

3x12 @ 32.5kg

Supersetted with

Ab Wheel Rollouts:

3x12

Here, have a picture of Queen Victoria (no thanks, I'm trying to give them up): <http://youtu.be/Xi8qCUvJnnA>

-
- Geeze, I slept like a log last night and the Fitbit shows it. So the refeed day didn't happen yesterday... argh. Not to worry - family roast dinner tonight, so I'll have a slight topup.
 - Front squats were OK, got 5s @ 70kg (near enough to BW) for the first time. Warmed up the legs nicely.
 - Sick of failing fahves @ 43.5kg (and less) on OHP - went for a triple @ 45kg and got them fairly easily, so much so I tried to go for an equal PR single but missed it. Might just run with triples for a bit while I'm cutting, keep the intensity up but volume a little lower, I run out of gas pretty quick. Did these without hip bounce (but with stretch reflex) - think I like it better (and feel stronger) than 2.0 tbh.
 - Wanted sets of 5 on pullups, figured go conservative with weight, glad I did because the fifth was a grind every time, had to flail (read: cheat) to get the last one. Went a lighter weight with LTEs as well, just wanted a pump really (got that)... my abs are also sore now....
 - Total workout time was 1hr 51mins. Bugged.

BenM

03-06-2017, 05:35 AM

Morning!

Mon 6/3

Food yesterday: 1953kcal - but who REALLY knows how much was in that choc ripple cake

Activity yesterday: 6.9k steps

Sleep last night: Terrible - 7 hrs 4 mins - 4 times awake, 10 times restless, 44 mins awake/restless

BW: 70.9kg (+0.6kg - but no BM)

Today's entertainment: Netflix - Don't Trust the B_____ in Apartment 23

Conditioning:

Elliptical - fat loss protocol (fasted):

- 16 mins HIIT - 2 mins warmup, 7 rounds of 30s on, 90s off - 3.31km / 244kcal burn
- 5 mins rest
- 21 mins medium intensity - ramping resistance up a notch @ 3, 6, 9 mins and back down @ 12, 15, 18 mins - 3.93km / 293kcal burn
- Fitbit says ave HR 135 BPM / 495kcal burn for the whole session

-
- Getting woken up multiple times during the night by screaming kids sucks. We had 2 nights in a row where she slept in her own bed all night, then of course the first work night, she's back to her old tricks again.....

- This felt like death, the numbers are down a bit on when I did it last week. Maybe tiredness, dunno.
- On the upside, my back is starting to feel fairly solid - will see how it goes after a few days at work (and after I stop taking the Naproxen) - maybe do some back squats again soon.

Hope everyone has a great day!

BenM

03-07-2017, 10:16 AM

Good morning fellow lifters!

Tue 7/3

Food yesterday: 2000 kcal

Activity yesterday: 10.4k steps

Sleep last night: 7 hrs 15 mins - 0 times awake, 7 times restless, 13 mins awake/restless

BW: 70.9kg (No change)

Today's entertainment: Barbell Shrugged + Jugglife Podcasts

Bulgarian Split Squats:

4x10 @ 18.1kg (40lbs)/side

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

3x6 @ 60kg

2x3 @ 65kg

1xF @ 70kg Gah. Weak. Enough.

Rack Pulls:

1x10 @ 70kg

1x10 @ 90kg

1x10 @ 110kg

Dumbbell Flys:

3x12 @ 11.3kg (25lbs)

Ab Wheel Rollouts:

3x12

Conditioning:

Elliptical - 15 mins ramping resistance up @ 2/4/6 mins, down @ 8/10/12 mins

3.04km / 225kcal burn / ave HR 146 BPM

Vidiot: <http://www.youtube.com/watch?v=o4vcyoje1zY>

-
- Harrumph. Did 6es on bench then triples, but afterwards was too knackered to hit 70kg even for a single (which I happily hit a few times on the weekend). Just tired I guess.
 - Tested out the lower back with some light rack pulls, felt OK. Might actually stop taking Naproxen and see how it feels in a couple of days.
 - Total workout time was 1hr 15mins but then on the spur of the moment I decided to hit the elliptical for 15mins on top of that. Big effort. Bacon and eggs at work

breakfast this morning. Noms.

Have a happy day!

JT_

03-08-2017, 10:26 AM

Hey man, just checking in. Great, detailed logs as usual. Keep it up. What goals are you working towards right now? My apologies if you've already mentioned them in previous logs.

BenM

03-08-2017, 10:57 AM

Quote:

Originally Posted by JT_ 

Hey man, just checking in. Great, detailed logs as usual. Keep it up. What goals are you working towards right now? My apologies if you've already mentioned them in previous logs.

Thanks man. Right now, I'm just trying to lose a bit of body fat (I'd like to get to maybe 12%) while maintaining the little strength I have, I'd estimate I'm roughly mid 15s now, so it'll take another 3-4 weeks maybe if things go to plan. Also trying to properly rehab my back at the same time (hence the lack of heavy squats). I hurt it last year and it's never been the same since - was almost 100% and then tweaked it a few weeks ago squatting, but it's starting to get pretty close to right.

Can't wait to start eating for gainz again though. I am hoping to get to a 2xBW squat this year (should do that easily enough) and get bench to maybe 1.2xBW (which is probably more iffy, but we'll see) - all while staying reasonably lean. Because I am vain.

BenM

03-09-2017, 06:00 AM

Good morning fellow lifters!

Wed 8/3

Got an extra hour's sleep and just went for a walk in the AM - 44:13, 7.36km, avg HR 167 BPM (WTF). Had eaten 2924 kcal on Tuesday, no idea how much sleep because I forgot to take the Fitbit off charge and back on my wrist before bed - it wasn't much though.

Thu 9/3

Food yesterday: 1821 kcal

Activity yesterday: 11.1k steps

Sleep last night: 7 hrs 5 mins - 2 times awake, 5 times restless, 18 mins awake/restless

BW: 71.0kg (+0.1kg)

Today's entertainment: How Stuff Works podcast

Front Squats:

2x5 @ 20kg

1x5 @ 40kg
1x5 @ 60kg
1x5 @ 72.5kg new 5rep PR
1x3 @ 72.5kg apparently I should've set the safeties lower
2x5 @ 72.5kg

Overhead Press (1.0):

2x5 @ 20kg
1x5 @ 32.5kg
1x5 @ 40kg
1x3 @ 45kg
4x3 @ 45.5kg new 3RM PR
1x1 @ 48kg just because

Pendlay Rows:

3x5 @ 56kg new PR

Supersetted with

Ab Wheel Rollouts:

3x12

HIIT:

Elliptical - 7 rounds 30s on 90s off
16 mins - 3.56km - 262kcal burn - ave HR 151 BPM

Video: <http://youtu.be/vRLIbKkajbw>

-
- Weight has been stubborn all week, I'm due a whoosh.
 - For that reason, plus I'm sitting in a classroom all day today, kept the weights quick this morning and made time for some HIIT at the end.
 - Was a great workout! Though my front squats are terrible, gotta remember to keep my elbows up. I hit the safeties in one set and lost the bar altogether, you can see it in the video.
 - Did some rows, just to keep testing out the lower back - felt fine, but didn't want to overdo it. Had some of the telltale tightness last night doing the dishes so it's not quite there yet, but getting close.
 - Also, might need to stop the ab roller til next week to give my ab DOMs a chance to recover. They're really feeling it :)
 - Total workout time was 1hr 25mins including the cardio, got a good bit of work done.

Have a great day everyone!

BenM

03-10-2017, 01:43 PM

Fri 10/3

Food yesterday: 1875 kcal

Activity yesterday: 11.2k steps

Sleep last night: 7 hrs 32 mins - 0 times awake, 9 times restless, 19 mins awake/restless

BW: 70.4kg (-0.6kg)

Today's entertainment: Barbell Shrugged podcast / AceRadio - the Hard Rock Channel

Morning Cardio (fasted):

Elliptical - 31 mins ramping resistance
Up a notch @ 3, 8, 13 mins, down a notch @ 18, 23, 28 mins
5.66km, 423kcal burn, ave HR 142 BPM

Afternoon:

(Very Light) Squats:

2x5 @ 20kg
1x5 @ 45kg
3x5 @ 70kg

Bench Press:

2x5 @ 20kg
1x5 @ 32.5kg
1x5 @ 45kg
1x3 @ 60kg
1x3 @ 66kg - new 3RM PR (+1kg)
1x2+F @ 66kg
2x2 @ 66kg - FFS

Video: <http://youtu.be/TuYDprAfDRU>

-
- Weight dropped a bit this morning.
 - Really just wanted to get some benching in this afternoon, but did some light squats as a warmup and to test out the lower back. Felt the left hand side erector go ping in the second set at 70kg, not badly, but enough to tell me that's enough. Was planning on deadlifting today too, but put the kibosh on that idea.
 - Got a new 3RM on bench, but was out of gas after that, too hungry and shaky. I'd planned on hitting a couple of singles @ 70kg but after hitting the safeties twice (on rep 2 both times) I got the shits and racked it for the day. Gotta go do domestic stuff anyway.
 - 34 mins in the gym this arvo. Probably not enough work to do anything much except burn a few calories. Meh.

BenM

03-11-2017, 03:02 PM

Sat 11/3

Food yesterday: 1896 kcal

Activity yesterday: 17.3k steps

Sleep last night: 7 hrs 48 mins - 2 times awake, 6 times restless, 13 mins awake/restless

BW: 70.4kg (No change)

Today's entertainment: Footy on Fox!

Cardio:

Elliptical - 42 mins ramping resistance
Up a notch @ 7, 12, 18 mins, down a notch @ 24, 30, 35 mins
7.56km, 565kcal burn, ave HR 135 BPM

-
- Slept pretty well last night, muscles are definitely feeling the effects of being in a deficit (gotta force myself to move), but pretty happy with how things are going - seems like what I've lost is about 90% fat and stomach is looking pretty flat.
 - It's mad, but I noticed I'd done some form of cardio for 6 days in a row, and thought 'let's go 7 for 7'. Just wanted to go longer and slower - achieved that, didn't really get puffed, but sweated plenty. Muscles actually felt less tired afterwards, which is weird.

- Not sure if it was the squats yesterday, or the fact I didn't take any Naproxen last night, but lower back is noticeably tighter today. Not painful per se, but reminding me it's there... and every time I bend over/stretch my lumbar spine the joints crack and pop. Don't think I'll back squat tomorrow - maybe I should learn the overhead (and keep working on fronties)... but do want to hit some deadlifts since they never seem to worry it - touch wood! Actually looking forward to lifting though.

My gym has a couple of new additions too (one on the way, one already there). Will post photos soon.....

BenM

03-12-2017, 11:35 AM

Sun 12/3

Food yesterday: 1849 kcal

Activity yesterday: 16k steps

Sleep last night: 7 hrs 38 mins - 2 times awake, 6 times restless, 22 mins awake/restless

BW: 69.5kg (-0.9kg)

Today's entertainment: AceRadio - the Hair Band Channel

Back Squat (light):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x5 @ 85kg

3x5 @ 100kg

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 60kg

1x1 @ 70kg

3x1 @ 71kg

1x3 @ 65kg

2x3 @ 62.5kg

1x5 @ 60kg

Deadlift (light):

1x5 @ 80kg

1x5 @ 100kg

2x5 @ 110kg

Hammer Curls:

3x12 @ 11.3kg (25lbs) - supersetted with

Ab Wheel Rollouts:

3x12

Here's some video. On review - squats look pretty good (except the third one, got lazy there). Thoracic spine is still roundy on deadlifts (sigh). And I'm maybe going too high with those hammer curls. Always lots to work on:<http://www.youtube.com/watch?v=1wKV0Uq8srY>

-
- Woah... dropped .9kg overnight, sub 70kg for the first time in 5 months. Cut is going OK.

- OK, so I changed my mind, decided to squat. I hate back squats, but I think I hate not being able to squat even more. Lower back pulled up OK, didn't feel any pings, but considering these were only 80% of my 1RM they felt fucking HARD. Amazing how fast you detrain especially in a deficit.
- Pretty much just training by feel, trying not to go near failure (though a couple of the bench sets were close) - especially with deadlift, stay within myself.
- My lower abs... ow. I actually started to feel them during the last few bench sets (which is a good sign that I'm staying tight, I guess) but when I hit the ab wheel for the first time I thought they were gonna rip apart. Seems like they haven't recovered much even with the extra day's rest. Back didn't seem too bothered, so all in all a great workout - took 1hr 47mins all up.

BenM

03-13-2017, 02:21 PM

Mon 13/3

Food yesterday: 1947 kcal

Activity yesterday: 9.8k steps

Sleep last night: 8 hrs 22 mins - 2 times awake, 12 times restless, 19 mins awake/restless

BW: 69.3kg (-0.2kg)

Today's entertainment: How Stuff Works podcast (cardio)

Morning Cardio - Fasted:

Elliptical - 42 mins ramping resistance

Up a notch @ 7, 12, 18 mins, down a notch @ 24, 30, 35 mins

7.39km, 553kcal burn, ave HR 138 BPM

Afternoon Brosesh:

Seated French Press:

3x12 @ 27.5kg

--supersetted with--

Reverse Dumbbell Flys:

3x12 @ 6.8kg (15lbs)

--followed by--

Incline Dumbbell Bench Press:

12, 12, 11 @ 15.9kg (35lbs)

Dumbbell Bent Over Row:

1x12 @ 11.3kg (25lbs)

1x12 @ 12.47kg (27.5lbs)

1x12 @ 13.6kg (30lbs)

EZ Bar Curls

6, 6, 8 @ 27.5kg

- No work today, did morning cardio, got bored in the arvo and did exactly 30 minutes of fucking around for a pump, my arms are tired now.
- Wifey came in and asked to see the ab roller. She wasn't trying very hard so I did one rep to show her (while still cold) - went too low, and almost ripped my guts open, it fucking hurt. Better lay off that for a few more days I think!

Tue 14/3**Food yesterday:** 1819 kcal**Activity yesterday:** 12.8k steps**Sleep last night:** 6 hrs 55 mins - 1 times awake, 14 times restless, 27 mins awake/restless**BW:** 69.6kg (+0.3kg)**Today's entertainment:** Art of Manliness podcast**Back Squat (light):**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x5 @ 85kg

2x5 @ 102.5kg

Overhead Press:

2x5 @ 20kg

1x5 @ 32.5kg

1x4 @ 40kg then bailed because ab strain

Pendlay Rows:

1x5 @ 40kg

3x5 @ 57.5kg new PR (+1.5kg)

LISS:

Elliptical - 30 mins easy ramping resistance

Up a notch @ 5, 10 mins, down a notch @ 20, 25 mins

5.36km, 401kcal burn, ave HR 139 BPM

Short video today... <http://youtu.be/m1XcGtyEflk>

-
- My plan is to transition back into the HLM program I was running before I went away, and steadily increase weight on the bar. My squat is a bit detrained, ideally I'll LP it up and get close to PR territory again around the time I finish cutting. So today was supposed to be 'light' day (2x5 squat, OHP and deadlift) but... Definitely strained lower ab (LHS) yesterday with that stupidity on the ab wheel. Hurts to move. Iced it in the afternoon and rested but I was seriously wondering if I could lift today.
 - Expected pain when squatting but it actually was OK. Twinged at me when unracking but not too bad otherwise, and the sets looked OK on video.
 - Pressing wasn't happening though - it really hurts at lockout and there was no way I could get past that warmup set at 40kg, didn't even try for five.
 - I deadlifted on Sunday but even if I hadn't, suspect it would have also hurt, did some rows instead. I think I even managed reasonable form for the first set or two, third one I may not have hit my chest on the last couple of reps. Judge for yourself.
 - Just hope it sorts itself out fairly quickly, I reckon I'll feel it benching as well.
 - Even with conditioning the whole session was only 1 hr 15 mins.

Side note: my wife made me some wall art which you can see in the video - she's a keeper for sure:

<http://i.imgur.com/tqUVeTo.jpg>

All times are GMT +10. The time now is 12:14 PM.

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Printable View

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BenM

03-16-2017, 08:11 AM

Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

Wed 15/3 - mid-week recovery day

Food yesterday: 1730 kcal

Activity yesterday: 10.9k steps

Sleep last night: 7 hrs 3 mins - 1 times awake, 11 times restless, 24 mins awake/restless

BW: 70.1kg (+0.5kg)

Today's entertainment: How Stuff Works podcast

LISS:

A long morning walk (fasted)

43:57, 6.59km, 444kcal burn, ave HR 125 BPM

Thu 16/3

Food yesterday: 1868 kcal

Activity yesterday: 11.4k steps

Sleep last night: 7 hrs 45 mins - 6 times awake, 11 times restless, 37 mins awake/restless

BW: 70.1kg (no change)

Today's entertainment: YouTube - Mark Bell's Powercast

LISS:

Elliptical - 42 mins ramping resistance

Up a notch @ 7, 12, 18 mins, down a notch @ 24, 30, 35 mins

7.45km, 557kcal burn, ave HR 140 BPM

So, never go full retard on an ab wheel. It was still hurting just to walk around yesterday, especially going downhill. It's a bit less sore this morning - just a dull ache, like I have a stitch - though moving the wrong way causes bigger twinges, especially rolling over/getting out of bed. I read all these horror stories online about ab strains that turn into hernias, or that take months to heal up properly. That was stupid.

Had planned to just walk Wednesday anyway, that was fine.

Had planned to lift this morning, but with some revised movements due to the injury. When my alarm went off at 4:45am I decided not to even bother risking it - just try and sleep for another hour or so, then do some cardio, so that's what I did. Had a pretty awful night's sleep, not beating myself up too much about that decision. Might try and get in there for a quick session this evening, if I can be bothered, but might not too. Part of me thinks I should just do some light accessory stuff

+ 15-20 mins cardio tomorrow and save myself for a heavyish session on Sunday. Benching might be out but maybe a feet up variation will take the abs out of it. Deadlifts, overhead presses and hanging movements like chins/pulls will almost definitely be out.

I ordered a high pulley setup for my power rack last week, which turned up yesterday, so that's convenient. May be able to do face pulls, lat pull downs (seated) or something like that if it doesn't hurt. So I have some new accessory stuff to keep me from getting too bored.....

BenM

03-16-2017, 08:37 PM

Well, I did get motivated enough to do a post dinner session this evening, while simultaneously watching the test match. Yay me!!

Back Squat:

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On --- (5th hole)
1x5 @ 85kg
3x5 @ 105kg

Feet Up Bench Press:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 50kg
3x5 @ 55kg
1x8 @ 55kg

Seated Cable High Rows:

3x12 @ 30kg

Face Pulls:

3x20 @ 15kg

<http://youtu.be/mwmElf86fnc>

* Still LPing the squat back up. Went OK, 85kg felt light AF, 105kg didn't, but I think I just got lazy with the last set in particular.

* Tried to bench normally but could feel the abdominal strain too much - felt too risky. Feet up was OK, twinged a couple of times but I kept well away from failure except the last set was AMRAP.

* Tried out my new cable toy. Form was probably shithouse but I like it, it adds some variety. How the fuck do people keep their balance doing face pulls? Anyway my back and my shoulders got a volume workout at light weight in lieu of doing chins/pullups.

* Took exactly an hour (excluding time faffing about with video and doing this post) - amazing how quick you can get through it if you're forced to. Was a great workout, and now I don't need to get up and lift in the morning - will do some cardio, if I do anything at all.....

BenM

03-18-2017, 07:19 PM

Sat 18/3

Food last 2 days: 1920/1850 kcal

Activity last 2 days: 13.4/10.9k steps

Sleep: Thursday night - 6hrs 49 mins of ok sleep. Last night was 7 hrs 55 mins of horendousness - 7 times awake, 16 times restless, 50 mins awake/restless

BW: 69.6kg/69.9kg

Yesterday - recovery LISS:

A long morning walk (fasted)

42:07, 6.99km, 427kcal burn, ave HR 125 BPM

This afternoon - Fat Loss Protocol - Elliptical:

5 mins gentle warmup.

5 mins HIIT - 5 rounds of 15secs on/45secs slow.

5 mins rest break. Lost the data for that 10 mins as the machine reset (damnit).

25 mins steady state - moderate intensity (avg about 11kph).

5 mins HIIT - 5 rounds of 30secs on/30secs slow.

5 mins warmdown.

For the post-rest 35 mins, machine said 6.52km, 485kcal burn.

Fitbit says 547kcal burn - ave HR 130 BPM for the whole sesh.

So I keep smashing the cardio, for better or worse... Child had a horrible horrible night last night, and I ended up sleeping in her bed with her from about 3am to give the wife a break as she was ready to snap.

Aiming for a heavyish session tomorrow. Ab strain is almost painless, even stretching overhead so hoping I'll be able to bench as well as squat. We shall see.

Toasterleavings

03-18-2017, 09:53 PM

Quote:

Originally Posted by **BenM** 

So, never go full retard on an ab wheel.

Yeh. Sage advice!

That's a great motivational poster your wife made for you.

BenM

03-19-2017, 02:51 PM

Quote:

Originally Posted by **Toasterleavings** 

Yeh. Sage advice!

That's a great motivational poster your wife made for you.

Thanks. I really, really like it. And on days like today it's a GREAT reminder - even if you feel like shit before training... you ALWAYS feel better afterwards.

Sun 19/3 - Heavy Day, Week 1 (current programming - [this HLM template](#))

Today's Theme: Do It Anyway:<http://www.youtube.com/watch?v=j-c0bgLpI3Y>

Food yesterday: 1852 kcal

Activity yesterday: 12.7k steps

Sleep last night: 9 hrs 21 mins - 5 times awake, 10 times restless, 28 mins awake/restless

BW: 69.5kg (-0.1kg)

Today's entertainment: Art of Manliness podcast, then TV

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg

1x1 @ 100kg

1x2+F @ 110kg

5x3 @ 110kg

--- Belt Adjustment - 6th hole!! ---

1x5 @ 110kg back off set

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

4x5 @ 60kg

3x3 @ 65kg

3x1 @ 70kg

Pull Ups:

7, 6, 7, 7 @ BW

Face Pulls:

4x20 @ 16.25kg

Slightly longer video than usual: http://youtu.be/PpTR_ldjnZ4

-
- So I had lots of sleep last night (except I kept waking up to pee). This morning I felt HORRIBLY drained, mostly legs - just really underrecovered from that big cardio sesh yesterday afternoon, and didn't want to workout at all. Had extra food/coffee beforehand to try and perk myself up.
 - With squats I was aiming for 4 sets of 5 @ 110kg but failed a rep for the first time in a little while (and this is ~ 10% below my 5RM...). It was mostly a failure of technique though (you could also probably say that fatigue was a factor). My self diagnosis is, my biggest flaw with squatting (aside from getting shallow when I get tired) is not reaching back enough with my hips, and letting the bar get too far forward of the midfoot. It's why I have tweaked my back squatting a couple of times too, as at that point I have no choice but to muscle it up with my lower back. Anyway, that's exactly why I missed it, just a fuckup. Once that happened I decided that I probably wouldn't get fives at this weight today, and did a bunch of triples, plus a back off set. Also, the belt has been feeling fairly loose lately and I realised I can actually get it another notch tighter now if I suck my stomach in - so that'll help for next time :D
 - Bench went really well. Working on lifting my head off the bench during the eccentric to try and avoid mashing it into the bench on the way back up - and staying away from full on max effort reps due to the abdominal strain. Didn't really look like missing one, the abs felt a bit tight during the last rep on a few sets but no pain, and I managed a few singles above body weight so that was ok.
 - Not much to say about pull ups and face pulls, I should be able to do more pullups but I was pretty knackered as I got through a fair bit of work today!
 - Bigger volume = more time - 2 hrs 20 mins to be exact, but I felt great afterwards for the work and I'm so glad I forced myself. Must use these log entries as a reminder, when you feel like crap - DO IT ANYWAY

My buddy had a similar ab wheel experience. He thought he may have actually hurt something and he's a pretty tough dude. It bothered him for a while.

BenM

03-19-2017, 03:14 PM

Quote:

Originally Posted by **Dag** »

My buddy had a similar ab wheel experience. He thought he may have actually hurt something and he's a pretty tough dude. It bothered him for a while.

Thanks - I'm glad it's not just me then. It was actually really hurting for a few days and I was stressing myself out that maybe I'd given myself a hernia or something.

Anyway it seems to be coming good, I just have to remember to go easy on anything that will stretch them in that direction (OHP on Tues might be interesting) and in future, learn to listen to my body instead of being a hero.....

BenM

03-20-2017, 09:49 AM

Mon 20/3 - Recovery Cardio (current programming - [this HLM template](#))

Food yesterday: 1827 kcal

Activity yesterday: 12.7k steps

Sleep last night: 6 hrs 24 mins - 2 times awake, 11 times restless, 26 mins awake/restless

BW: 69.3kg (-0.2kg)

Today's entertainment: Barbell Shrugged podcast

Elliptical:

40 minutes, easy ramping resistance - up a notch at 5, 15 minutes, down a notch at 25, 35 minutes
7km exactly, 525kcal burn, avg HR 132 BPM

Pretty slow pace, except sprinted the last minute or two to hit 7k

-
- So after the heavy barbell session yesterday, the wife says 'I'm bored, do you want to go for a bike ride?' - so of course, being the family guy I am, I said yes. It was only a short ride but my legs are tired. Plus I stayed up last night to watch Rogue One (FINALLY) - really enjoyed it. But sleep/recovery was even more compromised. Worth it. So I kept this morning's cardio session pretty low intensity.

BenM

03-21-2017, 06:10 AM

Tue 21/3 - Light Day, Week 1 (current programming - [this HLM template](#))

Today's Theme: Back to the Pressing

Food yesterday: 1836 kcal

Activity yesterday: 12.6k steps

Sleep last night: 6 hrs 38 mins - 1 times awake, 16 times restless, 40 mins awake/restless

BW: 69.9kg (+0.6kg)

Today's entertainment: The Formula 1 Channel

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x2 @ 85kg

2x5 @ 102.5kg

Overhead Press:

2x5 @ 20kg

1x5 @ 32.5kg

1x2 @ 40kg

1x4 @ 43kg

3x5 @ 42.5kg

Deadlift:

1x5 @ 90kg

1x5 @ 110kg

1x5 @ 120kg

1x2 @ 125kg

Elliptical:

15 mins - 5 mins warmup, 5 mins HIIT (15s on / 54s off), 5 mins warmdown

3.10 km, 229 kcal burn, ave HR 145 BPM

Some video of the top sets: <http://youtu.be/0nnBCNWBaAA>

-
- Awful sleep. I was in bed just after 9pm, but don't think I actually got to sleep til well after 11 despite what the Fitbit says. So more like 5 hours sleep.
 - Squats went OK. My waistline has shrunk to an annoying place where the 5th hole is too loose so there isn't much to brace against, but the 6th hole is so tight it can really pinch badly, which is why I only did 2 reps at 85kg. The top sets looked OK on video I thought.
 - Abs were a little tight towards the end of the press sets but not painful. Press has also detrained a little (I think my best 5rm is 44kg) but that's not surprising.
 - Deadlift, same problem as always with upper back. Tried alternate grip for the 110kg set to see if it made any difference (doubted it) - didn't help, felt weird. Did a double at 125kg just cos I wanted to finish with something a little heavier, still miles off my 1RM.
 - Bit frustrated that my weight loss seems to have plateaued a bit - same pattern as last week, big drop over the weekend then starts creeping up through the week, so added a little bit of cardio at the end of the session. I have a refeed day planned for Saturday (and it is going to happen this time, since we have a date night planned) - maybe that'll help.
 - Great workout in the end, 1hr 36mins all up.

chromoly


03-21-2017, 02:10 PM

Thick sweatshirt under belt. You'll be able to wear the looser hole

BenM

03-21-2017, 02:56 PM

Quote:

Originally Posted by **chromoly** 

Thick sweatshirt under belt. You'll be able to wear the looser hole

Thanks - I actually tried that but maybe my Everlast hoodie wasn't thick enough. Might have to add another layer or two, trouble is it's still quite warm in my home gym. Not for too much longer though, there are cooler times a'comin :)

BenM

03-22-2017, 07:33 AM

Wed 22/3 (current programming - [this HLM template](#))

Food yesterday: 1762 kcal

Activity yesterday: 9.7k steps

Sleep last night: 7 hrs 59 mins - 2 times awake, 10 times restless, 23 mins awake/restless

BW: 69.6kg (-0.3kg)

Today's entertainment: The F1 Channel

Elliptical:

40 minutes, easy ramping resistance - up a notch at 5, 15 minutes, down a notch at 25, 35 minutes
7.21 km, 539kcal burn, avg HR 140 BPM

-
- So this morning was supposed to be some accessory work plus some cardio. And I planned what I wanted to do last night. But when the alarm went off I decided I needed more sleep! So got up at 6 and did gentle LISS only.
 - Some stuff I ordered turned up yesterday, including some ZMA, and I took some last night. May have been partly to blame - I felt like I slept pretty well for the most part. Almost 8 hours is unheard of during the week - should be more of it.

BenM

03-23-2017, 08:38 PM

Thu 23/3 - Medium Day, Week 1 (current programming - [this HLM template](#))

Today's Theme: Footy's back!

Food yesterday: 1743 kcal

Activity yesterday: 12.2k steps

Sleep last night: 8 hrs 23 mins - 2 times awake, 8 times restless, 23 mins awake/restless

AM BW: 69.3kg (-0.6kg)

Today's entertainment: Richmond vs Carlton

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x3 @ 85kg

1x1 @ 100kg
3x5 @ 105kg

Close Grip Bench Press:

2x5 @ 20kg
1x5 @ 45kg
3x5 @ 60kg

Chinups:

8, 8, 8, 7

Face Pulls:

4x12 @ 20kg

Video - <http://youtu.be/EtgHKyiQtTk>

- Legs felt so drained last night, decided to give myself a break and have a sleep in. No morning workout, just get up and go to work, and hit the gym after dinner if I can. Got over 8 hours blissful sleep. The step count for today will be super low, but I feel a fair bit better for it. And it's especially nice to work out after a decent meal, missing that is the worst part about early AM training.
- Did a navy BF% measurement this morning. Got 15% which is a bit disappoint. Scales say 14.3%. Either way I'm still a fair way off my 12% target :(
- Squats went OK. Hard, but to be expected given my diet. Mostly to depth, I think.
- Abs a little tight during the benching. This is only a small deload, I think I was stuck at 62kg on these before I started cutting. There isn't a massive difference between my close grip and my normal bench press when it comes to repping out, though the 1RM is a lot different.
- Did some chins and only just missed my rep PR of 9, but since I'm lighter that's not surprising. 5 mins between sets, but was gassed by the last one.
- Got through the 3 movements in about an hour, so did some quick face pulls to finish off. Total workout time was still only 75 minutes, which is just awesome sauce.
- Just a brisk walk in the morning to recover, I reckon. Moar sleep, moar recovery needed. Happy days!

Toasterleavings

03-23-2017, 09:31 PM

I have no idea how you fit that into 75 minutes! good work. Nice toughing it out on the squats.

BenM

03-25-2017, 03:45 PM

Quote:

Originally Posted by **Toasterleavings** 

I have no idea how you fit that into 75 minutes! good work. Nice toughing it out on the squats.

Thanks. They shouldn't be tough - I hate having lost some of the little strength I had :(But I know it'll come back quickly.

Some lazy cardio logging:

Fri 24/3 - ate 1905kcal on Thursday, and did 6.8k (not many) steps. Got 6hrs 58 mins sleep. AM BW was 69.6kg (+0.3kg).

A brisk morning walk - fasted (just BCAAS) - 7.04km, 43:08min, 525kcal burn, ave HR 148 BPM.

Sat 25/3 - ate 1743kcal on Friday, and did 13.3k steps. Got 7hrs 51 mins sleep. AM BW was 69.2kg (-0.4kg).

Elliptical - fasted (black coffee + BCAAs) - 4.78km, 30:00min, 368kcal burn, ave HR 132 BPM. This was a very slow pace, low intensity. Save energy for heavy day tomorrow. Bumped it up a notch @ 5 mins and back down @ 25 mins.

BenM

03-26-2017, 08:24 AM

Sun 26/3 - Heavy Day, Week 2 (current programming - [this HLM template](#))

Today's Theme: Oh, junk food, how I have missed thee.....

Food yesterday: 2592 kcal maybe - but who really freaking knows (see below)

Activity yesterday: 13k steps

Sleep last night: 7 hrs 14 mins - 1 times awake, 6 times restless, 16 mins awake/restless

AM BW: 69.4kg (+0.2kg)

Today's entertainment: Dell Matchplay golf

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x3 @ 85kg

1x1 @ 100kg

4x5 @ 110kg

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

4x5 @ 61kg

1x3 @ 65kg

3x1 @ 71kg

Pullups:

7, 7, 7, 7 @ BW

Face Pulls:

3x12, 1x15 @ 21.25kg (did not video)

<http://youtu.be/dDdXW0MLTbs>

Pop quiz: How many calories are in this? Cos I have no idea, I'm gonna say, quite a few :)

<http://i.imgur.com/i6sWijE.png>

- So had a successful refeed meal last night - a Canadian burger with an onion ring and maple glazed bacon, chips, and an Oreo supershake (photo above - though the shake is an approximation since I forgot to take a photo). And it was awesome. Thankyou my Canadian friends..... Macros yesterday may not have been exactly on point :o
- Pleasantly surprised to not balloon in weight this morning, but weight loss has definitely plateaued (only .2kg down on average compared to the previous week). Gonna have to see what happens the next few days, hoping the refeed kicks things off again. If not, I can't really do any more cardio, that's been getting silly, so daily calories may have to drop a little which would really, really suck.

- Due to a family commitment I had to get up at 6am (on a Sunday!) to do heavy day. But thankfully the refeed (and reasonable sleep) helped my energy levels.
- Was pleased to squat 5s at this weight where I only managed triples last week. Form was a bit iffy early but the last set felt like I was in the groove.... looking at the video though they were all a touch high, fuckit! I thought I had a bit more depth during most of the earlier sets, but uploaded the 3rd set too, and they aren't much better except maybe the last one. At least my back feels OK afterwards.
- Slight increase in weight with bench, intended to stay a little conservative. First three sets weren't all that hard, but almost missed the fourth set, it was a MASSIVE grind on the last. Ab felt OK, just a little tightness, getting pretty close to healed now. So did one heavier triple and some singles above BW to finish off. Hit the damn safety on the last two, still got them (just - with a bit of butt raise). Deep down, I like benching and of all the lifts, it's probably the one I most want to improve (and I also want a bigger chest). (Repeat to self: I am not a bro)
- Pullups went OK, may have had 8 in me in the first set, but pussied out of it. Got one more rep than last week.
- Did some face pulls to balance out the benching but didn't video them.
- Great workout - it's always an awesome feeling to get through heavy day but especially so when it's still early and there's a whole day to enjoy. Took 2 hrs 24 mins all up, but that's fine. Happy Sunday!

BenM

03-27-2017, 02:08 PM

Mon 27/3 - Recovery Cardio (current programming - [this HLM template](#))

Food yesterday: 1864 kcal

Activity yesterday: 8.6k steps

Sleep last night: 7 hrs 54 mins - 3 times awake, 13 times restless, 29 mins awake/restless

BW: 69.4kg (no change)

Today's entertainment: Stuff They Don't Want You To Know podcast

Morning power walk:

6.61km, 42:40 mins, 522 kcal burn, ave HR 144 BPM

-
- Back to normal dieting intake yesterday - felt pretty good after doing the heavy session and seriously considered doing some accessory work this morning. Backed out of it when the alarm went off, and stuck with the scheduled walk..... Might try and add some extra accessory work and/or HIIT to light day tomorrow.

BenM

03-28-2017, 07:27 AM

Tue 28/3 - Light Day, Week 1 (current programming - [this HLM template](#))

Today's Theme: <http://img.picturequotes.com/2/527/5...ll-quote-1.jpg>

Food yesterday: 1771 kcal

Activity yesterday: 12.1k steps

Sleep last night: 7 hrs 8 mins - 3 times awake, 9 times restless, 18 mins awake/restless

BW: 69.5kg (+0.1kg)

Today's entertainment: Barbell Shrugged podcast**Light Squat:**

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On --- (6th hole)
1x5 @ 85kg
2x5 @ 102.5kg

Overhead Press (1.0):

2x5 @ 20kg
1x5 @ 32.5kg
4x5 @ 43kg new PR

Incline Bench Press:

2x8 @ 20kg
1x3 @ 45kg (WTF, why was this so hard??)
3x8 @ 40kg

Deadlift:

1x5 @ 90kg
1x5 @ 110kg
1x5 @ 122.5kg

Elliptical:

16 mins - 4 mins warmup, 9 rounds HIIT (15s on / 54s off), 3 mins warmdown
3.42 km, 252 kcal burn, ave HR 145 BPM

Some video: <http://youtu.be/EROU3z98gsE>

-
- Sleep was OK, for a Monday night - nice change. Maybe the ZMA is working.
 - Squats went OK. And depth looks good on video too. Also a nice change! But it's pretty light - I didn't increase weight from last week's light day, since the offset needs to increase a bit (and it will go up on Medium/Heavy day).
 - Hard to believe but according to my app, that's an overhead press PR. Not sure why I've gained strength there but I'll take it! Form improvement I think too - thanks Brian Alsrue for reminding me to squeeze the bar hard, squeeze glutes, and explode out of the bottom.
 - On the flipside, wanted sets of 8 @ 45kg on the incline bench which I have done before, but no way in hell was that happening - felt like I could've got 5 or 6 at best - that hurt my ego. Think maybe I'd setup the bench at a bit higher angle than normal, and was probably also fried from the overhead pressing. Dropped weight back, 40kg was a bit light, but what the hell, it's only hypertrophy/accessory work for a bit of burnout anyway....
 - Deadlift OK, upper back still rounded, but didn't round much/any more during the pull. I think if I want to improve these (both form and strength), I need to do more work than a few sets of pulls once a week, but it needs to wait til I'm eating more again - so next programming cycle.
 - Smashed out some cardio as well. Technically I don't have time for this much work in the early AM, but I made it happen in 1h 38mins. Felt great afterwards.
 - Spent ages last night playing macro tetris with today's food, apparently 30g oats and 50g no fat greek yoghurt + coffee is the perfect pre-workout meal because I had more than enough juice.

Irony: the podcast today was all about training your grip strength. After lifting this morning I hit the shower and while cleaning my glasses, snapped them clean in half. Faaaaaaaaark. Don't know my own strength any more. Kinda half joking, was mostly just not paying enough attention to what I was doing. But annoying, cos it will be an expensive lapse in concentration.....

BenM

03-29-2017, 06:00 AM

Wed 29/3 (current programming - [this HLM template](#))

Food yesterday: 1885 kcal

Activity yesterday: 9.2k steps

Sleep last night: 7 hrs 11 mins - 2 times awake, 6 times restless, 18 mins awake/restless

BW: 69.2kg (-0.3kg)

Today's entertainment: Barbell Business on Youtube

Elliptical - fat loss protocol:

5 mins warmup, 6 rounds of HIIT (15s on / 45s slow)

4 mins rest

30 minutes moderate intensity steady state - up a notch at 5 minutes, down a notch at 25 minutes

7.51km, 561 kcal burn, ave HR 135 BPM

-
- Same as last Wednesday - think I may as well just drop the accessory work on Wednesday, it ain't happening at the moment. I am really trying to prioritise sleep a bit more and it seems to be helping my mood and performance (just not fat loss... yet... still fairly plateaued). Last night's sleep was decent.
 - Did this session totally fasted - no BCAAs or coffee. Really confused over whether what's the best way to go. I mainly like fasted as it makes it easier to stick within my calorie budget for the day, if I eat beforehand I want to eat afterwards too.
 - Happy hump day everyone!

BenM

03-30-2017, 09:01 PM

Thu 30/3 - Medium Day, Week 2 (current programming - [this HLM template](#))

Food yesterday: 1490 kcal

Activity yesterday: 13.1k steps

Sleep last night: 7 hrs 42 mins - 3 times awake, 9 times restless, 22 mins awake/restless

AM BW: 68.7kg (-0.5kg)

Morning "Cardio":

Power walk - 4.73 km, 37:12 mins, 403 kcal burn, ave HR 129 BPM

Evening Lifting:

Tonight's entertainment: Richmond vs Collingwood (go Pies)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x3 @ 85kg

1x2 @ 100kg

3x5 @ 107.5kg

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg
3x5 @ 61kg - think this is a 5 rep PR

Chinups - EMOM sets:

6, 6, 4, 3, 3, 3, 3, 3, 3, 3

Face Pulls:

4x12 @ 22.5kg

<http://youtu.be/TI7GePJMunI>

- So, I dropped calories a little yesterday (actually a bit more than I planned) and finally dropped under 69kg. Close to an all time weight PR. Been feeling SUPER tired and hungry though. Went for a slightly shorter walk than usual this morning. Today will probably be a little light on as well.
- That said, tonight's workout went surprisingly well. Felt a bit jelly legged beforehand, but squats didn't feel as hard as last week even though I increased the weight a little. Took a full 8 minutes between sets, it took almost that long for my heart rate to drop. Last set felt a bit ugly but didn't look terrible on video and might even have (just) hit depth on all five.
- CGBP went well too, according to my app it's a PR for fahves... dunno, seems low. First set was a grind but the second two sets went well enough I think I could've lifted a tiny bit more.
- Can blame Brian Alsrue for the slight change to chins, he said you shouldn't go close to failure with pullups and chinups, so I thought for something different I'd try to hit sets of 6 EMOM (given that I've been getting 8 in a set usually), and maybe do 6 sets (to beat last week's total of 31 in 4 sets). That didn't go so well, I ran out of gas way too fast... but I had to make sure I got more than last week. After the 9th set my OCD wouldn't let me stop on an odd number so did 3 more for an even 10 sets. Not sure I'll do this again, might have to be less reps. Also, ab muscle pain again in the last few sets - tweak still there... not good.
- Had aspirations of trying some ab rollouts but killed that idea due to the strain and did more face pulls. Bit more weight, these are getting a little harder now.
- Great workout, 1 hr 22 mins including packing up the rack. WIN! Collingwood though - DID NOT WIN. Sadface.

BenM

03-31-2017, 02:46 PM

Fri 31/3 - Arvo benching

Food yesterday: 1718 kcal

Activity yesterday: 14.3k steps

Sleep last night: 7 hrs 36 mins - 3 times awake, 9 times restless, 27 mins awake/restless

AM BW: 68.3kg (-0.4kg) - weight PR!

Bench Press:

2x5 @ 20kg
1x5 @ 45kg
1x3 @ 60kg
1x1 @ 65kg
3x2 @ 65kg
3x1 @ 71kg
3x5 @ 60kg

Video'd, but not very exciting so didn't bother editing/uploading.

- This is the lowest weight I've ever been (by 100 grams!), and the scales show BF% dipping into the 13s... hopefully not TOO much longer before I start eating moar. Fitbit tells me I've also managed much better sleep this week (average 7hr 28 min). I think the ZMA is helping, and being a bit more sensible about bedtimes and early morning stuff too.
- Wanted a bit more benching, since heavy day is still 48 hours off. Felt weak this arvo though - saving calories/carbs for chicken kiev tonight.
- Actually intended triples at 65kg but doubles felt like an @10 and the ab strain is holding me back a bit too. Actually planned on deadlifting too but killed that for the same reason. Got an hour's work in anyway.

BenM04-02-2017, 01:49 PM

Sat 1/4 - Cardio/recovery**Food yesterday:** 1719 kcal**Activity yesterday:** 11.2k steps**Sleep last night:** 7 hrs 47 mins - 2 times awake, 4 times restless, 13 mins awake/restless**AM BW:** 68.1kg (-0.2kg - PR!)**Morning Cardio (fasted - just BCAAs):**Elliptical - 40 mins easy pace (up a notch @ 5mins, down a notch @ 35mins).
6.83 km, 512 kcal burn, ave HR 138 BPM

Sun 2/4 - Heavy Day, Week 3 (current programming - [this HLM template](#))**Food yesterday:** 1703 kcal**Activity yesterday:** 15.6k steps**Sleep last night:** 7 hrs 35 mins - 1 times awake, 7 times restless, 18 mins awake/restless**AM BW:** 67.9kg (-0.2kg - PR!)**Workout Background Noise:** Ace Radio - The Hard Rock Channel**Back Squat:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg

1x2 @ 100kg

1x1 @ 107.5kg

4x5 @ 112.5kg

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x4+F @ 62kg

1x5 @ 62kg

1x4+F @ 62kg

1x5 @ 62kg

1x3 @ 65kg (butt off bench... whoops)

1x1 @ 70kg

1xF @ 75kg duuuuur

Pullups:

5x6 @ BW

Face Pulls:

4x12 @ 23.75kg

Here's a video, with a different angle of my bench pressing than usual: <http://youtu.be/1aRhWmnh4H8>

- Body weight is now well into uncharted territory. From a high of 74.2kg on 16/2 (after I got back from a week of binging - to be fair, a bit of water weight there) to 67.9kg today makes about 6kg in 6 weeks. Might have to refeed a little today.
- Squats again felt pretty good, until the last set where form felt like it went off a cliff and was really horrendous. Got them done but only just. Also must have had the belt a bit high at one point because I've got some intercostal pain again, damnit.
- Bench was much wow. Disappointed to fail the first work set, but got fahves twice. Couple of kilos down on my pre-cut 5RM though. Went for an equal 1RM attempt which was pretty silly, especially since my right abdominal was getting a bit tweaky on the latter reps. Didn't even get close anyway and dropped it pretty early.
- Stayed away from failure on pullups (last set might've been close) and did sets of six with 5 minute breaks - an extra set to get more volume than last week.
- Face pulls. More weight again.
- This workout took 2.5 hours - pretty epic. I'm smoked, glad it's over, but feel pretty good. Have some family stuff which will throw my schedule out a bit next weekend so not sure what'll happen - may be slight deload time in week 4.

BenM

04-03-2017, 09:56 AM

Mon 3/4**Food yesterday:** 1919 kcal**Activity yesterday:** 11.7k steps**Sleep last night:** 7 hrs 32 mins - 2 times awake, 12 times restless, 26 mins awake/restless**AM BW:** 68.3kg (+0.4kg - no BM)**Morning cardio/recovery - fasted (just BCAAs):**

Power walk - 7.73 km, 44:26 mins, 440 kcal burn, ave HR 125 BPM

-
- Ate a little more yesterday.
 - Would've waited til tomorrow to log this, but I was excited to see the scales hit an all time BF PR of 12.8% this morning. Sure, no BM beforehand, so some of the 'lean mass' is undigested food. But it motivates me to see this sort of progress.
 - Did a navy BF measurement too. If I relax my gut I still get 15%, if I make the effort to stand up straight (though not consciously sucking my tummy in) it makes 3cm of difference which calculates 12% as well!
 - The best part is, while it seems like it's been a fast cut, I don't seem to have lost much lean mass at all. Maybe .5kg out of the 6kg or so total weight, the trend there is very good. <http://i.imgur.com/5lGniR4.png>
 - I'm thinking if this keeps up, end of April might be a good cutoff to start transitioning back to gainz. We'll see what the next couple of weeks brings and if I can get to my goal of sub 12% by then (might be close). There is light at the end of the tunnel :)

BenM

04-04-2017, 10:41 AM

Tue 04/04 - Light Day, Week 3 (current programming - [this HLM template](#))

Food yesterday: 1783 kcal

Activity yesterday: 11.3k steps

Sleep last night: 6 hrs 38 mins - 3 times awake, 12 times restless, 24 mins awake/restless

BW: 68.7kg (+0.4kg)

Today's entertainment: Renegade Radio podcast

Light Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x5 @ 85kg

1x2 @ 105kg ouch

--- Belt Off ---

1xnup @ 105kg

2x5 @ 95kg

Overhead Press (1.0):

2x5 @ 20kg

1x5 @ 32.5kg

1x4+F @ 43.5kg

2x4 @ 43,5kg

1x3+F

1x3 @ 45kg

1x2 @ 45kg

1x5 @ 40kg

Deadlift:

1x5 @ 95kg

1x5 @ 115kg

1x5 @ 125kg

Elliptical:

16 mins - 4 mins warmup, 8 rounds HIIT (15s on / 54s off), 4 mins warmdown

3.26 km, 241 kcal burn, ave HR 145 BPM

Some video: http://youtu.be/8f8IGPPv_tU

-
- Bad bad workout. Not enough sleep (my fault, mostly) and maybe not enough carbs yesterday either - I was cognisant of it and ate a little more before bed, but still felt a bit shaky and weak on getting up. Fucking 4:45am wake up calls. Glad it's only once a week now.
 - That intercostal strain was bugging me - at the bottom of my squat it was really hurting once I put the belt on and after a double at 105kg I decided that was all I could handle. Took the belt off and tried to squat it beltless (pretty sure my beltless PR is 100kg) and dropped it on the pins - it probably wasn't too heavy, I just mentally wasn't there. Went back to 95kg and did a couple of sets but form was horrible, bar wandering forward, knee slide, etc. Yukko.
 - Couldn't get another .5kg over last week's OHP. Not surprising. Did a bit of extra volume anyway. FTR, last week wasn't a PR either, my app is stupid.
 - Deadlift was also yuk, felt heavy, almost didn't do the heavy set, and it looks like shit.
 - Anyhoo, did cardio, whatevs. Finished up in 1hr 37 mins, and live to fight another day, no further injuries, move forward. Have a happy day everyone.

Toasterleavings

04-05-2017, 03:58 PM

Damn. Every now and then, a shitshow is the best you can hope for. The worst is just not doing it. Got through it!

BenM

04-05-2017, 04:42 PM

Yep. It's my own damn fault - with 3 barbell sessions and 3-4 conditioning sessions a week, on a caloric deficit, I'm starting to push the limits of sleep/recovery bigtime. Trying to be zen about it. Had a sleep in this morning. Will see how the rest of the week goes :)

Mahendra

04-06-2017, 12:22 AM

I had an intercostal muscle strain in the late Spring of 2015 and it wasn't fun. I couldn't squat, and possibly couldn't overhead press either. I think I was only able to bench and deadlift during that time. If it's still bothering you a bit, perhaps it may be a good idea to lay off the squats until it feels better and see what other movements work.

Regarding rough workouts - yep, 3 barbell sessions, coupled with 3-4 conditioning sessions on a caloric deficit is definitely rough on your body. Upon reflection of my weight loss journey, I wonder if the conditioning sessions were necessary to my weight loss. In other words, I think that the caloric deficit along with barbell training and maybe some steady state cardio was more than required.

BenM

04-06-2017, 10:07 PM

Quote:

Originally Posted by **Mahendra** [»](#)

I had an intercostal muscle strain in the late Spring of 2015 and it wasn't fun. I couldn't squat, and possibly couldn't overhead press either. I think I was only able to bench and deadlift during that time. If it's still bothering you a bit, perhaps it may be a good idea to lay off the squats until it feels better and see what other movements work.

Regarding rough workouts - yep, 3 barbell sessions, coupled with 3-4 conditioning sessions on a caloric deficit is definitely rough on your body. Upon reflection of my weight loss journey, I wonder if the conditioning sessions were necessary to my weight loss. In other words, I think that the caloric deficit along with barbell training and maybe some steady state cardio was more than required.

Thanks Mahendra - and you're right. Unfortunately because Tapatalk is off at the moment I didn't see your post til after I'd squatted tonight. It hurt, maybe not quite as bad as Tuesday, I just hope I haven't made it worse. Tried to pull the belt down lower, but that just bangs it into my hips and they push it up into my ribs when I get into the hole anyway. Right now would be the perfect time for a 3" belt, I've been wanting to get one for deadlifts anyway.

The way you worked during your cut really inspired me. Right now I'm about seven weeks in, and I am amazed I've made it this long, which just goes to show what a fantastic effort yours was. Over the past week or so two I've definitely made an effort to cut back the volume a little bit (no light dumbbell work, less HIIT) and focus a bit more on sleep. The last few days has been much more pleasant - still hungry, but not feeling quite as awful. If I do this again, I need to read this post and remind myself not to try and do it all at once - it's a marathon not a sprint. On the upside, my goal

was 12% body fat and I am very, very close - so much so, I'll probably start reverse dieting up again at Easter. I've got more than a week off work so it will be a great time to start recovering and moving back towards the gainz train. I can't wait, to be honest.

Wed 5/4

Food yesterday: 1848 kcal

Activity yesterday: 10.4k steps

Sleep last night: 8 hrs 18 mins - 1 times awake, 7 times restless, 17 mins awake/restless

AM BW: 68.4kg (-0.3kg)

Evening Cardio:

Elliptical - 40:00 minutes, 7.50 km, 558 kcal burn, ave HR 134 BPM

Moderate intensity, up a notch at 5mins, down a notch at 35 minutes, sprinted the last few.

I slept properly, got up at normal person time in the morning, felt good. However I had such a sedentary day at work that I felt like I should at least do some low impact conditioning in the evening, so I did.

Thu 6/4 - Medium Day, Week 3 (current programming - [this HLM template](#))

Food yesterday: 1790 kcal

Activity yesterday: 12.1k steps

Sleep last night: 7 hrs 53 mins - 2 times awake, 9 times restless, 30 mins awake/restless

AM BW: 68.0kg (-0.4kg)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x5 @ 85kg

1x3 @ 100kg

3x5 @ 107.5kg

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 61.5kg

1x5 @ 61.5kg

1x4 @ 61.5kg

1x3 @ 61.5kg

1x5 @ 60kg

Chinups:

7x6 @ BW

Face Pulls:

4x12 @ 25kg

Video: <http://youtu.be/WQNeAZWDSfM>

- After the utter disaster that was Tuesday AM's squat workout, I wasn't sure how this would go, so felt my way a bit. Kept weight the same as last medium day. Actually felt like form was pretty good, but as noted above the rib pain is still very noticeable.

I pushed through, but not sure if that was such a good idea or not. Guess we'll see how I pull up.

- CGBP went pretty ordinary, even an extra .5kg from last week was too much to get sets across, though I was trying to stay away from failure. The one set of five I did get was a horrible grind, so I will throw that in the video for a giggle. Did some volume though.
- Again with chins, like last week I wanted to stay away from failure, but EMOM was a bit too difficult last week so I pussied out and decided to go for sets of 6, with 2-3 minutes break tops. The last rep was hard, but I got them in for a massive volume PR.
- Face pulls at this weight were too much to finish the sets without a fair bit of body english, so I think I've found the place I need to stop adding weight for a little bit.
- Took me a fair while tonight, 1 hr 40 mins all up. Feel good afterwards - Thursday nights are great, we always have steak, rice and vegies so I always feel like I'm carbed up and ready to go even if I've undereaten during the day. Wish I could work out in the evening all the time.

Mahendra

04-08-2017, 03:36 AM

Quote:

Originally Posted by **BenM** [»](#)

Thanks Mahendra - and you're right. Unfortunately because Tapatalk is off at the moment I didn't see your post til after I'd squatted tonight. It hurt, maybe not quite as bad as Tuesday, I just hope I haven't made it worse. Tried to pull the belt down lower, but that just bangs it into my hips and they push it up into my ribs when I get into the hole anyway. Right now would be the perfect time for a 3" belt, I've been wanting to get one for deadlifts anyway.

From my personal experience, I don't think a belt would help at all with an intercostal muscle strain. It takes time to heal, and when it's finished, you'll be able to squat as if nothing happened. Sure, it's a temporary loss in gainzZz, but unfortunately these things tend to happen from time to time. The good thing is that you can still train other lifts. I'm pretty sure I could still deadlift.

Quote:

The way you worked during your cut really inspired me. Right now I'm about seven weeks in, and I am amazed I've made it this long, which just goes to show what a fantastic effort yours was. Over the past week or so two I've definitely made an effort to cut back the volume a little bit (no light dumbbell work, less HIIT) and focus a bit more on sleep. The last few days has been much more pleasant - still hungry, but not feeling quite as awful. If I do this again, I need to read this post and remind myself not to try and do it all at once - it's a marathon not a sprint. On the upside, my goal was 12% body fat and I am very, very close - so much so, I'll probably start reverse dieting up again at Easter. I've got more than a week off work so it will be a great time to start recovering and moving back towards the gainz train. I can't wait, to be honest.

I hope I'm never again in a situation where I'd have to do something like that again. It'll be fine if I have to ever drop up to 5KG at some point if I wanted to be leaner, but I hope I never get big enough where another 20KG drop would be required. Those 6 months were brutal.

I always felt hungry, but coffee and carbonated water helped. The worst were Friday's, because I purposely made sure I didn't over eat so that I'd drop that 0.5-0.75KG week over week. But at least I would reward myself with a good breakfast and then a small cheat meal dinner that night.

It is a marathon and not a sprint. It simply takes time, patience, and consistency. As long as you have those 3, you will meet your goals.

It's also good that you're setting a goal to end your diet and start reverse dieting starting next week. Great work overall!

BenM

04-08-2017, 02:51 PM

Quote:

Originally Posted by **Mahendra** »

From my personal experience, I don't think a belt would help at all with an intercostal muscle strain. It takes time to heal, and when it's finished, you'll be able to squat as if nothing happened. Sure, it's a temporary loss in gainzZz, but unfortunately these things tend to happen from time to time. The good thing is that you can still train other lifts. I'm pretty sure I could still deadlift.

Yeah. I don't feel any pain when I squat without a belt though, it only really hurts noticeably when the belt pushes up into it.

Will see what happens, I am leaning towards a deload week (or at least a light session tomorrow) anyway. Just generally feeling beat up - got some pain hanging round in my left shoulder blade, lower back is tight, even my neck is a little sore from benching, since I keep falling back into bad habits and letting my head get squished into the bench.

My glutes are also still sore from Thursday night - I feel like I've been kicked in both arse cheeks. I don't mind that though as it means I've been squatting almost correctly - there was some knee slide in those sets but I stayed over mid foot mostly.

Quote:

I hope I'm never again in a situation where I'd have to do something like that again. It'll be fine if I have to ever drop up to 5KG at some point if I wanted to be leaner, but I hope I never get big enough where another 20KG drop would be required. Those 6 months were brutal.

I always felt hungry, but coffee and carbonated water helped. The worst were Friday's, because I purposely made sure I didn't over eat so that I'd drop that 0.5-0.75KG week over week. But at least I would reward myself with a good breakfast and then a small cheat meal dinner that night.

It is a marathon and not a sprint. It simply takes time, patience, and consistency. As long as you have those 3, you will meet your goals.

It's also good that you're setting a goal to end your diet and start reverse dieting starting next week. Great work overall!

Thanks - yeah it is not an easy thing to cut that much weight or for that long. All the experts (well, definitely people like Lyle McDonald and Mike Israetel for example) say you shouldn't really cut longer than 6 weeks at a stretch anyway before taking a week or two's break and eating at maintenance to give your body some recovery and let things settle. My goal was to get to 12% and I'm not there yet - probably mid-high 12s at best. Part of me feels like I'm giving up too soon if I quit now, but I think I'll still at the very least add in some calories for a week or so during the Easter break (there's a good chance I'll lose a touch more fat anyway, as I think my deficit is pretty high). Once the break is over I'll reassess whether I want to cut for another couple of weeks to get there or just bail out.

I'm hoping myself that after I finish I can just aim for a slow bulk over a number of months, and if I hit 15+ % then just do a little cut back down again. Like you I'm hoping to never go for much longer than this.

My biggest issue is not always having control over evening meals, as the wife buys things 3-4 times a week that are delicious but not exactly what I want. Normally I try and undereat during the day if I know the evening meal will be high in calories, but it doesn't always work. I definitely have been enjoying coffee, green tea and lots of plain mineral water to try and beat the hunger blues. Anyhoo, almost there.

BenM

04-09-2017, 10:46 AM

Fri/Sat 7th/8th April

Food Thu/Fri: 1859 / 1734 kcal

Activity Thu/Fri: 6.8k / 10.5k steps

Sleep Thu/Fri: 7 hrs 3 mins / 7 hrs 47 mins

AM BW Fri/Sat: 68.2 / 68.3 kg

Friday Morning Walk (fasted - just BCAAs):

4.9 km, 26:52 mins, 272 kcal burn, ave HR 125 BPM

Sun 9/4 - Was supposed to be heavy day, week 4 - but I deviated a bit due to injury/life...
(current programming - [this HLM template](#))

Food yesterday: 1705 kcal

Activity yesterday: 10.8k steps

Sleep last night: 7 hrs 53 mins - 2 times awake, 11 times restless, 27 mins awake/restless

AM BW: 67.8kg (-0.5kg - PR!)

Workout Background Noise: The Masters

Back Squat - all beltless:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

1x5 @ 85kg

1x4 @ 100kg

2x5 @ 100kg - pretty sure this is an equal beltless PR. All a bit shallow on review though.

1x2 @ 105kg - pretty sure this is an actual beltless PR. Also iffy depth.

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

5x5 @ 60kg

Pullups:

6, 6, 7, 7, 6 @ BW - volume PR

Seated French Press:

1x12 @ 25kg

1x12 @ 26kg

1x12 @ 27kg

Some video of my floundering: <http://youtu.be/MaK-FUdPIJs>

- Had a quietish couple of days actual training wise - a short walk Friday morning, yesterday was running after a 2 year old all day so while not actually training I was on my feet a fair bit. Underate yesterday - a 420kcal meal right before bed makes it look better than it was - so I wasn't surprised to drop to my lowest weight ever. Have family commitments this afternoon/evening so I will probably end up having a slight refeed day today.
- As noted above, the intercostal strain is hampering squats, and to correct what I said above, there is very mild pain even without a belt (but the belt makes it pretty acute). I ummed and ahed about what to do today, do I squat, do I not, do I do a different variation, etc. In the end I just dropped volume from the set program a little and did what I could do beltless. The 4th rep in the first set got WAY forward of midfoot and I had to muscle it up, so called that set early to save my back. The rest felt good enough that I decided to try for a double at a heavier weight and although the first one was a little shallow (again, weight got forward) the second may have just got there. The work sets were all a bit shallow after I looked at the video though.
- Didn't want to max out on bench either as I feel like I've been doing that (and failing reps) too often, so just tried for volume and worked on keeping my head off the bench. Was OK. Got the last set on one breath.
- Went for a volume PR on pullups (got it), and did some light tricep work with flarey elbows instead of face pulls. Nahce.
- Whole workout took 2 hours on the knocker. Back is a bit twingy but otherwise feel pretty good - happy Sunday everyone!

BenM

04-10-2017, 10:54 AM

Mon 10/4

Food yesterday: 2092 kcal

Activity yesterday: 11.9k steps

Sleep last night: 7 hrs 17 mins - 3 times awake, 6 times restless, 14 mins awake/restless

AM BW: 68.4kg (+0.6kg)

Morning cardio/recovery - fasted (just BCAAs):

Elliptical - 7.71 km, 45:00 mins, 578 kcal burn, ave HR 127 BPM

Up a notch at 5 mins, down a notch at 45 mins - medium intensity.

-
- Don't know if that food number is accurate, bit of guesswork due to a family barbecue last night, it was a fairly high fat day though. Will make up for it over the next few days.
 - Weather was wild and woolly outside this morning, but I wanted to watch the Masters anyway so did cardio on the machine. Went OK, except I am wheezy in the chest with a bit of an infection. FFS. I better get over it quick, it would be typical to get sick just before a break from work.

BenM

04-11-2017, 10:03 PM

Tue 11/04 - Light Day, Week 4 (current programming - [this HLM template](#))

Food yesterday: 1748 kcal

Activity yesterday: 12.7k steps

Sleep last night: 8 hrs 41 mins - 5 times awake, 9 times restless, 21 mins awake/restless

BW: 68.1kg (-0.3kg)

Today's entertainment: Aceradio - The Hard Rock Channel

Front Squat:

2x5 @ 20kg
1x5 @ 40kg
1x5 @ 60kg
2x5 @ 70kg

Overhead Press (1.0):

2x5 @ 20kg
1x5 @ 32.5kg
5x5 @ 42.5kg

Deadlift:

1x5 @ 80kg
1x5 @ 100kg
1x5 @ 120kg

Hammer Curls:

3x12 @ 25lbs

Some video: <http://youtu.be/jZ9qQg6De-8>

-
- Slight chest infection, bit wheezy, slept in this morning, didn't do a full day's work, did the workout in the evening instead. Went pretty light, considering I'm not 100% and ribs/back still pretty sore.
 - They were some pretty ugly front squats. Not much more needs be said.
 - Deloaded OHP slightly (due to ribs) and did 5x5. Was done by the end.
 - Deloaded deadlift. Was also yuk. By this point it was 9pm and I'd only eaten about 1300 calories for the day, so yeah. Not much energy.
 - Hammer curls cos Izzy said good for elbows and I cbf'd doing cardio. Might go for a walk in the morning if I get up early enough.
 - So yeah, another slightly crappy workout overall, but a crappy workout is better than no lifting at all. I'm sure it will get better.

BenM

04-13-2017, 09:54 PM

Wed 12/4

Food yesterday: 1627 kcal

Activity yesterday: 9.7k steps

Sleep last night: 6 hrs 47 mins - 1 times awake, 10 times restless, 20 mins awake/restless

AM BW: 68.8kg (+0.7kg)

Morning Walk:

43:40 minutes, 7.65 km, 440 kcal burn, ave HR 124 BPM

Thu 13/4 - Medium Day, Week 4 (current programming - [this HLM template](#))

Food yesterday: 1708 kcal

Activity yesterday: 12.6k steps

Sleep last night: 7 hrs 59 mins - 1 times awake, 6 times restless, 14 mins awake/restless

AM BW: 68.8kg (no change)

Rear Foot Elevated Split Squat (with barbell):

1x10/side @ 20kg

1x10/side @ 25kg

1x10/side @ 30kg

1x5/side @ 40kg

1x2 @ 50kg - almost fell over, spat dummy

2x5/side @ 40kg

1x8/side @ 40kg

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 40kg

5x4 @ 61kg

Chinups:

8x6 @ BW (volume PR)

Video of the fun: http://youtu.be/AloRB_GVSQg

-
- Back is still sore, ribs are still sore, shoulder still a little sore... no back squat for me and I'm back on the Naproxen. Also coughing gunk up from my wheezy chest. Not feeling the love for training tonight, but gotta do something.
 - The BSSes were a bit challenging with a barbell, but I can load them more than with dumbbells, I think it's a pretty good variation. I struggle with balance though, and I think I see my back rounding in the video. Also I feel like they should be done in the high bar position and I'm struggling to get comfortable with that after low barring so much. My glutes are feeling it, magic 8 ball sees DOMS coming.....
 - Got sets of five for CGBP at this weight 2 weeks ago, but not tonight - four reps was max effort. Guess I really am a little run down and sick.
 - Chins were 3-4 min breaks, but got another volume PR.
 - Didn't bother doing face pulls as I didn't start til late, plus I was buggered. Workout took 1 hr 25 mins.
 - Scales had my BF% at mid 11s this morning, and navy method at about 12%. Hopefully that's repeated for the next couple of days, but I think calories will have to go up a little next week regardless. That will be a welcome relief.... as will the week off work I'm about to have! Happy days :)

Happy Easter everyone!!

BenM

04-14-2017, 09:42 PM

Fri 14/4 - Good Friday Frolic

Food yesterday: 1926 kcal

Activity yesterday: 11.4k steps

Sleep last night: 7 hrs 17 mins - 3 times awake, 11 times restless, 20 mins awake/restless

AM BW: 68.8kg (no change... again)

Incline Bench Press (slight incline):

1x10 @ 20kg

1x8 @ 20kg

1x8 @ 40kg

3x8 @ 42.5kg

Incline Bench Press (dumbbell - slightly more incline):

1x12 @ 30lbs

3x10 @ 35lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

1x12 @ 30lbs

2x10 @ 35lbs

1x11 @ 35lbs

Conditioning:

Elliptical:

- 4 mins warmup
- 6 rounds of 15s on / 45s slow
- 20 mins steady state @ resistance 2 - medium intensity, but hit it hard at the end to reach 6k
- 30 mins total, 6km, 444 kcal burn, ave HR 142 BPM

I videoed the lifting, will edit and upload later if I can be bothered... probably unlikely.

-
- Still a bit chesty congesty but not too bad, Working out will help not hurt. The other injuries seem to be taking forever to feel better.
 - So we had afternoon tea with some family who are visiting this arvo. I made a baked protein cheesecake, which was moderately successful in that the cheesecake itself was good, I screwed up the topping royally, but it was still edible. Anyhoo point being I ate a bit more than I intended, kinda pushed my calorie budget a little, so skipped dessert tonight and hit the gym instead to bring things back into balance. Did a bit of hypertrophy stuff and focussed on speed, higher reps and shorter breaks. Felt pretty good.
 - Couldn't decide whether to do intervals or steady state, so did both. It was either do cardio tonight or tomorrow early AM, now I can sleep in in the morning, if my darling daughter will let me. 6am this morning she was crawling all over us and wanting to watch The Wiggles, I don't expect anything different tomorrow....
 - Nice quickish session, 1hr 16 mins including the cardio. Now I can enjoy the F1 practice - have a great weekend everyone!

BenM

04-16-2017, 10:38 AM

Sun 16/4 - Heavy Day, Week 5 (current programming - [this HLM template](#))**Food yesterday:** 1655 kcal**Activity yesterday:** 14.1k steps**Sleep last night:** 8 hrs 10 mins - 3 times awake, 10 times restless, 28 mins awake/restless**AM BW:** 68.4kg (-0.4 kg)**Warmup:**

5 mins very slow on the elliptical

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x5 @ 85kg

1x2 @ 100kg

1x1 @ 110kg

3x1 @ 115kg
3x5 @ 105kg

Bench Press:

2x5 @ 20kg
1x5 @ 45kg
3x5 @ 61kg
1x4+F @ 61kg
1x4 @ 61kg

Pullups:

6, 7, 6, 6, 6, 6 @ BW

Some video highlights: http://youtu.be/E__GazGbEzc

- Awful sleep last night, kept getting kicked by child, ended up changing beds and being uncomfortable in a different room instead. Bad feelz, energy wise, and I had to start early due to family stuff this arvo. Felt so dead in fact that I got on the elliptical for 5 mins to get the blood pumping beforehand, which I haven't done in forever.
- After 4 days in a row @ 68.8kg got a tiny drop this morning but my average weight for this week was higher than the week before for the first time. And BF% heading in wrong direction too. I know scales are inaccurate but still... #sadfaceemoji. Feeling uncertain about increasing calories. Might try just increasing on training days only. I don't know. My brain is fucked up.
- Back didn't feel terrible, intercostal is down to a mild dull ache, so decided to feel my way up to some heavy(ish) squat singles and do lighter backoff work. Felt like it went ok. Bar got a bit forward on some reps (as usual), and was getting a mite shallow by the end but I didn't feel hurt afterwards so I got that goin' for me, which is nice.
- Meh @ bench. Couldn't get the 4th set to lockout, but just got it high enough to rack it. Took 8 minutes rest but called the last set at 4 reps too.
- Pullups were a volume PR but only because I did an extra set. Which meant I really didn't have time for anything else, the whole workout took 2 hours 5 mins as it was.

BenM

04-18-2017, 12:52 PM

Tue 18/04 - Light Day, Week 4 (current programming - [this HLM template](#))

Food yesterday: 1641 kcal

Activity yesterday: 9.4k steps

Sleep last night: 7 hrs 55 mins - 2 times awake, 7 times restless, 18 mins awake/restless

BW: 67.7kg (-0.5kg)

Today's entertainment: Formula 2 from Bahrain

Back Squat:

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On --- (5th hole)
1x2 @ 85kg
2x5 @ 100kg

Overhead Press (1.0):

2x5 @ 20kg
1x5 @ 32.5kg
5x4 @ 43kg
1x5 @ 40kg back off

Deadlift:

1x5 @ 90kg

1x5 @ 110kg

1x5 @ 122.5kg

Conditioning - HIIT:

Elliptical - 5 mins warmup, 6 rounds 15s on / 45s slow, 5 mins warm down

16 mins total - 3.23km, 239 kcal burn, ave HR 149 BPM (may be a HR PR!)

Traditional footage: <http://youtu.be/nZY54DCx3dU>

-
- Have eaten pizza for dinner (homemade though) for the last 2 nights and dropped weight both days. Maybe there's something to that. I'm supposed to be increasing calories this week but felt inhibited especially since I had a pretty quiet day yesterday activity wise. Will try a bit harder today.
 - Was intending to squat 105kg again but the fkn intercostal hurt a bit @ 85kg (which was supposed to be a set of five) so I backed out of it. Frustrating since I managed OK on Sunday. Form felt shitty again. Shallow and bar forwardy. HNNNNGGGG.
 - Added .5kg to the press, and failed to get fives again, though the third set felt pretty close. Oh well. Did a quick back off set with not much rest.
 - Dead wedges I ordered turned up this morning during the workout, was great timing. Useful tool, even though I'm only loading 2 plates! Felt hard, even at this distance from my 1RM.
 - Did HIIT to get a bit of cardio in. Took 1 hr 43 mins all up.
 - So conflicted. Hate how weak I am. Love being lean. Hate being hungry. Love eating good food. Hate that I'm thinking about food / calorie intake all the time and it's causing issues with the wife. Love protein bars and I have enough bars/powder/RTDs to last me months. Hate being injured. I have no excuses not to just eat. Need to snap the fuck out of it.
 - Happy thought for the day: got some Barbell Shrugged and Raskol apparel in the package this morning too. Very happy with them. Time for a big freaking lunch, have a wonderful day!

BenM

04-20-2017, 04:16 PM

Wed 19/4**Food yesterday:** 1748 kcal**Activity yesterday:** 11.9k steps**Sleep last night:** 7 hrs 3 mins - 4 times awake, 7 times restless, 18 mins awake/restless**AM BW:** 67.6kg (-0.1kg)**Morning Walk:**

44:34 minutes, 6.76 km, 474 kcal burn, ave HR 143 BPM

Walked the dog in the arvo too, had a pretty active day

Thu 20/4 - Medium Day, Week 5 (current programming - [this HLM template](#))**Food yesterday:** 1729 kcal**Activity yesterday:** 14.2k steps**Sleep last night:** 7 hrs 42 mins - 2 times awake, 7 times restless, 18 mins awake/restless**AM BW:** 67.1kg (-0.5kg - and new PR I think)

Back Squat:

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On --- (5th hole)
1x5 @ 85kg
1x2 @ 100kg
3x5 @ 105kg

Close Grip Bench Press:

2x5 @ 20kg
1x5 @ 45kg
1x4+F @ 61kg
1x5 @ 61kg
1x4+F @ 61kg
1x5 @ 61kg
1x4+F @ 61kg

Chinups:

6x7, 1x6 @ BW FFFFFFFUUUUU equal volume PR from last week

Face Pulls:

4x12 @ 25kg again

Videography is in the pipe...: http://youtu.be/FTNxms_cBX4

- Still chesty, and the girls both have colds too. Bad juju - I feel better than they do though. I went all Nigella this morning and cooked cheesecake and (protein fortified) banana bread, so I trained in the arvo for a change.
- Feeling a bit better about things after my rant in the last post. Going to have to learn mindful eating as calorie counting has turned me into a crazy person and I don't think I can do it forever - but I feel like I have to keep doing it for a little while longer, to figure out exactly where I need to be for adding maximum muscle with minimum fat. I know it was probably 2600-700 kcal/day before, but feel like that number might be less now I'm lighter and leaner. Speaking of lean, navy method has me at 11% this morning and scales have been mid 11s for the last few days too. Still can't see my lower abs, but at least I've hit the body fat goal I wanted - problem is part of me wants to get even leaner while I have the opportunity.
- Back squat actually felt OK today, harder than usual but I think that's because my form was a little better and I actually hit depth. I'm still letting the bar drift forward though. Tiny pain in intercostal but nothing too drastic.
- Actually managed a couple of super grindy fahves at the weight I failed on CGBP last week, and only just missed the second set (got it above the j hooks but couldn't lock it out) - that's a good sign. Fatigue has dissipated a bit courtesy of not being at work, I think.
- Bumped chins to sets of 7 with 4 mins between. Thought for sure I'd get sets across and bump last week's volume up by a rep, but that last one wouldn't go... fffffffss. Gassed. Thought about another set but wanted to get face pulls done since I've been skipping em the last few workouts. And they were hard too - last couple were a little less ROM....
- Great workout though - it took 1 hr 53 mins and I feel gassed but grateful to still be able to do this.....

Just wanted to mention that a double at 100kg prior to 3x5 at 105kg isn't ideal - I'd do my last warmup at most at 90%, say, 95kgx2 or 3, then hit the 105kg worksets (for me personally, my last warmups are even lower but 90%-ish is usually the recommendation). Warmup sets are just for warming up, you know, not extra volume ... otherwise, good work!

Did you know that achieving a full set of abs might get you kicked off this forum? <kidding>

BenM

04-21-2017, 03:31 PM

Fri 21/4 - Chest Supplemental

Food yesterday: 1847 kcal

Activity yesterday: 10.4k steps

Sleep last night: 6 hrs 57 mins - 4 times awake, 9 times restless, 25 mins awake/restless

AM BW: 67.4kg (+0.3kg)

Morning Cardio:

Elliptical - 30 mins on "Muscle Toner" setting
5.2km, 389kcal burn, ave HR 138 BPM

Afternoon Lifting:

Incline Bench Press (slight incline):

2x8 @ 20kg
1x8 @ 40kg
1x8 @ 42.5kg
1x8 @ 43kg
1x10 @ 43kg

Incline Bench Press (dumbbell - slightly more incline):

3x10, 1x9 @ 35lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

3x10 @ 35lbs
1x12 @ 35lbs

Dumbbell Flys:

1x10, 2x9 @ 25lbs

I bothered to edit the video this week: <http://youtu.be/s0PEmY928zc>

-
- Happy days. Got cardio in early, went and hit some golf balls, hit the chest in the afternoon. I am liking this little extra workout on Fridays, so will keep doing it for at least the next week or two til I change up the programming.
 - I couldn't really decide what to do on the elliptical this morning, so changed it up and went with a preset I hadn't used before. Turns out all it does is alternate between resistance levels 2 and 3 every minute. Boring, but no more than usual I guess....
 - Added a little weight to the incline bench (barbell), and it went well. Will have to add more next week, and should probably do the same with the decline bench since I managed to squeeze out twelve reps to finish. The dumbbell incline and flys were a bit harder, particularly the flys, I don't want to go too close to failure with these because shoulders etc.
 - Nahce workout. Short breaks (3 minutes tops) between sets, and got it all done in 55 mins. Happy Friday, hope everyone has a great weekend!



Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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BenM

04-23-2017, 01:18 PM

Sun 23/4 - Heavy Day, Week 6 (current programming - [this HLM template](#))

Food yesterday: 1745 kcal

Activity yesterday: 10k steps

Sleep last night: 8 hrs 32 mins - 4 times awake, 10 times restless, 29 mins awake/restless

AM BW: 67.1kg (No change from yesterday.. still the lightest I've ever been in my life)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x1 @ 85kg intercostal hurt, racked it and retried

1x3 @ 85kg bit better

1x2 @ 100kg

1x2 @ 110kg

3x1 @ 120kg

1x3 @ 110kg

1x5 @ 100kg

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x2 @ 61kg - hit the safety and bailed on the set

3x4 @ 61kg

2x4 @ 60kg

Pullups:

6, 7, 7, 6, 7, 7 @ BW - volume PR maybe?

Here's a little fillum I made: <http://youtu.be/Fb3l-VRZRUs>

- A wet and miserable day outside, matches my mood and energy levels. Between coughing up gunk, and the aches/pains in my back, shoulder, ab/intercostal, and tired legs... REALLY didn't feel like training today. Made banana pancakes, drank black coffee and chocolate milk, forced myself to do SOMETHING.
- No way in hell was I squatting heavy fives today, so I worked up to some heavy singles and back down. Pretty happy to get 120kg actually, even though depth was a bit iffy (on all of them, if I'm honest) the last couple were a fairly hard grind. I squatted 120kg for fives a couple of months ago but I weighed 4 or 5 kilos more then. The 100kg back off set felt so easy afterwards. Took close to an hour to get through it all though.
- Bench felt horrible, kept hitting the safeties. Not even one set of five.
- Pull ups might be a volume PR, it's more than last week anyway. Took 5+ minutes between sets though.

- Long workout for 3 movements, 2 hrs 15 minutes. My training intensity is pretty much non-existent. At least I got it done, hopefully I can overcome my mental roadblocks to eating a bit more this week, and start digging myself out of the hole I'm in. Keen to move to some different programming, but want to deload a bit and get myself a bit less achy first.

BenM

04-25-2017, 03:20 PM

Mon 24/04 - Recovery Day

Food yesterday: 1948 kcal

Activity yesterday: 8k steps

Sleep last night: 6 hrs 49 mins - 1 times awake, 7 times restless, 21 mins awake/restless

AM BW: 67.1kg (No change)

Morning Cardio:

Elliptical - 40 mins slow LISS

Up a notch @ 5 mins, down a notch @ 35 mins

6.41km, 485kcal burn, ave HR 134 BPM

Tue 25/04 - Light Day, Week 6 (current programming - [this HLM template](#))

Food yesterday: 1725 kcal

Activity yesterday: 12.7k steps

Sleep last night: 8 hrs 20 mins - 5 times awake, 11 times restless, 19 mins awake/restless

AM BW: 66.5kg (-0.6kg.. another weight PR[!])

Today's entertainment: Footy replay

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole[!])

1x5 @ 85kg

1x2 @ 100kg

2x5 @ 105kg

Overhead Press (1.0):

2x5 @ 20kg

1x5 @ 32.5kg

1x2 @ 40kg

3x3 @ 45kg

1xF @ 50kg (LOLno.. would've equalled a 1RM from a couple of months ago)

2x5 @ 42.5kg back off

Deadlift:

1x5 @ 90kg

1x5 @ 110kg

1x5 @ 125kg

Conditioning - HIIT:

Elliptical - 5 mins warmup, 6 rounds 15s on / 45s slow, 5 mins warm down

16 mins total - 3.16km, 234 kcal burn, ave HR 145 BPM

Enjoy: <http://youtu.be/DbAqKMynN4w>

- Ate a bit more on Sunday, but failed at eating yesterday and body weight dropped again overnight - getting fairly lean now. Got super hungry this morning, so I binged a bit at lunch time before training and will definitely hit 2000+ calories today.
- Squats went OK, actually hit depth on a couple and bar didn't get too far forward on every freaking rep, at least. Got the belt on another notch tighter which I think helps.
- Press was fun. Decided to hit triples at a bit heavier weight instead of banging my head against the 43kg plateau again. Silly going for a PR but I like trying anyway. Last back off set was a nice grindy effort.
- Deadlifts, well, my back was as rounded as it has ever been by the end. Very fatigued.
- HIIT sucked, but at least it's done.
- Whole workout took 1 hr 43 mins. It's supposed to rain tomorrow, so walking will likely not happen, don't think I can face elliptical work 3 days in a row so I might even get a sleep in.

Lest we forget.

BenM

04-26-2017, 06:54 AM

Wed 26/04 - So much for a sleep in

Food yesterday: 2099 kcal

Activity yesterday: 11.2k steps

Sleep last night: 7 hrs 3 mins - 5 times awake, 10 times restless, 24 mins awake/restless

AM BW: 66.9kg (+0.4kg - no BM tho)

Superset:

Pendlay Rows:

3x8 @ 45kg

Tricep Push Downs:

1x12 @ 25kg (with bar... too easy)

1x30 @ 10kg (with rope... also too easy)

1x20 @ 15kg (with rope... betterish)

Hammer Curls:

3x12 @ 25lbs

Followed by:

Ab Roller:

3x5 - on knees, real gentle (due to previous injury, I'm skittish)

Conditioning:

Elliptical - 20 mins slowish LISS

3.32km, 250 kcal burn, ave HR 128 BPM

- Ate a bit more yesterday. The afternoon was good, it was nice to be not hungry.
- It was raining this morning as expected but I couldn't let myself do nothing. Bit of a nothing workout, just a pump and some light cardio, but no regrets. Fasted, aside from BCAAs, which meant energy was down a bit. Only took 47 mins all up.

- Have a great day everyone :)

BenM

04-27-2017, 10:36 PM

Quote:

Originally Posted by **peez** 

Just wanted to mention that a double at 100kg prior to 3x5 at 105kg isn't ideal - I'd do my last warmup at most at 90%, say, 95kgx2 or 3, then hit the 105kg worksets (for me personally, my last warmups are even lower but 90%-ish is usually the recommendation). Warmup sets are just for warming up, you know, not extra volume ... otherwise, good work!

Did you know that achieving a full set of abs might get you kicked off this forum?
<kidding>

Sorry peez - completely missed this post earlier. I will take that on board - I've just got in the habit of warming up this way, but no reason I couldn't change - you're right of course, it's only a small jump from 100kg to a lightish set. Shame I didn't see the post before tonight's shoddy effort or I wouldn't have done it again...

And yeah... abz. I know it goes against the Starting Strength ethos of 'just get strong', just call me pariah! :)

Personally, I'd rather be moderately strong and fairly lean than exceptionally strong and 18-20% (or more) body fat - and while the SS ethos says 'you can cut later' - for someone who has already been fat and has done all the hard work to drop the weight (I was probably 30% BF at the start of last year @ around 106-107kg), it's not easy to accept putting much fat back on again.

After today's brain explosion (see below), I can't see me losing much more (if any) weight, to be honest though. It's taken its toll mentally. So for me, it's a long slow bulk from this point, hopefully.

Thu 20/4 - Medium Day, Week 6 (current programming - [this HLM template](#))

Food yesterday: 1744 kcal

Activity yesterday: 9.8k steps

Sleep last night: 7 hrs 45 mins - 3 times awake, 9 times restless, 17 mins awake/restless

AM BW: 66.9kg (no change)

Morning Walk:

Just a short one - 3.27km, 24:39 mins, ave HR 131 BPM

Evening Lifting:

Tonight's theme: Penance....

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (5th hole)

1x3 @ 85kg

1x2 @ 100kg

1x4 @ 107.5

1x1 @ 107.5kg

2x5 @ 107.5kg

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 61kg

2x5 @ 60kg

2x4 @ 60kg

Chinups:

8x6 @ BW - volume PR

Enjoy some moving pictures: <http://youtu.be/NQ9yMdLSAQ4>

- So I've been successfully cycling calories a little higher on training days for the last few days - til today, I had a massive blowout. Ate lunch as normal, then half an hour later an email went round saying "snacks are in the kitchen" (leftovers from a meeting) and the depressed-bored-bingemonster reared his ugly head. 2 meat & salad wraps, 2 party pies, a sausage roll, about 6 or 7 pieces of various chocolate, caramel and nutty slices and two coffees later I hated myself even more than usual and wanted to go throw up. Then I came home and ate steak, rice and veges since I can't exactly not eat dinner with the family. Got into the gym feeling horribly sluggish and overloaded, but figured the worst thing I could do after that was not train, even if it wasn't ideal. Of course everything felt even more heavy and shithouse than usual and my mind really wasn't on the job.
- Squat, felt heavy. Did 4, didn't think I could get a fifth, did a single, felt horrible, then realised I had to mute the football because it was distracting me and get some music in my brain. With the 'phones on it was still tough but I ground through a couple more sets - I'd like to thank Jet's perennial classic Are You Gonna Be My Girl for getting me through that really awful looking last one. At least it looks like I hit depth on all of them - maybe I need to get psyched more often.
- Didn't even feel like I could get 4 reps @ 61kg CGBP (looking at the video, I think I pussied out at 3) so just backed off the weight a kilo and ground out what I could. Backed the reps off on chins as well, they were hard enough even with 4-5 min breaks (so much undigested food in my guts....), but did an extra set over last week for dah volumez.
- Total workout time: 1 hr 41 mins. No face pulls cos late start.
- I expect to deload a little and change programming for the next few weeks, to give my body a little break and recover a bit as I start to titrate food back up. Hopefully I'll regain a bit of the old vim and vigour.

Mahendra

04-28-2017, 01:10 AM

Hey dude,

What do you think the reason was for you to binge eat? Were you very hungry due to being on a caloric deficit? It takes tremendous willpower to fight urges to eat, and sometimes I don't know how I did it.

Regarding what you mentioned earlier about being moderately stronger and leaner versus stronger at a higher BF, and then cutting afterwards. I think the advice of "gain weight now" and "cut" later was really meant for skinny novices who were severely underweight and afraid of losing any ab definition. But at least over here in Canada and North America, how many people are skinny novices? In my opinion, not that many... So many people start bulking when they're already at 18% BF, and then just keep getting bigger and bigger - something I did. I have a friend who has been endlessly bulking, and went from around 15% BF, to closer to 30% BF, because he thinks it's the right thing to do to get stronger...

I think that perceptions of body fat has been skewed a lot lately, because fat & obesity levels are on the rise. Now, people (at work, or family & friends) look at me and think I'm too skinny...

common now, really? I'm 5'5 (165 CM) tall! It seems that unless you have a little something around your gut, you aren't normal, or you aren't "enjoying life". LoL...

My point is that, I think it's very possible to be very strong and lean as well. Look at all of the nationally & internationally competitive weight lifters - very strong and lean people. I'm not saying that you need to be a competitive lifter, but I am saying that it is quite possible to be very strong and relatively lean. With everything worth doing, it just takes time and work.

Sorry for this long post on your log...

BenM

04-28-2017, 08:36 AM

Quote:

Originally Posted by **Mahendra** »

Hey dude,

What do you think the reason was for you to binge eat? Were you very hungry due to being on a caloric deficit? It takes tremendous willpower to fight urges to eat, and sometimes I don't know how I did it.

Regarding what you mentioned earlier about being moderately stronger and leaner versus stronger at a higher BF, and then cutting afterwards. I think the advice of "gain weight now" and "cut" later was really meant for skinny novices who were severely underweight and afraid of losing any ab definition. But at least over here in Canada and North America, how many people are skinny novices? In my opinion, not that many... So many people start bulking when they're already at 18% BF, and then just keep getting bigger and bigger - something I did. I have a friend who has been endlessly bulking, and went from around 15% BF, to closer to 30% BF, because he thinks it's the right thing to do to get stronger...

I think that perceptions of body fat has been skewed a lot lately, because fat & obesity levels are on the rise. Now, people (at work, or family & friends) look at me and think I'm too skinny... common now, really? I'm 5'5 (165 CM) tall! It seems that unless you have a little something around your gut, you aren't normal, or you aren't "enjoying life". LoL...

My point is that, I think it's very possible to be very strong and lean as well. Look at all of the nationally & internationally competitive weight lifters - very strong and lean people. I'm not saying that you need to be a competitive lifter, but I am saying that it is quite possible to be very strong and relatively lean. With everything worth doing, it just takes time and work.

Sorry for this long post on your log...

Mahendra, you (and anyone else who wants to make genuine comment/feedback) are welcome to long post on my log any time :)

Why did I binge? It wasn't hunger, because I'd just eaten (a small, but no more than usual) lunch... I think I've been feeling a bit depressed about things - I am pleased to have got this lean but my body has been feeling pretty horrible lately, training has sucked, and I've been feeling weak and miserable. So it was a return to my old way of eating to try and make myself feel better (how I got fat). Obviously it didn't work (the opposite in fact, it just causes more self loathing).

My weight was +2kg this morning, though logically I know that's mostly water/undigested food. On the upside I do feel physically less sore and achy than usual so that's something positive. Will just try to have a relatively low carb day to make up for it, there will be some bigger meals over the weekend too, but will set a slightly higher calorie target for next week of maybe 2000-2100 kcal and try to stick to it.

Yeah - a lot of people were telling me I was too skinny as well (so much so I started to get annoyed with it) even before I started this latest cut. I am a little taller than you, but yeah - I think you're right, perceptions are out of whack. Obesity is a massive issue here, just as it is in the US and Canada, a lot of my friends and colleague are quite portly so I think maybe they also want to make themselves feel better.

But I'm glad you and I are on the same page WRT strength/body composition. As one of the other 'lean lifters' here you and your lifts continue to help keep me motivated and remind me that it's perfectly possible to be strong without being fat. I have an awfully long way to go before I would say I am anywhere near 'strong' but it's been less than a year of less than ideal training, if I can get my diet dialled in now and stay focussed, I know progress will come.

I would actually love to compete in a PL meet one day just for the experience but I won't feel comfortable doing it til I'm a bit more confident in both my strength and my form. It's certainly a goal in the back of my mind though. I was actually tempted to have a crack at this seeing as it's in my state this year - <http://www.australianmastersgames.co...-35-15765.html> but it might not work out, we'll see. I get back from an overseas trip (where I won't be training) 2 weeks before this meet, so prep wouldn't be ideal - if not for that I might have signed up already.

BenM

04-28-2017, 03:44 PM

Fri 28/4 - Chest Supplemental

Food yesterday: 3489 kcal (massive guess)

Activity yesterday: 8.9k steps

Sleep last night: 6 hrs 56 mins - 3 times awake, 6 times restless, 23 mins awake/restless

AM BW: 69.1kg (+2.1kg!!!)

Incline Bench Press (slight incline):

2x8 @ 20kg

1x8 @ 40kg

2x8 @ 41.75kg (misloaded bar --)

1x10 @ 41.75kg (misloaded bar --)

Incline Bench Press (dumbbell - slightly more incline):

3x11, 1x12 @ 35lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

3x12 @ 37.5lbs (PR)

1x14 @ 37.5lbs (PR)

Dumbbell Flys:

3x10 @ 25lbs .. just

-
- No cardio today, playing golf tomorrow - maybe that'll help drop off the TWO KILOS of water weight I gained from my binge yesterday... !!
 - Incline bench went well, was supposed to be sets of 43kg but after doing 3 sets realised I'd missed a 1.25kg plate off one side. Can't believe I didn't really notice, just thought it was my weak left side! CBFd reloading and doing it again though.
 - Got a bit more weight/reps in on the other movements too. Was a pretty good pump workout, with the usual short breaks, a 52 minute session all up. Happy Friday all! :)

BenM

04-30-2017, 01:03 PM

OK, as noted above, I've spent a lot of time thinking about programming and goals over the past week or so.

I have really liked the HLM program I've been doing, and saw some reasonable gains from it while I was eating properly.

But right now, I feel beat up, my lower back is pretty constantly sore (especially later in the day) and my legs are constantly tired, it's definitely time for a deload and a change of pace as I start to titrate calories back up over the next few weeks. I have been mulling over Andy's Strength and Mass After 40 program since I purchased it months ago, and I'm going to move to a bench press focussed variant of that, starting now. I will also probably not squat heavy this week (and may not squat at all) just to give my back a rest.

I really like the fact that the program is only 2 days of squatting a week, and it has more of an upper body + hypertrophy focus than what I have been doing, which I think will suit my goals (strength plus physique) better. It does have a little more pulling volume (sets across of deadlifts + SLDLs on pulling day) than I am used to though so we'll see how my back copes with that, and also with 4 days a week rather than 3 - but the workouts I think will be shorter, which helps balance that out. There won't be room for a lot of cardio, probably 2 days a week tops - what a shame....

I can run one cycle of this (3 weeks) before I have a work related interruption to training, so now is a great time to try it out and reassess at the end - by then I should be almost back at maintenance calories and I can see how I feel and decide my next move. It will probably be time for a new log then too.

So, let's see how we go eh!! First workout is done and it was just FAHNE:

Sun 30/4 - S&M40+ W1 D1: Heavy Bench / Light Press

Food yesterday: 2726 kcal (another massive guess)

Activity yesterday: 22.9k steps (golf)

Sleep last night: 6 hrs 54 mins - 1 times awake, 4 times restless, 11 mins awake/restless

AM BW: 68.2kg (+.2kg)

Bench Press (H):

2x5 @ 20kg

1x5 @ 45kg

3x5 @ 60kg

Overhead Press (L):

2x5 @ 20kg

1x5 @ 32.5kg

5x3 @ 38.5kg

Lying Tricep Extensions:

3x10 @ 30kg

Overhead Tricep Extensions (dumbbell, single arm):

3x12 @ 20lbs

Video, in my new favourite shirt: <http://youtu.be/vE1323M4g0E>

- So I played golf for the first time in about 6 weeks yesterday, and 2 holes in my legs wanted me to stop and sit down. Very tired of feeling like this, hoping that deloading and adding more food will start getting me feeling better. May also go get a physical this week just to rule out any other issues. It was date night last night so we went out for curry, hence the big guess on food - I ate a decent meal without going stupid, which was nahce - weight didn't balloon overnight. Also slept a bit better, though the

duration was cut short due to grand prix qualifying and early rising children... hopefully that improves this week. Except tonight is the grand prix itself.... maybe I can nap beforehand.

- Bench was a bit of a struggle - in hindsight I probably should have deloaded a little more, but you know.. ego. However I got them done, and I'm fairly confident I can do triples (the RX for the next heavy bench session) at a higher weight so all good.
- OHP was pretty easy, this is all about trying to improve bar speed/explosiveness, with only short 2 min breaks. Not much to report really.
- The accessory work was pretty straightforward, I have done LTEs for more reps at higher weights before, but let's start easy eh.... haven't done the dumbbell extensions before though so my form was probably horrible.
- All up the workout only took 1 hr 5 minutes. No squat in the RX today which helps. It is in there for tomorrow, but as noted I probably won't, so it might be another short effort. Which is a good thing since it'll have to be an early AM session...
- If anything, it feels like the volume is too small. But I have probably been overdoing it - so let's do a cycle and see what happens. Have a great day everyone :)

BenM

05-01-2017, 09:57 AM

Mon 1/5 - S&M40+ W1 D2: Heavy Squat / Upper Back

Food yesterday: Target: 2000kcal / Actual: 2015 kcal

Activity yesterday: 11.7k steps

Sleep last night: 5 hrs 2 mins - 4 times awake, 6 times restless, 18 mins awake/restless

AM BW: 68.1kg (-.1kg)

Squat (H):

Err... nope

Planks:

90sec, 75sec, 90sec

Pull Ups (wide grip):

1x2 @ BW + 5kg (lol)

5x5 @ BW

Bent Over Rows:

1x12 @ 40kg (more like 8 proper ones)

3x12 @ 35kg

Hammer Curls:

1x7 @ 25lbs bzzt - supersetted with rows

3x12 @ 25lbs afterwards

Conditioning:

Elliptical - real slow LISS

16mins, 2.48km, 157 kcal burn, avg HR 115bpm

Video: <http://youtu.be/CWp1HbcOZlw>

- Targeting 2000 kcal/day this week which (taking out my binge on Thursday) is about a 10% jump from an average of around 1800 cal. Will see how that goes for a week or two - I've also upped carbs a fair bit in the past couple of days.
- Bit tough working out this morning on 5 hours sleep, but that's my own fault - I did get an hour's nap before the race.
- Planks are my own addition, might do these regularly, may help with the back. It felt

weird not starting the workout with squatting.

- Pullups I wanted to do weighted but with the wide grip I just can't get enough to make it worthwhile adding weight - something to strive for I guess.
- Never done BORs before (normally do Pendlay style rows) so I dropped the weight a fair bit, this was pretty humbling. Even 35kg was a bit much to do with proper form for all 12 reps, but close enough that I will stick with this weight (or more) next time. Curls were hard, and since I had time left (and I wanted to walk round the block but it was raining) I just did some slow warm down.
- Only 1 hr 5 minute again, pretty decent. My triceps are still tight from yesterday but I don't feel otherwise too bad, legs are not terrible, back is tight but not awful, shoulder feels like it might be improving. Have a great day :D

BenM

05-03-2017, 07:06 AM

Tue 02/5 - Recovery

Food yesterday: Target: 2000kcal / Actual: 1911 kcal

Activity yesterday: 8.1k steps

Sleep last night: 6 hrs 54 mins - 1 times awake, 8 times restless, 21 mins awake/restless

AM BW: 68.1kg (No change)

Morning Walk:

6.46km, 45:05min, 490kcal burn, ave HR 145 BPM(!)

Wed 03/5 - S&M40+ W1 D3: Heavy Press / Light Bench / Chest Supplemental

Food yesterday: Target: 2000kcal / Actual: 1947 kcal

Activity yesterday: 10.1k steps

Sleep last night: 6 hrs 38 mins - 3 times awake, 11 times restless, 23 mins awake/restless

AM BW: 68.3kg (+0.2kg)

Planks:

120secs, 90secs, 120secs

Overhead Press (H):

2x5 @ 20kg

1x5 @ 32.5kg

3x5 @ 41.5kg

Bench Press (L):

2x5 @ 20kg

1x5 @ 45kg

5x3 @ 57.5kg

Incline Bench Press (dumbbell):

4x12 @ 37.5lbs (PR)

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

4x12 @ 40lbs (PR)

Vidz: http://youtu.be/yImhw90C_Gs

- Planks good. Press easy enough, but it should have been as it's a kilo or two off my

5RM, this is a deload week after all (and I'm trying to give headroom for a jump next week).

- Bench good, focussing on bar speed/explosiveness, this was a good weight to start with.
- Added weight to both the dumbbell presses, and was surprised how easy it was. Fatigue must be dissipating. The RX is for 2-3 sets of 8-10 but I managed twelves and did an extra set. Guess I add more weight next time... I only have enough plates for 45lbs a side so better start saving pennies for the addon kit.
- Pretty happy with this session overall, only 1 hr 17 mins even with the extra work.
- My back is feeling a little better from not squatting, but still tight/sore - shoulder not much better either. Supposed to deadlift next workout so let's see how that goes... light, if at all. May need to do the whole 3 week cycle without squatting.

BenM

05-04-2017, 09:52 PM

Thu 04/5 - S&M40+ W1 D4: Light Squat / Heavy Deadlift

Food yesterday: Target: 2000kcal / Actual: 1983 kcal

Activity yesterday: 6.7k steps

Sleep last night: 7 hrs 31 mins - 1 times awake, 4 times restless, 11 mins awake/restless

AM BW: 67.8kg (-0.5kg)

Morning Cardio:

Elliptical - slow LISS, 30 mins, 4.7km. 354kcal burn, ave HR 135 BPM

Evening Lifting

Back Squat (L):

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

--- Belt On --- (5th hole)

5x3 @ 85kg

Deadlift:

1x5 @ 90kg

3x5 @ 110kg

Stiff Legged Deadlift:

1x8 @ 70kg

2x8 @ 80kg

Barbell Shrugs:

3x15 @ 50kg

Veni, vidi, filmed: <http://youtu.be/gqLnrfykhs>

- Hrm, I know I said I wouldn't squat, but my back felt like it could handle a bit of work so I went very light (this is supposed to be speed work, trying to be explosive). Went OK.
- Did the same with deadlift, went conservative since I don't normally do more than one set of fives. Weight will get heavier next week for triples....
- Never done SLDL or shrugs before. Hope my form isn't too awful - again, I went light. Felt the SLDLs in the hammies but also in the lower back so was glad I went pretty easy. Struggled to keep my arms straight with the shrugs, the weight was probably borderline for sets of fifteen.
- After dreading this session all day (due to pulling volume etc), and getting into the

gym late due to family stuff, I was expecting this to be a long tough workout but it only took 1 hr 7 mins. Can't imagine it will be that quick once I get up to harder weights! Let's see how I pull up tomorrow but I definitely think my back is appreciating the rest, hope it keeps improving.

- In other news, I signed up to Avatar Nutrition today... sick of second guessing my choices so thought maybe letting someone else (well, a computer) make the decisions objectively might help. Fiddled with the settings to get next week's calorie target/macros where I want them (initially it gave me about a 500kcal/day boost which I thought was too much) and will try and 'soft launch' for the next couple of days and actually go live on Sunday. I've only got a smallish (~100kcal/day) increase to start with but unsurprisingly, a fairly big (~60g) increase in daily carbs - that might help with energy a bit!

BenM

05-07-2017, 02:40 PM

Sun 07/5 - S&M40+ W2 D1: Heavy Bench / Light Press / Triceps

Food yesterday: Target: 2000kcal / Actual: 2016 kcal

Activity yesterday: 10.5k steps

Sleep last night: 7 hrs 26 mins - 1 times awake, 6 times restless, 14 mins awake/restless

AM BW: 67.3kg (No change from yesterday, down .9kg from last Sunday)

Planks:

2mins 15secs, 1min 30secs, 2 mins 15secs (PR)

Bench Press (H):

2x5 @ 20kg

1x5 @ 45kg

1x1 @ 60kg

3x3 @ 65kg

Overhead Press (L):

2x5 @ 20kg

1x5 @ 32.5kg

5x3 @ 38.5kg

Lying Tricep Extensions:

3x10 @ 31kg

Overhead Tricep Extensions (dumbbell, single arm):

3x12 @ 22.5lbs

Conditioning (HIIT):

Elliptical - 5 mins warmup, 6 rounds 15s on / 45s slow, 5 mins moderate intensity warm down
16 mins total, 3.08km, 229kcal burn, ave HR 140 BPM

Oh hai:<http://youtu.be/oNem9aLAPJE>

-
- OK, deload week over, and today is officially my first day live with Avatar Nutrition. Gonna be interesting, after practicing a bit the last couple of days I can already tell I'm going to need to make some changes to get the carbs in (and reduce the protein) - will see what happens this week weight wise and see how I feel.
 - My base macro targets (before adjusting for high/low days) are 170P / 221C / 58F. I'm not convinced that the protein number is high enough, and it's a big jump in carbs (I've been averaging 150-170g/day over the past month or two). I had to eat a bowl of sugary protein granola before bed last night to get the carbs in, and I don't like doing that. No problem with smashing 40-50g of protein before bed but carbs, not so

much... - would prefer to get them in earlier in the day - it's probably broscience that it will all turn into fat overnight but I don't like it anyway, unless I am training early in the morning.

- Feels wise, a bit crappy and low on energy this morning even though I was very close to all my macros yesterday which to me is a sign I am still in a slight deficit. Also, my hamstrings have been pretty tight for the last 2 days, which is a good sign I did OK on those SLDLs!
- Anyway, pretty happy with today's workout. I am liking the planks as a starter, to try and help my back and get rid of the little ab tweak I still have. Probably should do them more than twice a week, and do some side planks as well, just got to work out where to fit them in.
- Managed my triples on bench without too much difficulty (heavy singles next Sunday will be interesting though); speed work on the press went well, last set felt pretty quick, and I added weight to both the accessory lifts - the LTEs went well but I wasn't happy with the dumbbell work, they look like shit. Did some condish, as I want to try and increase my activity levels again this week - last week was extremely sedentary.....
- Total workout time was 1hr 35mins, and looking forward to roast dinner tonight and protein cheesecake I made yesterday. Flexible dieting FTW! Have a very happy Sunday everyone :)

BenM

05-08-2017, 10:04 AM

Mon 8/5 - S&M40+ W2 D2: Heavy Squat / Upper Back

Food yesterday: Target: 2102kcal / Actual: 2102 kcal !!

Activity yesterday: 10.1k steps

Sleep last night: 6 hrs 7 mins - 2 times awake, 4 times restless, 10 mins awake/restless

AM BW: 67.5kg (+.2kg, but no BM)

Planks:

2mins 30 secs, 2 mins 15 secs x 2 (PR)

Back Squat (H):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 70kg

--- Belt On --- (5th hole)

1x3 @ 90kg

3x3 @ 110kg

Pull Ups (wide grip):

5, 6, 5, 5, 5 @ BW

Bent Over Rows:

3x12 @ 35kg

Hammer Curls:

1x12, 2x10 @ 27.5lbs

I can't hide the evidence of how bad my squats are: <http://youtu.be/9fKBr7gHjBQ>

-
- First day on Avatar, hit my macros almost perfectly (up 2g protein, down 2g carbs). A good start. Felt like I ate a LOT more than usual, only problem is I am obsessing about the best way to hit my targets as closely as possible - which I know is pointless since food macros are estimates anyway. Hopefully I will stop caring so much over

time and just make sure I am within the margin every day, but I am a bit of an OCD/perfectionist.....

- Good planks. Squats heavy, form awful - STILL bar getting forward out of the hole. After that point, I started rushing a bit as I was starting to run short on time. Pullups I managed one set of 6, hopefully I can keep building these up.
- Happy with rows this time, will add weight next week; added weight to the curls and ended up dropping back to 10s, the last 2 sets were sloooooowww.....
- 1 hr 25 minute workout which is a good length. Got a good day of eating planned. Bring on the improved recovery and better feelz. Have a wonderful day everyone :)

BenM

05-10-2017, 09:32 AM

Tue 09/5 - Recovery

Food yesterday: Target: 2102kcal / Actual: 2097 kcal

Activity yesterday: 7.3k steps

Sleep last night: 7 hrs 6 mins - 3 times awake, 9 times restless, 25 mins awake/restless

AM BW: 67.2kg (-0.3kg)

Cardio (SS, fasted):

Elliptical - 30 mins ramping resistance.

Up a notch @ 5 & 12:30 mins, down a notch @ 17:30, 25 mins.

30 mins total, 5.04 km, 379 kcal burn, ave HR 126 BPM

Wed 10/5 - S&M40+ W2 D3: Heavy Press / Light Bench / Chest Supplemental

Food yesterday: Target: 2066kcal / Actual: 2054 kcal

Activity yesterday: 8.7k steps

Sleep last night: 7 hrs 4 mins - 2 times awake, 4 times restless, 9 mins awake/restless

AM BW: 67.1kg (-0.1kg)

Planks:

2 mins 30 secs, 2 mins 15 secs, 2 mins 15 secs (equal PR)

Overhead Press (H):

2x5 @ 20kg

1x5 @ 32.5kg

3x3 @ 45kg

Close Grip Bench Press (L):

2x5 @ 20kg

1x5 @ 45kg

3x8 @ 56kg

Incline Bench Press (dumbbell):

1x10, 1x9, 1x10 @ 40lbs (PR)

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

1x12, 1x11, 1x9 @ 42.5lbs

Moving pictures with grunts and stuff: <http://www.youtube.com/watch?v=tn5RZYJr9Tg>

- 3 days in, Avatar going pretty well I think. I've hit my macros bang on, but weight is

still trending slightly down and I'm still leaning out a bit, which surprises me since I've been very sedentary and I'm eating so much more caaahhhbbss. Been having milk instead of water in my nightly protein shakes - hell even had a scoop of ice cream and real peanut butter in one the other night! Hope this keeps up as I should get a bump for next week - still battling hunger a bit during the day.

- Actually got to bed reasonably early last night and woke up at 4:30am (15 mins before the alarm went off) so that was good too. This is pretty much my favourite workout of the week I think. Who doesn't love upper body work, leaves my legs fresh for the day at work..
- Got the triples on OHP, just (the first set went up so slow I started to doubt myself). Heavy singles next week.
- Changed bench assistance to CGBP rather than speed/dynamic work. RX is 5-8 reps and increase weight when at least one set hits 8, so I guess I add (a little) more weight next week.
- Added weight to both the dumbbell presses, and found my limit. Ran out of gas on both, surprisingly it was my right side that gave out first.
- 1 hr 18 mins all up - was a good way to start the day....Happy hump day!

BenM

05-11-2017, 09:37 PM

Thu 011/5 - S&M40+ W2 D4: Light Squat / Heavy Deadlift

Food yesterday: Target: 2102kcal / Actual: 2106 kcal

Activity yesterday: 7.1k steps

Sleep last night: 6 hrs 46 mins - 2 times awake, 8 times restless, 13 mins awake/restless

AM BW: 67.3kg (+0.2kg)

Morning Cardio:

A walk round the block - 3.6 km, 28:20 min, 268 kcal burn, ave HR 126 BPM

Evening Lifting

Back Squat (L):

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

--- Belt On --- (6th hole)

5x3 @ 85kg

Deadlift:

1x5 @ 95kg

3x3 @ 115kg

Stiff Legged Deadlift:

3x8 @ 85kg

Barbell Shrugs:

1x20 @ 45kg

1x20 @ 47.5kg

1x20 @ 50kg

Here you go: <http://youtu.be/GysOVXZgybo>

-
- Energy levels down again, felt pretty hungry today and my chest is congested again - think I'm getting the lurgi.
 - That said, pretty happy with how the workout went. Speed squatz seemed to go up faster than last week and form doesn't look awful on the video.

- Deadlift felt heavy, but that's because I am weak and shit at them. Really wish I could get my thoracic spine flatter.
- SLDL and shrugs were both heaps easier than last week. Actually added weight to the SLDLs, and did 3 sets instead of 2. Dropped weight back on the shrugs since getting 15 was a battle last week, but somehow managed 20s so bumped it back up again and did an extra set there too. Gonna feel my hamstrings and traps tomorrow.
- Rushed through in 1hr 4 mins. Do like the quick workouts at the moment. Have a great day/night all....

BenM

05-13-2017, 09:32 AM

Fri 12/5**Food yesterday:** Target: 2102kcal / Actual: 2089 kcal**Activity yesterday:** 9.7k steps**Sleep last night:** 7 hrs 36 mins - 4 times awake, 9 times restless, 28 mins awake/restless**AM BW:** 66.6kg (-0.7kg - PR :-|)**Planks:**

3mins, 3mins, 3mins (PR)

Face Pulls:

3x12 @ 25kg

Dumbbell Tricep Extensions (one arm):

3x12 @ 22.5lbs

Cardio:Elliptical - 30 mins steady state; up a notch @ 5 mins, down a notch @ 25mins
5.15km, 386kcal burn, ave HR 125BPM

-
- Slept in. Pooed, got on the scales, said holy fuck, how am I still losing? I'm gonna video my check in tomorrow and show you (dear log) what Avatar does.
 - Wanted to get some light work in and my shoulders have been feeling tight so face pulls it was. Also, dem planks - was shaking all over at the end of the last set but they are definitely making a difference. Problem is gonna be time once I start holding them much longer.
 - Twas just 1 hr 4 mins before dinner.

BenM

05-14-2017, 01:06 PM

Sun 14/5 - S&M40+ W3 D1: Heavy Bench / Light Press / Triceps**Food yesterday:** Target: 2066kcal / Actual: 2054 kcal**Activity yesterday:** 9.4k steps**Sleep last night:** 7 hrs 20 mins - 2 times awake, 11 times restless, 30 mins awake/restless**AM BW:** 67.1kg (> 0.3kg from yesterday, down .2kg from last Sunday)**Planks:**

3mins 30secs, 3min 15secs, 3mins 15secs (PR)

Bench Press (H):

2x5 @ 20kg
1x5 @ 45kg
1x3 @ 60kg
4x1 @ 70kg

Overhead Press (L):

2x5 @ 20kg
1x5 @ 30kg
5x3 @ 38.5kg

Lying Tricep Extensions:

1x12 @ 32kg
1x10, 1x11 @ 32.5kg

Overhead Tricep Extensions (dumbbell, single arm):

1x12, 1x11, 1x12 @ 25lbs

Footage for the lolz:<http://youtu.be/yGPOX1ujnDY>

-
- Food wise, since I lost a little weight this week, Avatar gave me a small bump in calories but only 1g fat and 7g carbs - so I changed from the conservative to standard reverse diet strategy and got a little more. Now looking at 172P / 237C / 60F for 2156kcal before high/low adjustments, let's see how that goes. The worst that can happen is I gain too much weight and back it off, but I think that's unlikely.
 - Planks, I had the full body shakes to get to this length of time but I am definitely getting more endurance.
 - Had some doubt in my mind I could still hit a 70kg bench - considering my 1RM was 75kg a couple of months ago, I shouldn't have. Got them no problem, though I did go for a double on the third set and failed it. So I did another single. Not sure how much to adjust this target up next cycle.
 - Speed/dynamic work on the press went OK, I may have been a little conservative with this weight, but oh well. You're not supposed to fail weights on the first one or two cycles, so that's OK.
 - Tricep work went well, added a bit more weight to both, though my form broke down a fair bit on the dumbbell stuff especially my weaker left arm.
 - No cardio today, I gotta mow the lawns this afternoon etc, and I took a bit more time so the session was 1hr 28mins anyway. Heavy squat singles tomorrow will be fun (not). Happy Mother's Day to all the mums out there!

BenM

05-15-2017, 06:54 AM

Mon 15/5 - S&M40+ W3 D2: Heavy Squat / Upper Back**Food yesterday:** Target: 2176kcal / Actual: 2144 kcal**Activity yesterday:** 13.4k steps**Sleep last night:** 4 hrs 1 mins - 1 times awake, 8 times restless, 16 mins awake/restless**AM BW:** 66.8kg (-0.3kg)**Side Planks:**

90secs / side x 2 (PR)

Back Squat (H):

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On --- (5th hole)

1x3 @ 85kg
1x1 @ 100kg
3x1 @ 115kg

Pull Ups (wide grip):

4, 5, 6, 6, 5 @ BW

Bent Over Rows:

2x12, 1x13ish (cheaty) @ 36kg

Hammer Curls:

2x10, 1x12R/11L @ 27.5lbs

Video evidence (guilty your honour): http://youtu.be/Md_JoR4sPvk

- Ewww, sleep. There was a grand prix on last night (bloody Hamilton/Merc winning again), so it was a late night but Fitbit thinks it was an hour later than it actually was for some reason. Still, even 5 hours is pretty ordinary.
- Side planks today - think I'll alternate between sides and fronts. Squats felt like shit to start with but got better with time - pretty happy with that last one on video, bar path looks good and depth is not too deep but not too shallow.
- Same with pullups - first set I just felt gassed, but got better with time. Added some weight to the rows, and the hammer curls weren't any easier but I pushed for extra reps on the last set.
- All in all, a pretty good start to the day - 1hr 24mins. Have a great Monday folks!

BenM

05-17-2017, 11:00 AM

Tue 16/5: Errr... recovery

Food yesterday: Target: 2176 kcal / Actual: 2166 kcal - macros compliant

Activity yesterday: 7.6k steps

Sleep last night: 6 hrs 28 mins - 1 times awake, 5 times restless, 10 mins awake/restless

AM BW: 66.8kg (no change)

Cardio (fasted) - HIIT + LISS:

Elliptical - 4 mins warmup, 7 rounds of 15s on / 45s slow

Up a notch, moderate intensity to 20:00, then down a notch and 5 mins warm down

25 mins total, 4.60 km, 343 kcal burn, ave HR 133 BPM

Wed 17/5: S&M40+ W3 D3: Heavy Press / Light Bench / Chest Supplemental

Food yesterday: Target: 2128 kcal / Actual: 2081 kcal - macros compliant

Activity yesterday: 9.5k steps

Sleep last night: 6 hrs 31 mins - 0 times awake, 4 times restless, 6 mins awake/restless

AM BW: 67.1kg (+0.3kg)

Planks:

4 mins (PR!), 3 mins, 3 mins

Overhead Press (H):

2x5 @ 20kg

1x5 @ 32.5kg
1x2 @ 40kg
3x1 @ 48.5kg

Close Grip Bench Press (L):

2x5 @ 20kg
1x5 @ 45kg
2x8 @ 57kg
1x7 @ 57kg

Incline Bench Press (dumbbell):

3x10 @ 40lbs (PR)

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

3x12 @ 42.5lbs (PR)

The motion picture epic: <http://www.youtube.com/watch?v=M9Vx7yElyTc>

- Average weight is down a little so far this week (I had 4000mg+ of sodium yesterday, so not surprised it was up a bit this morning), body fat down even more (last few days the scales have been consistently in the 10.x % range) - and my resting HR has come up a touch which makes me think my metabolism is firing up a bit. Who woulda think that more carbs = more energy = better performance and outcomes?!! Just wish I could get more sleep... daughter was pretty upset and didn't want to go down last night so I couldn't get an early night, but when I did get there it was pretty damn solid.
- As for the workout, what can I say:
 - 4 mins is a long PR plank, but that killed me for the next two. No time to take 5 mins+ between these if I want to get the rest of the work in. I still feel like it's helping my back. Shoulders are starting to be the limitation as much as anything else, they get sore.
 - I had my doubts about getting 48.5kg for singles on the press (my 1RM was 50kg a couple of months ago) but my OCD wanted linear jumps between 5s, 3s and singles. Managed to grind the suckers out but not sure where that'll leave me for the next cycle.
 - Managed the benching no worries, but was rooted by the end. Gonna add more weight to the CGBP since I got a couple of sets of 8.
 - May add more to the decline presses as well. I actually tried for a 13th rep on the last set but nup, wasn't happening. Then I swore.
 - Felt like it took a bit longer today because I was mucking around trying to plan my day's macros between sets, I spend way too much time on that.... 1 hr 26 mins.
- I found out the other day that there's an IPF sanctioned powerlifting meet in Hobart (bit over 2 hours away) in December. Decisions, decisions... just gotta get nutrition down over the next few months and start seeing decent gains.
- Happy Wednesday, hope you all have a wonderful day!

BenM

05-18-2017, 09:58 PM

Thu 18/5 - S&M40+ W3 D4: Light Squat / Heavy Deadlift

Food yesterday: Target: 2176 kcal / Actual: 2163 kcal - macros compliant

Activity yesterday: 6.4k steps

Sleep last night: 7 hrs 14 mins - 2 times awake, 5 times restless, 9 mins awake/restless

AM BW: 66.8 kg (-0.3kg)

Morning Cardio:

Elliptical - LISS

Up a notch @ 5 mins, 10 mins, down a notch @ 20 mins, 25 mins

30 mins total, 5.28 km, 395 kcal burn, ave HR 135 BPM

Evening Lifting**Back Squat (L):**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

5x3 @ 85kg

Deadlift:

1x5 @ 100kg

1x3 @ 110kg

3x1 @ 120kg

Stiff Legged Deadlift:

3x8 @ 87.5kg (PR)

Barbell Shrugs:

3x20 @ 50kg (PR)

Got it on camera: <http://youtu.be/e1G2ijs7IA8>

-
- Pretty happy with squats. Form looked good, fast, even did a couple of reps on one breath.
 - Pretty unhappy with deadlifts, upper back was horribly out of shape. I honestly don't know what to do about this, doesn't seem to matter how hard I try to fix it.
 - The SLDLs and shrugs went OK. Added (a little) weight to the SLDLs, being conservative, my back and hamstrings felt a bit tired by the end.
 - Took 1 hr 12 mins all up, with some distractions. Pretty good workout - and thus ends the first cycle. Now I gotta decide what/how much weight to add to lifts next time around, I'm thinking I'll go conservative and try to get through another cycle without failing any of the main lifts. In 4 or 5 weeks time (middle of the next cycle), unless my weight jumps too much and Avatar puts the brakes on I'd expect to be eating closer to 2500kcal a day. That'd be getting towards or even above maintenance - ready for gainz.
 - Have a great evening all!

BenM

05-21-2017, 11:19 AM

Sun 21/5 - S&M40+ W4 D1: Heavy Bench / Light Press / Triceps**Food yesterday:** Target: 2128 kcal / Actual: 2097 kcal - macros compliant**Activity yesterday:** 7.9k steps**Sleep last night:** 8 hrs 17 mins - 2 times awake, 4 times restless, 14 mins awake/restless**AM BW:** 66.8kg (> 0.2kg from yesterday, down .3kg from last Sunday)**Planks:**

4mins 15secs (PR), 2min, 3mins 30secs

Bench Press (H):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 61.5kg
2x5 @ 61kg

Overhead Press (L):

2x5 @ 20kg
1x5 @ 32.6kg
5x3 @ 39kg

Lying Tricep Extensions:

3x12 @ 32.5kg

Overhead Tricep Extensions (dumbbell, single arm):

3x12 @ 25lbs

Work sets etc:<http://youtu.be/rL5Mn-ZDTsM>

- Start of a new cycle! I'd planned to bump 1.5kg on bench, 1kg on press, 2.5kg on squats and either 2.5kg or 5kg on deadlifts; but I think I'll lean towards conservative for this cycle too.
- Got a decent-ish bump in calories from Avatar. Will see how this week goes. New macros (before adjustments for high/low days) are 172P/246C/62F. Staying compliant this week might be a challenge though, gonna be away on a business trip for a couple of days, and taking the wife out for lunch today for her birthday.
- Planks were good, got a PR but that fucked me for the next attempt.
- Bench was such a grind the first set that I dropped back half a kilo. Glad I did. I'm sure I've benched a couple of kilos more than this for fives (when I was heavier) - but I also woke up with a headache and probably wasn't feeling 100% to be fair.
- Presses went ok, not much to report. Just trying to be explosive, 2 min rests, got 'em done.
- Triceps are fried but got that done too. Still not overly happy with the dumbbell extensions.
- The session took 1hr 23mins - have a great day everyone!

BenM

05-22-2017, 07:03 AM

Mon 22/5 - S&M40+ W4 D2: Heavy Squat / Upper Back

Food yesterday: Target: 2291 kcal / Actual: 2220 kcal - macros compliant (if my guesstimates of restaurant food are on point)

Activity yesterday: 9.8k steps

Sleep last night: 6 hrs 11 mins - 3 times awake, 11 times restless, 26 mins awake/restless

AM BW: 66.9kg (+0.1kg)

Side Planks:

1 min 45 secs (PR), 1 min 15 secs / side

Back Squat (H):

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 70kg
--- Belt On --- (5th hole)
1x3 @ 90kg
3x5 @ 107.5kg

Pull Ups (wide grip):

4, 5, 5, 5, 5 @ BW

Bent Over Rows:

2x12, 1x13 @ 37.5kg

Hammer Curls:

10, 9, 10 @ 27.5lbs

Here's a video of some work sets: <http://youtu.be/XNDJfHUVlps>

-
- Another Monday, another shit night's sleep. The Fitbit lies, I lay in bed awake for hours. Maybe too much caffeine yesterday, also maybe worried about some of the stuff happening outside the gym this week. Either way when the alarm went off at 4:45am I woke up freaking tired.
 - Squats were hard. Last rep I really used the lower back to get it up and it didn't feel good (hence my talking to myself as I racked it) - hope I don't pay for it too much later. Pullups and curls regressed a bit from last week which is sad. Rows I added some weight though and they felt pretty good, little body english (but not too much I don't think) and my upper back was feeling nice and pumped by the end.
 - Kinda not sure if I am spinning my wheels or not, I think probably a little, but mostly because nutrition/sleep isn't quite there. It's tough to get enough sleep with family commitments, but I keep holding out hope that as calories go up that strength gains will start to show up. Just gotta be patient I guess.
 - Anyhoo - got it done in 1hr 18 mins and now I get a day's rest from lifting. Happy Monday!

BenM

05-24-2017, 06:57 AM

Tue 23/5: Recovery day**Food yesterday:** Target: 2291 kcal / Actual: 2283 kcal - macros compliant**Activity yesterday:** 7.8k steps**Sleep last night:** 6 hrs 52 mins - 3 times awake, 11 times restless, 18 mins awake/restless**AM BW:** 66.9kg (no change)**Cardio (fasted) - LISS:**Elliptical - up a notch @ 5 mins, down a notch @ 25 mins
30 mins total, 5.15 km, 386 kcal burn, ave HR 128 BPM

Wed 24/5: S&M40+ W4 D3: Heavy Press / Light Bench / Chest Supplemental**Food yesterday:** Target: 2210 kcal / Actual: 2116 kcal - macros compliant**Activity yesterday:** 12.2k steps**Sleep last night:** 5 hrs 40 mins - 2 times awake, 9 times restless, 22 mins awake/restless**AM BW:** 67.0kg (+0.1kg)**Elliptical:**

5 mins warmup

Overhead Press (H):

2x5 @ 20kg

1x5 @ 32.5kg

3x5 @ 42kg

Close Grip Bench Press (L):

2x5 @ 20kg

1x5 @ 45kg

1x7+F @ 57.5kg

2x6+F @ 57.5kg

Incline Bench Press (dumbbell):

3x10 @ 40lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

3x12 @ 42.5lbs

The footage - including all of the press / CGBP work sets: <http://youtu.be/9rLAyZ06Kl8>

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- Confirmed, that last squat rep on Monday tweaked my lower back. It's been sore, and tight as a nun's nasty for the past couple of days.
 - I've been feeling pretty bloated and crampy intermittently over the past week but it was particularly bad yesterday. Not sure if it's the sudden uptick in carbs or something more specific. You'd think I'd be able to work it out when I'm logging everything I eat. Anyway, still managed to get within 10% of my macro targets so far this week (which is compliant) although it's taken a couple of big pre-bed meals and I was a bit down on fat and carbs yesterday.
 - Not enough sleep, as usual - was busy packing last night as I'm flying out for a work conference today. I hate these things (and I'm particularly apprehensive about this one), but it has some upsides - like hopefully I'll be able to avoid the usual conference dinner craziness and get a couple of decent night's sleep. It'll also push my normal Thursday night workout back 24 hours so hopefully the back tweak improves enough to squat/DL. It's gonna be interesting to see how I go hitting my macro targets when I don't have as much control over the menu too. Got plenty of protein packed and there's a supermarket near the hotel.
 - Workout notes:
 - No planks today because of back / time constraints, just a quick run on the elliptical to get the blood pumping.
 - Press was a struggle even though I only added .5kg and I've pressed more than this for fives before. Glad I went conservative.
 - CGBP was super disappointing. Again, I only added half a kilo and couldn't even get one set of 8 - sigh.
 - Based on the general malaise/weakness I just kept weight the same on the dumbbell presses; got them done but I was maxed - once again that 13th rep on the decline eluded me.
 - Total workout time: 1 hr 19 mins. Overall, a little bit disappointed with this session but I can probably put it down to bad sleep and stress. This is still my favourite day out of the whole program.
 - Have a great Wednesday fellow lifters!

BenM

05-26-2017, 10:32 AM

Fri 26/5 - S&M40+ W4 D4: Light Squat / Heavy Deadlift - Makeshift Hotel Edition**Food yesterday:** Target: 2283 kcal / Actual: 2619 kcal - at least - blew my fat and carb macros out big time.**Activity yesterday:** 9.6k steps**Sleep last night:** 5 hrs 55 mins - 1 times awake, 11 times restless, 27 mins awake/restless**AM BW:** No idea. Probably a good thing, I might freak out.**Morning Cardio (yesterday):**

Exercise bike - 15 mins / 6.19km (both treadmills were taken)
 Treadmill walk - 25 mins / 2.92km
 Fitbit has the walk at 321 kcal burn, ave HR 151 BPM. That seems high.

Morning Lifting:

Dumbbell Squat:

1x10 @ 10kg
 2x10 @ 20kg
 3x10 @ 40kg

One of the sets (last one I think): <http://youtu.be/J0pU7rzz3ZA>

Dumbbell Deadlift:

2x5 @ 40kg
 2x10 @ 40kg

Another video: http://youtu.be/4l_QCWVcoDs

Dumbbell Stiff Legged Deadlift:

3x10 @ 40kg

I think this is the right video: http://youtu.be/8j_reE_iDxc

Dumbbell Shrugs:

3x20 @ 40kg

Dumbbell Bench Press (floor):

1x12 @ 14kg
 1x12 @ 16kg
 1x12 @ 18kg

Tricep Push Downs:

3x12 @ 28kg

Cable Crossovers:

3x12 @ 35kg

-
- Noticed that the hotel gym had dumbbells and a couple of cable machines, so decided to try and get my deadlift workout in this morning as best I could. Unfortunately the heaviest they had was 20kg so it wasn't ideal - but since my back is still a bit tight, it works out ok - then when I get home tonight after a couple of nights away I can actually spend time with the family instead of spending half the evening in the the gym, too.
 - Last night was the gala dinner at this conference. If it was a buffet I would've tried to stay within my macros but it was canapés plus 3 courses alternate drop and the food was amazeballs so I figured fuck it, life's too short. Surprisingly after doing the maths (and not drinking any calories) I might actually be able to still stay compliant for the week if I go pretty low fat/carb for the next two days. Soooo worth it. Really hoping I don't gain too much weight and Avatar gives me another macro bump.
 - Since the weight was so light I just added a bit of volume.
 - No idea how my form was on the leg work, probably pretty shithouse, and probably not very effective for gaining any strength. I got a bit of a pump though. Sorry for shit video, it's not as easy on my phone as with the proper camera at home - I gave up after the SLDLs.
 - Since the scheduled stuff was pretty quick, I did some tricep/chest work too. Triceps were fried after the floor presses and the push downs finished them off. Then took advantage of the dual cable machine that I don't normally have access to to hit chest a bit.
 - Workout time was 1 hr 13 mins. Really, I know it was pretty submaximal, but I actually enjoyed the workout.

- Have a great day all! Can't wait to get home tonight.

BenM

05-28-2017, 01:05 PM

Sun 28/5 - S&M40+ W5 D1: Heavy Bench / Light Press / Triceps

Food yesterday: Target: 2165 kcal / Actual: 2103 kcal - macros compliant

Activity yesterday: 8.9k steps

Sleep last night: 8 hrs 39 mins - 3 times awake, 5 times restless, 18 mins awake/restless

AM BW: 66.2kg (> 0.3kg from yesterday, down .6kg from last Sunday)

Planks:

3mins, 3 mins, 3mins

Bench Press (H):

2x5 @ 20kg

1x5 @ 45kg

1x1, 1x2 @ 66kg

1x3, 1x1, 1x2 @ 65.5kg

1x1 @ 65kg

Overhead Press (L):

2x5 @ 20kg

1x3 @ 32.5kg

5x3 @ 39kg

Lying Tricep Extensions:

1x12, 1x11, 1x9 @ 33.5kg

Overhead Tricep Extensions (dumbbell, single arm):

3x12 @ 25lbs

Ab Rollouts (on knees):

3x10

Vidiot of idiot:http://youtu.be/mx_Fxmj-lkk

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- So I ended up managing to stay compliant with my macros for the week by having a lighter eating day Friday. Woke up at 66.5kg yesterday morning and this morning (weekly weigh in day) the scales were jumping between 66.1 and 66.2kg - W.T.F... that is another weight PR, the lightest I have ever been - so I got another small bump from Avatar today. I've been struggling a bit to hit carbs so I've increased protein a little more (it's now as high as it'll go) and I might need to consider increasing fat as well. New macros (before adjustments for high/low days) are 174P/258C/64F. On one hand I'm pleased to be eating more but I am a long way from where I want to be and it seems to be taking forever - we'll just see how this week goes and reassess.
 - Think I'm coming down with a cold (like the girls have got) - I certainly woke up with dry throat and headachy. That plus maybe the weight loss might be why today was such a crappy effort.
 - Session notes:
 - Stayed within myself for planks, just went for 3 mins at a time. All good.
 - Bench was a shitshow. Was supposed to hit triples at 66kg but after grinding out the first rep I knew I wouldn't get them so I dropped it back another half a kilo and it still wasn't enough. The worst part is, I believe I need more bench volume so I had planned to start doing 5 sets of whatever the RX is from this week onwards, but I just felt so

weak I pussied out.

- Presses were fine, but not particularly fast considering how light they were.
 - Did the tricep work, with a bit of added weight on the LTEs - actually did one more rep than noted above on the last two sets, but didn't count them as they were more shoulders than triceps. Dumbbell work meh.
 - Did some ab rollouts to finish because I want to keep doing ab work somewhere...
 - The session took 1hr 58mins - was a bit longer than usual, because of the extra work and because I'm in no rush today.
- Final thoughts - I am fairly disappointed with the numbers I've been hitting and the fact that my strength still seems to be regressing (for example my 1RM on bench was 75kg a couple of months ago) but I am also trying to trust the system and let my metabolism adjust to the increased food slowly, as I feel like it will become important later when I switch to a proper lean bulk phase. I sure hope so anyway because I feel like I'm still in a hole even though I'm eating 25% more than I was 3 weeks ago.
 - I've got a lazy afternoon planned in front of Netflix. Have a great day everyone!

BenM

05-29-2017, 07:04 AM

Mon 29/5 - S&M40+ W5 D2: Heavy Squat / Upper Back

Food yesterday: Target: 2353 kcal / Actual: 2304 kcal - macros compliant

Activity yesterday: 6.3k steps

Sleep last night: 4 hrs 29 mins - 2 times awake, 6 times restless, 14 mins awake/restless

AM BW: 66.7kg (+0.5kg - no BM)

Back Squat (H):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x3 @ 85kg

1x1 @ 100kg

3x3 @ 112.5kg

Pull Ups (wide grip):

5x5 @ BW

Bent Over Rows:

2x12, 1x13 @ 38.5kg

Hammer Curls:

1x10, 2x12 @ 27.5lbs

Squat work sets, plus accessory work: <http://youtu.be/ruREGPKUOUY>

- I really should stop watching Grand Prix on Sunday nights if I plan on training in the morning. Training on 4 hours sleep sucks, and as I sat on the toilet trying (unsuccessfully) to poo, I seriously considered going back to bed. But I fucking beat that little voice in my head again (with the help of two 15oz coffees) and did it. I'll be tired tonight, but that's life - I feel much better for it right now. Workout notes:
 - Iffy depth on a few squat reps. OK, most of them. I also rounded my back once or twice out of the hole, but not as badly as last Monday. Not

ideal though.

- Sets across on pullups is a bit better than last week but not really gaining much here. Really trying to engage lats more and maybe that will help.
- Added weight to the bar (still ridiculously light) and got all reps on BORs with an acceptable amount of body english. Upper back was feeling a little pump after these. I have heard Alsrue say he thinks everyone should be able to row the same weight/reps as they can bench press. I have a freaking long way to go to get there!!
- Curls were good, I think this is actually an equal PR for twelves (from back in December when I was heavier / eating more). Might have to add some weight :eek:
- It took 1 hr 27 mins to get through, because it took forever to get going (hence the lack of planks) but overall, happy feels afterwards. Have a tops day all!

BenM

05-31-2017, 11:44 AM

Tue 30/5: Recovery day

Food yesterday: Target: 2353 kcal / Actual: 2288 kcal - macros compliant

Activity yesterday: 6.2k steps

Sleep last night: 6 hrs 44 mins - 2 times awake, 11 times restless, 26 mins awake/restless

AM BW: 66.5kg (-0.2kg)

Cardio (fasted) - LISS:

Elliptical - up a notch @ 5 mins, down a notch @ 25 mins
30 mins total, 5.40 km, 404 kcal burn, ave HR 139 BPM

Wed 31/5: S&M40+ W5 D3: Heavy Press / Light Bench / Chest Supplemental

Food yesterday: Target: 2243 kcal / Actual: 2208 kcal - macros compliant

Activity yesterday: 11.8k steps

Sleep last night: 8 hrs 53 mins - 3 times awake, 14 times restless, 33 mins awake/restless - plus an hour or so nap yesterday

AM BW: 66.1kg (-0.4kg - later than usual weigh in though)

Side Planks:

2mins, 2mins / side

Overhead Press (H):

2x5 @ 20kg
1x5 @ 35kg
1x2+F @ 45.5kg
3x3 @ 45.5kg

Close Grip Bench Press (L):

2x8 @ 20kg
1x5 @ 45kg
2x6 @ 57.5kg
1x7 @ 57.5kg

Incline Bench Press (dumbbell):

2x10 @ 40lbs

1x9 @ 40lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

3x12 @ 42.5lbs

Show and tell: <http://youtu.be/DlcR8COCwzQ>

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- Was crampy and bloated again yesterday, and I've got a throat infection so taking some time off work - at least I got plenty of sleep. Really gotta figure out what's causing these stomach upsets though. I'm not eating heaps of bread or anything (the extra carbs are mostly coming from one or two pieces of fruit a day, and maybe some rice crackers or something). Can't seem to see any pattern to it.
 - With being a bit off colour, fatigued and the fact my weight is still trending slightly down, it's unsurprising I'm spinning my wheels a bit in the gym.... Need to make more of an effort with sleep.
 - Workout notes:
 - Missed the first set of press. Got angry and hit it harder - managed to get the prescribed 3 triples but it was a frigging grind. Couple of the sets I might not have come all the way back down to the start position, but judge for yourself on the video - the last one felt OK.
 - CGBP was again a bit ordinary, but at least I managed a 7th rep on the last set, for the same total as last week.
 - The dumbbell work was weird. First set of inclines was frigging hard, almost failed. Second set was pretty easy and I could've maybe got another one. Then with the same amount of break (5.5mins) on the last set I couldn't even get the tenth rep up - WTF? Then I go to decline presses, with the same weight as last week and I finally managed to get a couple of extra reps on the last set after failing a couple of times. Chest feels swole now.
 - Total workout time: 1 hr 41 mins - fuffed around a fair bit today. Not unhappy with the effort though.
 - Have a great Wednesday fellow lifters!

BenM

06-01-2017, 10:09 PM

Thu 1/6 - S&M40+ W5 D4: Light Squat / Heavy Deadlift

Food yesterday: Target: 2353 kcal / Actual: 2336 kcal - macros compliant

Activity yesterday: 9.4k steps

Sleep last night: 6 hrs 53 mins - 1 times awake, 5 times restless, 17 mins awake/restless

AM BW: 66.3 kg (> 0.2kg, but no BM)

Morning Cardio:

Braved the cold for an early morning walk (fasted)

4.60 km, 38:12min, ave HR 116 BPM

Not sure I trust this, it's a much slower pace than usual

Evening Lifting

Back Squat (L):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 67.5kg

--- Belt On --- (6th hole)

5x3 @ 87.5kg

Deadlift:

1x5 @ 100kg
1x3 @ 110kg
3x3 @ 117.5kg

Stiff Legged Deadlift:

3x8 @ 90kg (PR)

Barbell Shrugs:

3x20 @ 52.5kg (PR)

Work sets for main movements, plus a set each of the accessories for shits and giggles:

<http://youtu.be/Rak3ix7W704>

-
- Before I start, a note on macros - it might look like I'm falling short every day but I'm really not. If you believe MyFitnessPal I've been well over most days - it's just that since I started with Avatar I've been working out calories based on macros alone, so the calorie number is lower than what MFP actually says if you know what I mean.
 - Workout notes:
 - Squats went well, bar path looked decently straight and hit depth most of the time. The usual protocol - focus on speed/exploding out of the bottom and limit rests to 2 mins.
 - As usual, my deadlifts looked horrible (upper back rounding straight away) and they felt way heavy, worse than usual - probably since I only did that high rep light dumbbell stuff last week.
 - SLDLs were ok but my hamstrings and lower back are a little tired now. Don't think I'll increase the weight next week.
 - Worst part about this workout is after doing that leg work I then have to work my way over/around the bar to do shrugs when all I wanna do is sit down and rest my pegs... lol. Got them done with a bit more weight but the last few were pretty piss poor so I might not add weight here either. The RX is for a couple of sets of 15-20 anyway. Maybe I should just go heavier and get as many reps as I can, will see how I feel.
 - Was a 1 hr 13 min session, very happy with that - didn't get into the gym til late.
 - For accountability's sake - didn't plank (due to time constraints, and I did them yesterday) - planning a session of light / high volume benching tomorrow so might try and get them in before that.
 - Now I gotta go eat close to 70g of protein and 50g of carbs before bed to hit my macros for the day, it'll be a trial... oh and 16g of fat, so bring on the hot chocolate and whipped cream - what a shame. Have a great evening all!

BenM

06-02-2017, 12:23 PM

Fri 2/6 - Bench volume

Food yesterday: Target: 2243 kcal / Actual: 2239 kcal - macros compliant

Activity yesterday: 12.3k steps

Sleep last night: 6 hrs 34 mins - 3 times awake, 11 times restless, 26 mins awake/restless

AM BW: 66.7 kg (> 0.4kg, but again, no BM.. WTF?)

Planks:

3x3 mins

Bench Press - 6x6 @ 70% of 1RM:

2x5 @ 20kg

6x6 @ 50kg

Dumbbell Rows:

1x12 @ 30lbs
2x12 @ 35lbs (PR?)

Dumbbell Flys:

1x10 @ 25lbs
2x10 @ 27.5lbs (PR?)

Last set of bench, plus some rows and flys: <http://youtu.be/6P8R0myXrtg>

- Didn't sleep well - 4 big coffees yesterday plus this chest infection, was dry coughing all night and couldn't get any relief. Otherwise, I feel pretty good after last night's session - bit of tightness in hams/glutes, lower back is good (touch wood).
- Wasn't going to bother videoing today, but changed my mind for the last set of bench onwards.
- Workout notes:
 - Happy with benching. Gripping a bit wider, making sure to keep my head off the bench (neck is still sore from mashing it last time out)... Wasn't too hard, but not too easy especially as I got tired.
 - Threw in some rows to balance the benching out a bit. 30lbs seemed too easy, so threw another 5lbs on there - think my upper back is a bit stronger than it used to be.
 - Hrm, what else to do. Flys? These seemed easier than last time out at 25 pounds too, so went a little heavier again. Get that chest pump.
 - Session time: 1 hr 19 mins - really good. The bench and planks were planned, the other stuff was just for kicks. I definitely like the idea of throwing in a little extra bench volume on Fridays when I have the opportunity - it slots in nicely with the rest of the schedule and I think I need it both to groove my technique and to get it stronger. Might have to be in the evenings most of the time but we'll see.
- Lunch time..... Have a great day all!

BenM

06-04-2017, 01:12 PM

Sun 04/06 - S&M40+ W6 D1: Heavy Bench / Light Press / Triceps

Food yesterday: Target: 2353 kcal / Actual: 2322 kcal - macros compliant

Activity yesterday: 19.7k steps (golf)

Sleep last night: 7 hrs 54 mins - 5 times awake, 9 times restless, 22 mins awake/restless

AM BW: 66.1kg (< 0.5kg from yesterday, down .1kg from last Sunday)

Decline Planks:

3 x 1 min holds

Bench Press (H):

2x5 @ 20kg
1x5 @ 45kg
1x3 @ 60kg
1x1 @ 71kg
Fails @ 71kg x 2, 70.5kg, 69kg, 67.5kg FFFFFFFFUUUUUU
3x1 @ 65kg
1x1 @ 60kg fuckit

Overhead Press (L):

2x5 @ 20kg
1x3 @ 30kg
5x3 @ 39kg

Lying Tricep Extensions:

3x10 @ 33.5kg

Seated French Press:

3x10 @ 28.5kgs

A video of many fails - this should be fun: <http://youtu.be/Mvaq4cxYx1g>

- Weigh in day. Average weight for the week is down another .3kg so macros are bumped up again - now on 174P/274C/66F for 2386 kcal (before adjustments for high/low days).
- Still have a chest infection. Also, played golf yesterday, and my pecs/triceps are still feeling tightish from Friday's extra bench session so I'm probably under recovered. For bonus points, my daughter has gastro and it remains to be seen whether me and the missus have it too - at 10:30pm last night I was stripping a spew covered bed and showering with a spew covered 2 year old. So while this was another horrible workout - and I was angry about it at the time - to be fair to myself, there are probably good reasons why.
- Anyhoo - session notes:
 - Been reading about planks and apparently it's a waste of time continuing to just work on extending the time (and it's also not going to be sustainable with workout lengths anyway) - so I'll work through a plank progression instead and move on once I can do 1min of each. Incline planks was the next step, 1 min was fairly easy though - so I think the next step is one legged planks - ugh.
 - If last week's bench was a shitshow, this week's was an absolute clusterfuck. The 60kg warmup set felt fricking heavy, I did manage to grind out one single at 71kg. Then the wife came in and told me to turn the music down, and after that - nothing, nada, zip. Tried and kept dropping the weight back, it was 65kg before I could even get singles, and they were butt-off-the-bench all out efforts. I actually wanted to do some reps at 60kg as back off work but the first rep went up so slow I just pulled the pin at that point. I wanted to cry. Dafuq? I don't _think_ that form was egregiously bad (feel free to critique, though the angle isn't ideal), I managed 4 singles at 70kg pretty easily 3 weeks ago, and I'm eating more now. I can only put it down to recovery... now I am wondering whether that Friday benching is a good idea, OR whether golf on Saturdays takes too much out of me - even though I made yesterday a high carb day I still dropped a bit of weight overnight.
 - Presses, just repeat what I said last week. Fine, but slow considering....
 - Bit of a regression on the LTEs as well. I swapped out the dumbbell overhead work for seated extensions with the EZ Curl bar, for variety, and because I think the bar will force me to use better form. Definitely felt like I got more of a pump, but it was also heavier. Last rep on both was a bit iffy.
 - Another longer than usual session at 1hr 57mins, for obvious reasons.
- I don't really know where to go from here - this week will finish the second 3 week cycle. I was originally thinking I wanted to do one more cycle and see if I can get closer to my old PRs before doing a deload week, but the way things are going, maybe I better just take a light week next week and catch up on recovery a bit. It's demotivating and it sucks, but if I start seeing gains again afterwards it'll be worth it. Guess I'll see how I go this week with lifting and sleep, make a decision in a few days time.
- Happy Sunday everyone. I'm going to eat lunch then curl up in the foetal position somewhere.....

BenM06-05-2017, 07:05 AM

Mon 05/06 - S&M40+ W6 D2: Heavy Squat / Upper Back

Food yesterday: Target: 2435 kcal / Actual: 2350 kcal - macros compliant

Activity yesterday: 7.9k steps

Sleep last night: 5 hrs 50 mins - 2 times awake, 11 times restless, 17 mins awake/restless

AM BW: 67.1kg (+1kg - no BM)

Leg Lift Planks:

3 x 1 min holds (30s/side with no rest)

Back Squat (H):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x3 @ 85kg

1x2 @ 105kg

3x1 @ 117.5kg

Pull Ups (alternating wide/normal grip):

5(W), 6(N), 5(W), 6(N), 5(W) @ BW

Bent Over Rows:

3x12 @ 40kg

Hammer Curls:

3x11 @ 27.5lbs

1x14 @ 25lbs

Videotubez is in the pipe: <http://youtu.be/7zW3XMI48zM>

- A whole kilo heavier overnight, and the most I've weighed in a month. Probably it's all chest phlegm the way I'm feeling, lol... seriously though, I'm always a little heavier on Mondays (due to weighing in before 5am rather than 8:30 or so on Sundays), a fair bit of sodium yesterday I reckon (prawns for dinner), plus life factors (daughter still has gastro). I gotta try not to let the weight gain bother me too much - it's not so much that I don't want to (though I don't want to add significant body fat), more that I don't want to put it on too fast so that Avatar keeps giving me more food week in week out. Don't want my maintenance calories to top out here, would rather they were a fair bit higher.
- Once again, had to beat the Monday morning blues to do this.
- Workout notes:
 - Those one legged planks are a bit harder. Managed the 1 minute with more in the tank though, so I could probably progress, but I might do them once or twice more for a bit longer before I move to the one legged, one armed variation :eek:
 - Squats felt heavy. Last rep almost didn't go up and was a real grinder. On the upside, from what I've seen of the video so far, form wasn't awful.
 - Changed up the pullups and mixed in some regular width grip with the wide grip ones. Not much to report except for the lack of progress, but they're not going backwards at least.... Last rep was pretty flaily.
 - Added weight to the bar for the BORs and managed to get 12s though the last couple were getting a bit iffy. It's a PR, and my upper back is

definitely getting stronger..... hopefully bigger too.

- Curls were a bit meh. Couldn't get 12 reps like I did last week, regression :(Did a drop set while I was editing the video (and had had a bit of a break) just because.... Might change these up to a slightly different variation next cycle.
- It took 1 hr 48 mins to get through, the extra curls added a bit but it was still longer than I'd like.....

- Anyway that's me out for now. Have a great day all!

BenM

06-07-2017, 07:14 AM

Tue 06/06: Recovery day

Food yesterday: Target: 2435 kcal / Actual: 2406 kcal - macros compliant

Activity yesterday: 5.7k steps

Sleep last night: 8 hrs 0 mins - 3 times awake, 9 times restless, 17 mins awake/restless

AM BW: 66.8kg (-0.3kg)

Cardio (fasted) - LISS:

Braved sub zero temps for a long morning walk.

5.58 km, 44:39 mins, 377kcal burn, ave HR 105 BPM

Again, this is a bit weird, since this same walk used to register as 7kms or so.

Wed 07/06: S&M40+ W6 D3: Heavy Press / Light Bench / Chest Supplemental

Food yesterday: Target: 2325 kcal / Actual: 2299 kcal - macros compliant

Activity yesterday: 11.6k steps

Sleep last night: 6 hrs 48 mins - 4 times awake, 8 times restless, 16 mins awake/restless

AM BW: 67.0kg (+0.2kg - no BM though)

Leg Lift Planks:

4 x 1 mins (30s/side, no rest) - with 1 min breaks between

Overhead Press (H):

2x5 @ 20kg

1x3 @ 32.5kg

1x1 @ 42.5kg

1x1 @ 49kg

2xF @ 49kg

1x1 @ 47.5kg

1xF @ 47.5kg

1x1 @ 45kg

Close Grip Bench Press (L):

2x5 @ 20kg

1x5 @ 45kg

2x6 @ 57.5kg

1x5 @ 57.5kg

Incline Bench Press (dumbbell):

3x10 @ 40lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

1x12 @ 45lbs
1x10 @ 45lbs
1x11.5 @ 45lbs (got it with one arm, not the other!)

Big video today: <http://youtu.be/n1WbGVOO4d0>

- Actually made more of an effort with sleep the last couple of nights - was in bed by 9:30 both nights. Unfortunately last night wasn't great quality, kids are out of my control though. Still got some tricep DOMS goin on.
- Was freezing this morning. The next month or three will be the worst time of year for 4:30-5:00am starts.
- Workout notes:
 - Those planks are a bit harder with only 1 min breaks. Also did 4 sets instead of 3.
 - Was really happy to make 49kg on the press - I think 50kg is my all time PR (when I was about 5 or 6 kilos heavier). But I just couldn't get the three singles I was supposed to :(Not sure if technical flaw or just no stamina, thoughts from video? I dropped weight back, hit another single, and then same thing - next attempt wouldn't go up. I had 6 mins between attempts..... Dropped back and got a single at 45kg but that was sloooooow so pulled the pin at that point.
 - CGBP was ok, but again I just ran out of gas, though I really think I misgrooved the last rep of the last set.
 - Managed sets of 10 on incline dumbbell press, couldn't get 11 on the last set.
 - Added weight to the decline press, my dumbbells are maxed out now. Managed 12 reps first time round (w00t) but that wasn't happening afterwards. Clearly I lack stamina.
 - Total workout time: 1 hr 38 mins, mostly due to the extra press attempts.
- Happy hump day!

BenM

06-08-2017, 05:40 PM

Thu 8/6 - S&M40+ W6 D4: Light Squat / Heavy Deadlift

Food yesterday: Target: 2435 kcal / Actual: 2383 kcal - macros compliant

Activity yesterday: 6.3k steps

Sleep last night: 8 hrs 59 mins - 6 times awake, 14 times restless, 1 hr 20 mins awake/restless!

AM BW: 66.7 kg (< 0.3kg)

Morning Cardio:

Elliptical - HIIT + SS

5 mins warm up

5 rounds 15s on / 45s off

Moderate pace LISS to 20 mins

20 mins total, 3.71km, 266kcal burn, ave HR 139 BPM

Afternoon Lifting

Back Squat (L):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

5x3 @ 87.5kg

Deadlift:

1x5 @ 100kg
 1x3 @ 112.5kg
 3x1 @ 122.5kg

Stiff Legged Deadlift:

3x8 @ 90kg

Supersetted with

Dumbbell Shrugs:

3x20 @ 45lbs / side

Some footage of the horribleness that was my form today: <http://youtu.be/yZ4BQmB91KE>

- Stayed home from work to look after the spawn, since the gastro meant she can't go to daycare. Schedule is a bit weird... I got up early in the morning, did cardio, then went back to bed, hence the long time awake/restless in the sleep tracking!
- Instead of lifting this evening as usual, decided to try and get the session in during her afternoon nap so I can get more family time this evening. Given nap times vary from 45 mins to 2+ hours, I rushed a bit, which is why I went with dumbbell shrugs instead of using the barbell, so I could superset with the SLDLs and save time.
- Wasn't feeling every energetic despite a couple of coffees, so resorted to some preworkout beforehand too, which I haven't used in a loong time. Might pay for it later maybe - we'll see.
- Workout notes:
 - Squats were a little shallow, the final set at least - they suffered a bit in my effort to be fast/explosive - I should have looked at the footage between sets but didn't because I was rushing. Belt was really easy to get on in the 6th hole today.....
 - Deadlifts no good. I dont normally have issues keeping my lumbar spine in extension (just higher up) but even my lower back was iffy today.
 - Probably not much to report with the rest. Got a pump. Back is tired but not sore.
 - Smashed it out in 1 hr, 4 mins - just a little quicker than usual. Not as fast as it should have been since I was only pulling singles.... She woke up just as I was starting to edit the video so this log is a few hours after the fact, and I'm still feeling jittery from the pre workout.
- Steak night tonight, and for a change I'll get to sit back and let it digest instead of training. Yum. Happy Thursday all!

BenM

06-09-2017, 10:33 AM

Fri 9/6

Food yesterday: Target: 2325 kcal / Actual: 2298 kcal - macros compliant

Activity yesterday: 6.3k steps

Sleep last night: 6 hrs 47 mins - 3 times awake, 6 times restless, 21 mins awake/restless

AM BW: 66.9 kg (> 0.2kg)

Leg Lift Planks:

3 x 1 min holds / 1 min breaks

Face Pulls:

3x12 @ 25kg

Walk in the fog:

3.12km, 24:40, ave HR 127 BPM

Got up early, felt I should do something. Need do face pulls more often....

Resting HR has been up to 48-49 BPM this week (up from 44-45 when I was definitely in a deficit). Not sure if this is a sign of stress or of metabolism speeding up with the reverse diet.

Was feeling super beat up at the start of this week, feeling a little better now (mostly due to some extra sleep days) but still thinking a deload week might be a good idea. Just really have no idea what/how to do, I don't want to be slack, and wouldn't mind testing a couple of 1RMs once fatigue has dissipated a bit - see how much I've really lost. Any tips/thoughts would be appreciated. In the past I have usually just winged it as per Andy's 'training without a plan' article - some heavy singles and back off work, accessories by feel. Would probably prefer to structure it a little more this time.

BenM

06-11-2017, 01:32 PM

Sun 11/06 - Deload week day 1 (Bench/Press/Triceps)

Food yesterday: Target: 2378 kcal / Actual: 2309 kcal - macros compliant

Activity yesterday: 9.7k steps

Sleep last night: 6 hrs 56 mins - 3 times awake, 11 times restless, 16 mins awake/restless

AM BW: 66.9kg (> 0.3kg from yesterday, > .8kg from last Sunday)

One arm, 1 leg planks:

3 x 1 min holds (30s / side) - 2 min breaks

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

1x2 @ 60kg

1x1 @ 70k

3x5 @ 57.5kg

Overhead Press:

2x5 @ 20kg

1x1 @ 45kg

1x4, 1x1, 1x4 @ 40kg before I spat the dummy

Lying Tricep Extensions:

2x12 @ 30kg

Seated French Press:

2x12 @ 25kgs

Oh lookit here, Ma: <http://youtu.be/-O9fd7KdipI>

- Weigh in day. Average weight for the week is up .4kg from last week, but I still got a macro bump. Now on 175P/289C/69F for 2477 kcal (before adjustments for high/low days).
- The wife got the gastro on Friday night so stress has been high this weekend. Staying up a bit later than usual last night to watch some cricket probably didn't help, but I was headachy and sore all over this morning. Was glad I had planned a deload week. If this had've been a squat workout I'm not sure I would've been able to get started.

- Anyhoo - session notes:
 - There is a deload protocol in the program so I decided to just loosely follow that for the main lift of the day, and just fuck around a bit with the rest. When I say loosely - I read Andy saying that older guys are intensity dependent so I will try to hit a heavy single first then do the deloaded (ie, lighter) work sets.
 - These one legged one armed planks were a bit more challenging! They're supposed to be I guess.
 - Bench went OK, I managed a heavy, grindy single @ 70kg, the reduced weight felt heavier than it should've but the third set was probably the easiest, so maybe I was just out of the groove.
 - Press was ridiculous. I wanted a double at 45kg, but it wasn't happening - the single was sloooooow. Then dumbarse me thought I'd try for a 5 minute density block at 40kg but I couldn't even get 5 reps, and after about 30 seconds rest I could only get a single additional rep. Sanity prevailed and I just did one more set of 4 (wanted 5), got pissed off and pulled the pin, since the press is not the focus of this session anyway.
 - Took a bit of weight off the EZ Curl bar and just did 2 sets of 12 on both triceps movements. Easy enough.
 - Even with the reduced work it still took 1 hour 6 minutes to get through. This may not be enough of a reduction to get me back feeling good again... I guess we'll see how I feel day by day, with a smidgen more food and hopefully better sleep - it's a long weekend here so I got that going for me at least.
- Happy Sunday everyone. Hope you all have a wonderful day :)

BenM

06-12-2017, 01:32 PM

Mon 12/06 - Deload week day 2 (squat / upper back)

Food yesterday: Target: 2432 kcal / Actual: 2384 kcal - macros compliant

Activity yesterday: 11k steps

Sleep last night: 7 hrs 50 mins - 2 times awake, 11 times restless, 17 mins awake/restless

AM BW: 66.4kg (< 0.5kg)

Back Squat (H):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x5 @ 85kg

1x1 @ 105kg

1x1 @ 120kg

2x5 @ 100kg

Pull Ups (alternating normal/wide grip):

6(N), 5(W), 7(N), 5(W), 6(N) @ BW

Bent Over Rows:

3x12 @ 40kg

Hammer Curls:

3x12 @ 27.5lbs

A film about nothing: http://youtu.be/V_8Mpc9sIms

- Felt ok this morning for a change - got a reasonably decent night's sleep despite feeling horribly bloated last night and still having to stuff my face with a big meal before bed to get close to hitting my macros!
- My back was feeling pretty sore after yesterday's lifting but it wasn't too bad this morning. Have a feeling I just jerked it in one of those stupid OHP reps.
- Workout notes:
 - Worked up to a heavy squat single @ 120kg, which I probably dive bombed a bit, and it came up super sloooooow. Was actually planning 3x5 @ 105kg after that, but was a bit worried about my back so dropped weight a little more and just did 2 sets, good enough. Now I've looked at the video, depth was horrible. This displeases me.
 - Mixed up pullups again. Managed a set of 7 with the regular width grip which is the most I've done in a couple of months (though the last one was a bit flaily). Maybe getting better at using my lats.
 - Had a phone call after the last set of pullups which made me a bit stressed and cranky so I actually didn't drop the rows back from last week. But they felt easier - so that's good.
 - Back to 12s on curls, last few reps were super slow but that's OK. Might need to add some weight/reduce reps next week.
 - This was a bit of a slow workout again, partly because of the phone call. But no biggie - this afternoon's commitments involve putting jelly on top of a jelly slice for a work morning tea tomorrow, and watching the footy. Oh, and eating. Such a contrast between my SNAG side and masculinity. Let's not mention the two batches of cookies I baked over the weekend.
- Have a great afternoon, everyone. Go Pies :D

BenM

06-14-2017, 07:04 AM

Tue 13/06: Recovery day

Food yesterday: Target: 2432 kcal / Actual: 2366 kcal - macros compliant

Activity yesterday: 8.3k steps

Sleep last night: 7 hrs 16 mins - 2 times awake, 6 times restless, 12 mins awake/restless

AM BW: 67kg (+ 0.6kg)

Cardio (fasted) - LISS:

Elliptical - 40 minutes

Resistance up a notch @ 5 mins, down a notch @ 35mins

7.1km, 531kcal burn, ave HR 136 BPM

This is the longest session I've done on the elliptical for a fair while. Hamstrings were tightish all day afterwards, still felt them at bedtime last night!

Wed 14/06: Deload week day 3 (press / light bench / chest supplemental)

Food yesterday: Target: 2432 kcal / Actual: 2377 kcal - macros compliant

Activity yesterday: 11.5k steps

Sleep last night: 6 hrs 2 mins - 2 times awake, 10 times restless, 26 mins awake/restless

AM BW: 67.3kg (+ 0.3kg)

One arm, one leg planks::

3 x 1 mins (30s/side, no rest) - with 90 sec breaks between

Overhead Press:

2x5 @ 20kg
1x5 @ 30kg
3x5 @ 40kg
1x3 @ 45kg
1xF @ 50kg derp!

Close Grip Bench Press (L):

2x5 @ 20kg
1x5 @ 45kg
3x8 @ 55kg

Incline Bench Press (dumbbell):

2x10, 1x9 @ 40lbs

Decline Bench Press (dumbbell - 2 x 20kg plates under end of bench):

2x12, 1x13 @ 45lbs

Entertainment plus: <http://youtu.be/C2DSwj8UNq8>

- Children, who'd have 'em. As usual, didn't get to bed on time and got interrupted sleep *sigh* - thankfully the long weekend meant this week's sleep debt is not terrible just yet. But I was slow to get going this morning.....
- Body weight is trending up a little, but it was pizza night last night so there's that.... I gotta stop overthinking it, but if my lifts had actually been going up (and BF on the scales wasn't) that would make it easier I think. Anyway, staying the course, but almost certainly need to adjust the carbs/fats balance next weigh in day.
- Workout notes:
 - Dropped rest time by 30s on the planks. Felt easier this morning, had more in the tank.
 - Press was a lot better than the other day too. Got the deloaded weight without issue, except I forgot about my plan to do a heavy single first. Went for a double @ 45kg (which I couldn't get the other day) and turned it into a grindy triple. Felt decent enough I decided to try and match my pre-weight loss 1RM but that was a silly idea! Backed out after that, got too much accessory work to do.
 - Dropped weight on the CGBP a bit (2.5kg) to focus on form and not flaring my elbows since one of my shoulders has been a bit janky for a fair while now. Went OK, got 8s but it was still challenging enough.
 - Dumbbell work went OK, ran out of gas on the incline presses and couldn't get sets across. Got an extra rep on the last set of decline presses to make up for it though.... though I was trying to reduce the ROM a little bit (I think I have been going too deep, feel like it's a bit risky for the shoulders when the weight is heavy).
 - Truth be told this wasn't much of a deload really, but as I may have mentioned, it's my favourite workout of the week. I was pretty happy with how it went considering how things started - total session time was 1 hour 32 mins.
- Have a great Wednesday everyone!

BenM

06-15-2017, 10:23 PM

Thu 15/6 - Deload week day 3 (light squat / heavy deadlift)

Food yesterday: Target: 2570 kcal / Actual: 2508 kcal - macros compliant

Activity yesterday: 6.9k steps

Sleep last night: 7 hrs 22 mins - 5 times awake, 10 times restless, 29 mins awake/restless

AM BW: 67kg (-0.3kg)

Morning Cardio:

A brisk walk in the cold

3.55 km, 28:38 mins - 309kcal burned, ave HR 143 BPM

Evening Lifting

Superman Planks:

3 x 1 minute holds with 1 minute breaks

Back Squat (L):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x3 @ 85kg

3x3 @ 100KG

Deadlift:

1x5 @ 100kg

1x3 @ 112.5kg

1x1 @ 125kg

3x1 @ 135kg

Stiff Legged Deadlift:

3x8 @ 90kg

Supersetted with

Dumbbell Shrugs:

3x20 @ 45lbs / side

Movie of some stuff: <http://youtu.be/6KqDMAhZFks>

-
- Stress levels a bit high tonight due to kid stuff. Almost pulled the pin on training but earlier had promised myself I'd sleep in tomorrow and not do any cardio OR lifting in the AM - if I didn't train tonight I'd miss out on that.... so train I did.
 - Workout notes:
 - Superman planks are fairly challenging.. the last set was tough.
 - Squat is not the main movement in this workout but didn't really feel like doing the speed work either so worked up to a few relatively light triples. They actually felt decent, but bar did get a bit slidey forward.
 - For some reason I got it into my head I wanted to try and pull a bigger number tonight and settled on 2x bodyweight for a bit of ego lifting. I haven't pulled this much weight in 5 months, and I weighed about 5kg more then. Hit it for 3 singles, was challenging but probably not quite a 1RM. Could I keep my back flat? Course I fucking couldn't, don't ask stupid questions! It wasn't even close.
 - Did the same as last week with the SLDLs and shrugs, pretty boring really. Was a bit tired by the end.
 - Took 1 hr, 21 mins, and was after 10pm by the time I finished. By the time I shower and eat it'll still be a late one, so that sleep in gonna be handy.
 - End of deload week, lifting wise. Don't think I really backed off enough to be honest. Not sure what I'll do next week - gonna think on it for a couple of days. At the very least the program will get a few small variations, at worst I might change it up altogether, maybe go back to HLM (though I hate the idea of squatting 3 days a week). Fact is I really like this programming a lot for various reasons, but I'm not sure

that I can make 4 sessions of 90mins or so a week work and still get enough consistent sleep etc. Not that I haven't been trying.....

- Anyways - have a fantastic evening everyone. Protein is calling my name.

BenM

06-16-2017, 10:01 PM

Fri 16/6 - Self loathing session

Food yesterday: Target: 2432 kcal / Actual: 2393 kcal - macros compliant

Activity yesterday: 11.1k steps

Sleep last night: 6 hrs 41 mins - 6 times awake, 12 times restless, 36 mins awake/restless

AM BW: 68.1kg (+1.1kg)

Bench Press:

2x5 @ 20kg

1x5 @ 40kg

6x6 @ 52.5kg

2 Count Pause Bench:

2x6 @ 52.5kg

Incline Dumbbell Bench Press:

2x10, 1x12 @ 40lbs

Dumbbell Flys:

2x12, 1x10 @ 27.5lbs

Didn't bother breaking out the video camera, but I did video a couple of the bench sets with my phone:

<http://www.youtube.com/watch?v=yLUU6DZu2KU>

<http://www.youtube.com/watch?v=004SKd12E-o>

-
- Gained 1.1kg overnight, FFS. I think it's stress and high salt yesterday, but it still pissed me off. Then I had a shitty day, then lost my cool with my daughter tonight, and really feel like I'm about ready to snap. This was some iron therapy. Because I was angry with myself, and I needed some 'me time'. Hope I don't regret it when (if?) I go to bench on Sunday.
 - Never done pause bench before so threw in a few sets after doing 6x6 @ 70% + 2.5kg. Didn't bother changing the weight on the bar. Bit fatigued by the end.
 - Was pleasantly surprised I wasn't that fatigued that I still managed to get all the reps on the dumbbell presses and even squeezed out a couple extra on the last set. 12 reps is a PR I think - just hope I had the bench at the same angle as normal.
 - 12 reps is also a PR with this weight for flys as well, I think. Super grindy last few reps, and probably shoulder/triceps took over a bit. But I'll take it... couldn't get 'em on the last set though - backed out before I hurt myself.
 - Was supposed to be a 'quick' session, but got carried away, as I do and was going for 77 mins. Intended to do face pulls as well, but had had enough by then. Golf tomorrow could be interesting, upper body might be a bit creaky.
 - Thanks for reading - have a great night all.

Mahendra

06-17-2017, 12:19 AM

Hey dude,

What are your current goals?

Show 40 post(s) from this thread on one page

All times are GMT +10. The time now is 12:15 PM.

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Fat boy gets slim (and hopefully, strong) by lifting heavy stuff

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BenM

06-17-2017, 12:37 PM

Quote:

Originally Posted by **Mahendra** »

Hey dude,

What are your current goals?

Hi mate... they're a bit vague right now to be honest.

Short term, get my metabolism up so I can eat more food. Still feel like I'm restricting myself and I'm probably close to maintenance, if not a tiny surplus.

Medium-longer term, get as strong as I can while still staying pretty lean, add some muscle and build a physique that looks like I lift. Of those two competing priorities I think I care more about aesthetics than lifts though. Like obviously I want my lifts to be somewhat respectable (unlike now) but I don't really feel the need to push for absolute strength.

I think I'd like to be maybe 75kg at around this body fat (11-12%) in a year or two if I can. That means adding 6 or 7kg of muscle.

BenM

06-18-2017, 12:59 PM

Sun 18/06 - S&M40+ W7 D1: Heavy Bench / Light Press / Triceps

Session Rating: <http://www.youtube.com/watch?v=FmLSjwam26E>

Food yesterday: Target: 2378 kcal / Actual: 2309 kcal - macros compliant

Activity yesterday: 17.5k steps (golf)

Sleep last night: 8 hrs 4 mins - 4 times awake, 9 times restless, 29 mins awake/restless

AM BW: 66.8kg (-0.7kg from yesterday, -0.1kg from last Sunday)

Superman Planks:

3 x 1 min holds with 1 min rest

Bench Press (H):

2x5 @ 20kg

1x5 @ 45kg

1x4+F, 1x4 @ 61kg

1x5 @ 60kg

1x3+F @ 60kg FFS!

Overhead Press (L):

2x5 @ 20kg

1x5 @ 30kg

5x3 @ 39kg

Lying Tricep Extensions:

1x10, 2x9 @ 33.5kg

Seated French Press:

2x10, 1x8 @ 27.5kgs

EZ Bar Curls:

3x12 @ 27.5kgs

A debacle: <http://youtu.be/eOyqayBc4hs>

-
- Weigh in day. Average weight for the week is up a little due to those bigger days, but not enough to stop macros getting bumped up again (phew) - now on 176P/305C/71F for 2563 kcal (before adjustments for high/low days). More food, winning :)
 - Woke up in the middle of the night with one of those awful calf cramps/spasms on Friday night. Still a tinge of soreness there even 36 hours later.
 - Session notes:
 - So, because I hadn't thought of a better option to do, decided to start another 3 week cycle of the same program, and repeat the weights from last time round.
 - Problem: I shouldn't have done that bench session on Friday night, my chest and probably triceps were still under recovered. I knew this would happen, but I did it anyway. So I couldn't even get fives at the weight I did four weeks ago and it fucking pissed me off. More on that later.
 - Press was ok, light weight, so meh.
 - Couldn't get sets across with LTEs with good form, just backed out when I had to start pressing it up. Same with seated tricep extensions.
 - Threw in some curls with the same weight because fuckit, I wanted to. The one good thing to come out of this workout is that I haven't done EZ Bar Curls in forever, but last time I did them Strong says I managed sets of 6, 6 and 8 at this weight. Who knows how long ago that was, probably many months, but at least it reminded me that I have made progress.
 - Took 1 hour 42 mins to get through the work.
 - So when benching went to shit for (at least) the third week in a row I decided that a) I need to stop doing such structured programming for a little while because it just pisses me off and demotivates me when I keep missing scheduled lifts and seem to be getting weaker, and b) I clearly can't be trusted with my own programming right now because I do stupid shit like throwing in extra workouts and doing too much volume in weeks when I'm supposed to be deloading. I keep thinking that at some point my caloric intake will get high enough that I'll magically start to recover better and push through it for some gainz but clearly that's not happening for a while yet. So mid workout I signed up for Andy's BBC and will just float along with that for a little while. Because of the time he sends the workouts out I reworked my schedule so I'll just have 2 'proper' lifting sessions through the week (Tue/Thu mornings), plus one on the weekend. I think those days will generally work better anyway, they'll allow me to watch Grand Prix on Sunday nights and stuff, and if I am silly enough to add another session during the week I'll have to make sure it's just easy bro stuff that won't affect recovery.
 - I don't expect it to be a permanent thing, but will just run with it for a little while and see how it goes - just don't want to think about programming right now, and will probably enjoy the support of the Facebook group etc (certainly am enjoying it with Avatar).
 - Now I've made that decision I'm feeling like it was the right call, so I will stop rambling and sign out. Peace! Happy Sunday!

Mon 19/06 - Recovery Day

Food yesterday: Target: 2522 kcal / Actual: 2463 kcal - macros compliant

Activity yesterday: 7k steps

Sleep last night: 6 hrs 59 mins - 3 times awake, 10 times restless, 18 mins awake/restless

AM BW: 66.9kg (+0.1kg)

Morning Cardio (fasted):

Elliptical - LISS

Resistance up at 5, 10 mins and down at 20, 25 mins

30 mins total, 5.37km, 401kcal burn, ave HR 139 BPM

Tue 20/06: Deadlift Intensity

Food yesterday: Target: 2522 kcal / Actual: 2453 kcal - macros compliant

Activity yesterday: 12.5k steps

Sleep last night: 6 hrs 9 mins - 2 times awake, 6 times restless, 16 mins awake/restless

AM BW: 67kg (+0.1kg)

Session Rating: <http://www.youtube.com/watch?v=vHKurSrRaFQ>

Back Squat (3x3 @ 70-80%):

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On --- (6th hole)

1x2 @ 85kg ** Excruciating belt pinch

3x3 @ 100kg

Deadlift (1RM):

1x5 @ 100kg

1x2 @ 120kg

1x1 @ 130kg

1x1 @ 140kg (PR @ this BW)

Deficit Deadlift (3x8 @ 70%):

3x8 @ 100kg

Hanging Knee Raises:

3x20

Some footage is uploading: <http://youtu.be/Mb-M4P4aTSE>

-
- Gotta be at work early today so had to get up even earlier to do this. Did well to get the amount of sleep I did due to kid stuff. 4:30am starts for deadlift intensity suck, I've been dreading this a little bit since I saw the programming... but that's just my stupid brain. It ended up being a great session!
 - Session notes:
 - Squats weren't too bad. Maybe a tiny bit higher than 70% of 1RM, not much. Depth might have been iffy on the last couple.
 - Pulled 3 plates for the first time in a long time - though I had to have 2

cracks at it, first attempt didn't break the floor - just wasn't quite mentally ready. It's not an all time PR but it's definitely a PR at this body weight. Felt very light headed afterwards.

- Deficit deadlifts definitely fatigued my lower back a fair bit. Deficit may have been slightly more than 2 inches.
- Did hanging knee raises for the first time, didn't hold the position very long (mostly because I was in a rush to get finished, not because it was awfully hard, except for the last few). Got a fair bit of a burn/pump in my abs though.
- Total session time - 1 hour 23mins.

- Have a happy day everyone!

BenM

06-22-2017, 10:08 PM

Thu 22/06:

Food yesterday: Target: 2543 kcal / Actual: 2484 kcal - macros compliant

Activity yesterday: 6.5k steps

Sleep last night: 6 hrs 43 mins - 2 times awake, 10 times restless, 31 mins awake/restless

AM BW: 67.1kg (+0.3kg)

Morning Cardio (fasted):

Elliptical - LISS

Resistance up at 5, down at 25 mins

30 mins total, 5.13 km, 385 kcal burn, ave HR 131 BPM

Evening Lifting: Bench Press Intensity

Bench Press:

3x5 @ 20kg

1x5 @ 45kg

1x2 @ 60kg

1x1 @ 70kg

1x1 @ 72.5kg - PR at this BW

1xF @ 75kg - ambitious....

3x10 @ 51kg

Dumbbell Incline Bench Press:

5x10 @ 40lbs/side

Barbell Rows:

5x12 @ 40kg

Lying Tricep Extensions:

1x11 @ 31kg

3x12 @ 30kg

Here's at least one of all the work sets: <http://youtu.be/3L4uBb2CVA0>

- Did nothing yesterday and caught up on some sleep. It's been an especially stressful week this week with kid stuff.
- First impressions are I think this new programming, scheduling and dropping back to 3 days a week is definitely going to work out better for me. And a good time to start with a bit of a testing week. Not really looking forward to intensity squats on Sunday though, to be fair.... ;)
- Session notes:

- Happy to get 72.5kg on bench. It's the heaviest I've managed since my cut, and only 2.5kg off my all time 1RM when I was about 6 kilos heavier. Tried to match it, that wasn't happening tonight, but don't think I missed it by much - think I misgrooved it a bit. Last couple of bench sessions have sucked, which I put down to not having recovered from some high volume 48 hours beforehand, and I think this proves my theory.
- The accessory work was volumez. Course me being a hero (and having time on my hands this evening) I went for the top end of the proscribed reps/sets. Was gassed by the end and had to take some weight off the LTEs to maintain some semblance of form... probably still pretty ordinary if I'm honest.
- Total session time - 1 hr 40 mins, quicker than I expected - but I tried to take shorter breaks.....

- Have a happy day/night everyone!

Mahendra

06-22-2017, 11:49 PM

Glad to see that you signed up for Andy's barbell club. I've heard nothing but good things about it.

I'm sure it'll lead you to glorious gainzZz.

BenM

06-23-2017, 09:05 AM

Quote:

Originally Posted by **Mahendra** »

Glad to see that you signed up for Andy's barbell club. I've heard nothing but good things about it.

I'm sure it'll lead you to glorious gainzZz.

Thanks Mahendra. Yeah others seem to be enjoying it, obviously I've only seen one week's programming so far but I'm pretty happy. It's something different, and a lowering of frequency which are both things I needed at the moment I think!

I think this cycle will be 5 or 6 weeks so we'll see about those gainz :) By then I'll be back up to 2700+ kcal a day at the rate I'm going!

BenM

06-25-2017, 12:24 PM

Sun 25/06: - Squat / Posterior Chain

Food yesterday: Target: 2681 kcal / Actual: 2726 kcal - macros compliant

Activity yesterday: 9.8k steps

Sleep last night: 8 hrs 3 mins - 4 times awake, 8 times restless, 24 mins awake/restless

AM BW: 66.4kg (-0.3kg)

Squat:

2x5 @ 20kg

1x5 @ 45kg
1x5 @ 65kg
1x3 @ 85kg
1x2 @ 100kg
1x1 @ 110kg
2xF @ 122.5kg arrrrgh
1x1 @ 120kg - equal PR at this BW
3x8 @ 85kg - 70% back offs

Light RDLs:

1x15 @ 50kg
4x15 @ 55kg

----supersetted with----

Standing Calf Raises (with dumbbells):

45x20 @ 40lbs/side

Some video for posterity: <http://youtu.be/V3x3zeh-WXk>

-
- I like Sundays because they usually mean more food. New macros before H/L adjustments are 323g carbs / 74g fat / 175g protein for 2658 kcal. Pretty amazed that I am eating so much more and still my weight is barely budging. But that's kinda the point (building my metabolism back up) :)
 - Session notes:
 - Was a bit disappointed not to get the squat 1RM I wanted, it stapled me twice - think I went a little deep and let the bar slide forward. The 120kg was a mega grind too for the same reason. Still, it's a good benchmark to see whether this cycle brings any gainz - after the heavy ones, 85kg felt ridiculously light and even sets of 8 weren't terribly difficult.
 - Wasn't sure how light to go with RDLs, picked a slightly too conservative weight to start with, then bumped it up. Probably could have gone heavier but I wasn't sure how I'd go with the volume. Lower back was pretty tired by the end.
 - Total training time was 1 hr 31 mins. A really enjoyable session, once the heavy squats were out of the way!
 - Hope everyone has a great Sunday! Thunderstorms forecast here, looking forward to catching up on some Netflix :)

BenM

06-26-2017, 09:22 AM

Mon 26/06: - Conditioning

Food yesterday: Target: 2613 kcal / Actual: 2551 kcal - macros compliant - missed fat by 6g which is why calcs are low

Activity yesterday: 8.5k steps

Sleep last night: 4 hrs 10 mins - 2 times awake, 4 times restless, 12 mins awake/restless - I did get almost 2 hours in bed in the evening beforehand too though

AM BW: 67.5kg (+1.1kg!)

Elliptical:

5 mins warmup (0.81km, 62kcal burn)

Squat warmup:

1x5 @ 20kg, 1x3 @ 45kg

11 rounds, EMOM of:

Squat, 70kg x 3
Box jumps, to bench, x 4
Rest til next minute

Elliptical:

5 mins warm down (around 80% intensity) (0.99km, 74kcal burn)

- Weight up 1.1kg overnight. Holy sodium bloat batman! I'm guessing that's it anyway, I made a stir fry last night with heaps of soy/oyster sauce. Don't care so long as it doesn't fuck my weekly average up too much and cause me to not get more food next weigh in!
- Stayed up and watched F1 last night. Sleep deprived. Considered staying in bed instead of doing a little exercise this morning - kinda glad I didn't though - I have mega calf and glute DOMs from yesterday, so it was good to get some blood pumping.
- Session notes:
 - Been getting bored with just doing LISS on the elliptical, and it was below zero outside so I didn't feel like walking. Used this conditioning template from one of Brian Alsrue's recent videos for a bit of a change of pace.
 - Weight was supposed to be about 60% of 1RM. This worked well - it was a little challenging but not too bad, though I did miss the bench on one of the later sets and almost went ass over tit. Think that was more due to tired legs from yesterday than the workout itself being hard, I barely worked up a sweat.
 - Used a timer app on my phone, and read it as having 1 left when I was actually on the last set... but by the time it told me I was finished I was under the bar so just did an extra set anyway.
 - Actually had intended to do a few weighted hip thrusts after the squats/jumps - started to get into position, decided it was too hard and I was almost out of time anyway. It's a movement I want to start throwing in sometimes though for some extra glute development.
 - Ended up being a 32 min session, just to get things moving for the day. Just what I was going for.
- Happy Monday, if such a thing is possible!

BenM

06-27-2017, 10:45 AM

Tue 27/06: - Press Intensity/Volume

Food yesterday: Target: 2613 kcal / Actual: 2577 kcal - macros compliant

Activity yesterday: 8.4k steps

Sleep last night: 6 hrs 40 mins - 2 times awake, 5 times restless, 14 mins awake/restless

AM BW: 67.6kg (+0.1kg)

Overhead Press:

2x5 @ 20kg
1x3 @ 30kg
1x1 @ 40kg
1x1 @ 50kg (equal all-time PR)
1xF @ 51kg
1x9, 1x10, 1x9 @ 35kg backoff sets

Pull Ups:

6, 6, 5, 5, 5, 5, 4, 5, 5, 4 @ BW

Dips:

1x5 @ BW + 15kg - too heavy

3x10 @ BW + 10kg

EZ Bar Curls:

1x2 @ 37.5kg

1x4 @ 35kg

1x6 @ 32.5kg

1x8 @ 30kg

1x12 @ 27.5kg

Some snippets of work sets: <http://www.youtube.com/watch?v=pWxppgUYyIQ>

-
- Huh. Weight is still up a bit.
 - Freezing cold this morning at 4:45am. Calves and glutes are still sore from Sunday!
 - Session notes:
 - Well now, I equalled my all time press PR from when I was heavier. May be a tiny little dip of the bar to start with so it might be a technical fail but I got it overhead. Couldn't get an extra kilo though, was probably too ambitious and should have tried for half that. Max reps back offs at 70% tired me out.
 - Holy pull up volume batman. Got the 50 RX though - just. 2 min breaks (mostly) between sets.
 - Some fun with dips and curls to finish. Last reps were hard.
 - Felt like it was a workout that would take forever, on paper but it was 1 hr 27 mins in the end, not too bad considering the amount of work. Definitely feeling it in my back and shoulders today.
 - Have a great day everyone!

BenM

06-29-2017, 10:02 PM

Thu 29/06: Deadlift Volume

Food yesterday: Target: 2613 kcal / Actual: 2530 kcal - macros compliant

Activity yesterday: 10.7k steps

Sleep last night: 7 hrs 6 mins - 5 times awake, 12 times restless, 29 mins awake/restless

AM BW: 67.7kg (+0.2kg)

Light Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

4x5 @ 75kg

Deadlift:

1x5 @ 90kg

1x3 @ 110kg

1x6 @ 120kg

Deficit Deadlift (2"):

3x6 @ 105kg

Cable Crunches:

1x20 @ 25kg
2x20 @ 32.5kg

Hello dolly: <http://youtu.be/ecTGx-D8qt0>

- So it's Thursday now, and my calves are STILL fricking sore from that massive quantity of calf raises on Sunday. I did 30 mins LISS on the elliptical post-dinner last night, and a short walk in sub zero temps this morning just to try and keep stretching them out. They've improved a bit but wow....
- Unless my weight falls a lot over the next couple of days (looks unlikely), my weekly average is gonna be too high to get a macro bump on Sunday, a bit of a shame. Reverse diet might be coming to an end pretty soon - once it does, I'll maintain for a week or two then flick over to the lean muscle gain setting - which will force me to gain weight in a slow controlled way which is what I need.
- Session notes:
 - Squats were really light, just concentrated on form and trying to make the plates rattle. 2 min rests.
 - Deadlifts were heavy, as expected, especially with my hunchback. Probably haven't done 120kg for sixes before, it was really 5+1 though.
 - Don't think I quite did cable crunches properly, but got a good burn in my abs anyway. Videoed, but not posting due to boringness and embarassment. Actually wanted to do decline situps but the attachment for my bench (ordered last week) hasn't arrived, probably tomorrow knowing my luck :)
 - Nice quick session @ 1hr 5 mins. Not sure if enough stimulus, but I got into the gym late (again) and didn't have time to do much more anyway.
- Good night everyone!

BenM

06-30-2017, 09:49 PM

Fri 30/06: Friday Frolic

Food yesterday: Target: 2715 kcal / Actual: 2643 kcal - macros compliant

Activity yesterday: 10.1k steps

Sleep last night: 6 hrs 47 mins - 2 times awake, 7 times restless, 21 mins awake/restless

AM BW: 67.8kg (+0.1kg)

Leg Extensions:

3x20 @ 40kg

Supersetted with

Standing Calf Raises:

3x20 @ 80lbs (40lbs / side)

Hamstring Curls:

1x10 @ 25kg

2x15 @ 20kg

Decline Situps:

3x20

Cardio - elliptical:

15 mins LISS, but sprinted the last minute or so
2.67 km / 200kcal burn / ave HR 130 BPM

-
- Calves felt much better today. Probably won't in the morning! My new gym toys arrived today, and I figured since I won't be squatting til Tuesday, what better time to test them out. Not sure I like leg extensions much, my knees got a bit crunchy. But we'll see, it's nice to have a few more options on movements to try. And calf raises were much easier on a proper calf block with some grip. The decline situps were freaking slow and hard work by the end.
 - Had mega jelly legs after the leg work so the elliptical was probably unnecessary... surprised myself a bit to be honest.
 - Was a nice quick 55 minute session with short breaks between sets.
 - Good night everyone!

BenM

07-02-2017, 01:38 PM

Sun 02/07: Bench Volume

Food yesterday: Target: 2715 kcal / Actual: 2635 kcal - macros compliant

Activity yesterday: 9.5k steps

Sleep last night: 7 hrs 57 mins - 2 times awake, 7 times restless, 21 mins awake/restless

AM BW: 66.9kg (-0.7kg)

Bench Press:

2x5 @ 20kg
1x5 @ 45kg
1x4, 1x5 @ 62kg
3x8, 1x7 @ 55kg

Incline Bench Press:

1x5 @ 40kg
1x3 @ 45kg clearly over reached a little
2x7 @ 42.5kg
1x7, 1x6 @ 41kg

Face Pulls:

4x15 @ 22.5kg

Tricep Extensions (dumbbell):

1x12 @ 25lbs
1x12, 1x11 @ 22.5lbs

Form and other such: <http://youtu.be/Qk0AEr8vTZA>

- Even though my weight dropped a bit overnight, as I expected the weekly average was still too high - no extra food for me this week :(This week's macros before high/low adjustments are 176P / 74F / 321C for 2654 kcal on average. Will see what happens this week - I actually think I've probably just been retaining a bit more water than usual, my prediction is I will maintain or drop this week - will see if I'm right. Hope so cos I wanna see my maintenance close to 3000kcal. And I want to get into a slight surplus fairly soon.
- Session notes:
 - I actually did an extra set of bench @ 85% because I really wanted to get a set of five, and I got it which was nice. Was gassed by the time I got to the end of the volume though, and couldn't quite get sets across.
 - Think that extra work fucked me for the incline benching though. My notes say I've definitely done sets of 8 across at 43kg though I may have been heavier or had the bench a bit flatter. Got sevens but the last

reps were horrible so backed off the weight a little for the last couple of sets. Still only get seven and six. FFS! I may need to turn the bench round for these next time so I'm not racking it over my face.

- Not a great deal to report with the accessory work. Face pulls fine. Don't particularly like dumbbell overhead tricep work. Probably should have maybe done seated work with the EZ Curl bar as I think I get more out of that, it forces me to keep stricter form, with the dumbbells my shoulders flop all over the show.
- In summary: bench work OK, a little annoyed about incline bench, accy work pretty quick and pumpy. Bit longer workout at 1hr 35mins but that's fine, cos I like benching. Feeling pretty swole afterwards, or maybe that's just my new compression wear.

- Hope everyone has a great Sunday.

BenM

07-04-2017, 09:40 PM

Mon 03/07: Cardio

Had to go to work early. Did some quick cardio, it was sort of intervals but not really high intensity enough to call it HIIT:

Elliptical:

3 mins warmup

7 rounds of 30s on (about 80% intensity - 15kph+), 30s off

Upped the resistance a notch @ 10 mins and did 7 mins steady state

3 mins warm down

20 mins total, 3.71km, 276kcal burn, ave HR 142 BPM

Tue 04/07: Squat Volume

Food yesterday: Target: 2609 kcal / Actual: 2494 kcal - macros compliant

Activity yesterday: 10.6k steps

Sleep last night: 7 hrs 33 mins - 5 times awake, 7 times restless, 25 mins awake/restless

AM BW: 67.4kg (-0.5kg)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt on (5th hole) ---

1x3 @ 85kg

1x8 @ 105kg

4x6 @ 90kg

Stiff Leg Deadlift (2" Deficit):

1x8 @ 65kg

3x8 @ 85kg

Decline Situps:

1x15 (holding 5kg plate)

1x10 (holding 2.5kg plate)

1x30 with no weight, slightly flatter bench

Supersetted with

Standing Calf Raises:

3x20 @ 90lbs (45lbs / side)

Work sets, complete with wifey trying (unsuccessfully) to avoid getting caught on camera: <http://youtu.be/3CkZUKI9uac>

- Shitty night last night, kidlet being difficult all night, didn't get much sleep, and due to a screw up with my phone and the alarm, didn't get up early enough to train this morning - moved the workout to post-dinner instead. Had heaps of carbs left in my macros so had a big bowl of sorbet and chocolate topping beforehand. Nomnom.
- Session notes:
 - Pleasantly surprised, the heavy squat set was supposed to be 4-6 reps at 85% of 1RM; this is about 87.5% of my most recent 1RM and I squeezed out 8 reps before calling it. They don't look too bad on video either - depth was mostly there and bar path is mostly vertical. The benefits of being fairly weak, I guess - or maybe I was just better fuelled than usual. The back off sets were pretty easy.
 - SLDLs from a deficit, bit of hard work, hamstrings and lower back a bit tired.
 - I managed sets of 20 decline situps the other day so added some weight. This was much harder, either because I wasn't using my arms, or I had the decline a bit steeper. Backed off the weight second time, lowered the bench and just did body weight for the third, smashed out 30 reps pretty easily. My calves were on fire from the calf raises in between.
 - You know when you're really dreading a workout and it turns out not to be so bad? Yeah - that. Actually it was pretty awesome - took 1 hr 13 mins, I feel like I moved some heavyish weight but didn't break myself. Happy days. Hammies and glutes will probably insist on no cardio tomorrow.
- Happy Independence Day to all my American lifting friends!

BenM

07-06-2017, 10:23 PM

Thu 06/07: Press Volume

Food yesterday: Target: 2609 kcal / Actual: 2518 kcal - macros compliant

Activity yesterday: 8.5k steps

Sleep last night: 6 hrs 50 mins - 4 times awake, 9 times restless, 26 mins awake/restless

AM BW: 67.4kg (-0.2kg)

Overhead Press:

2x5 @ 20kg

1x5 @ 32.5kg

1x4 @ 42.5kg

3x7, 1x8 @ 37.5kg

Lateral Raises:

5x15 @ 10lbs / side

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 42.5kg

1x9, 1x8 @ 52.5kg

1x10, 1x9 @ 50kg

1x10 @ 47.5kg

LTEs (EZ Curl Bar):

1x6 @ 35kg

1x7, 1x6 @ 34kg

2x7, 1x6 @ 33kg

Video of some lifting: <http://youtu.be/zslRe4IDruw>

-
- Did some cardio, won't bother logging it in detail. Just a quick 15 minute session on the elliptical after dinner last night (since I couldn't get up in the AM... stupidly late night) and a 3k walk this morning.
 - Between work and family stuff this week has been generally stressful and sleep has been really poor. Cut my finger with a bread knife (deep) after Tuesday night's workout. Wasn't sure if I could lift tonight, reckon a pulling workout would've been touch and go but pressing was fine. Hopefully it's right for some deadlift volume on Sunday. Also, wife is vomiting again, daughter has a cold again, got into gym late, again. Not having a lot of luck lately getting a clear run at training, but that's family life for ya I guess.
 - Session notes:
 - My press is awful. Really expected a set of five for the top set, and was very, very close... but I've done heavier fives than this before. Got some volume in anyway (more than I expected).
 - Lateral raises were as light as my dumbbells go, and I still had to rest-pause a fair bit. Sigh.
 - Didn't quite stick to the program for CGBP, was supposed to drop 5% each set but after getting so many reps the first time out (at the RX percentage) I stuck with it a little longer and didn't drop it very much.
 - Heavier LTEs, with 2 minute breaks, as if my triceps weren't cooked enough. Form was pretty shoddy on the last reps of the last few sets.
 - Pretty mad pump, 1 hr 26 mins all up.
 - As usual, I've undershot my macros (partly not my fault)... but I now have to go eat about 100g of carbs and 80g of protein right before bed to hit 'em. I am surprised my body fat is going up, but lean mass doesn't seem to be. Have a great night!

BenM

07-07-2017, 09:35 PM

Fri 07/07: Bro pump**Food yesterday:** Target: 2711 kcal / Actual: 2659 kcal - macros compliant**Activity yesterday:** 10.7k steps**Sleep last night:** 6 hrs 45 mins - 3 times awake, 9 times restless, 20 mins awake/restless**AM BW:** 67.6kg (+0.2kg)**Dumbbell Bench Press:**

3x12 @ 45lbs

Incline Dumbbell Bench Press:

1x12, 2x10 @ 37.5lbs

Dumbbell Flys:

1x8, 1x12, 1x11 @ 27.5lbs

Hammer Curls:

2x12 @ 27.5lbs

1x12 @ 25lbs

Cardio (kinda):

Elliptical - 10 mins MISS
1.77km, 133kcal burn, ave 130 BPM

- Felt like I'd had a pretty low activity day, wanted a really quick hitout before another massive nightly supper. Took 1-2 mins between sets mostly and got the whole thing done in 45 mins flat. Arms and chest are pretty gassed now!
- Have a great weekend everyone!

BenM

07-09-2017, 12:57 PM

Sun 09/07: Deadlift / Upper Back

Food yesterday: Target: 2711 kcal / Actual: 2654 kcal - macros compliant

Activity yesterday: 11.3k steps

Sleep last night: 8 hrs 28 mins (39mins awake)

AM BW: 66.6kg (-0.4kg)

Squat:

2x5 @ 20kg
1x5 @ 45kg
1x3 @ 65kg
4x5 @ 77.5kg - paused all reps

Deadlift:

1x5 @ 90kg
1x5 @ 110kg
1x5 @ 127.5kg (PR at this BW)

2" Deficit Deadlift:

1x7 @ 112.5kg (PR)

Pullups:

5, 6, 4, 4, 5, 4 @ BW

Barbell Rows:

2x12, 1x13 (cheaty PR), 1x10 @ 40kg
2x12 @ 37.5kg, also a little cheaty probably

Footage of me, tryin ta get strong: <http://youtu.be/hH610EHlicU>

- Sunday - weigh in day! As predicted, my average weight went down a tiny bit (just 0.1kg) so I got another macro boost, yeah baby. New targets before adjustments are 340C / 176P / 76F for 2748kcal total.
- Got a new Fitbit on Friday. Instead of time awake/asleep it gives a bit more detailed info (sleep stages) but I don't think I'll bother logging that, not sure what I'd do with the info anyway.
- Cut on my finger is still gaping open, was pleased to be able to pull today at all. Thick band aids and hook grip, didn't seem to worry it much.
- Session notes:
 - Still feeling a bit tight in the chest and arms from Friday night! Slept in a compression top/shorts last night, feel like it helped, might keep doing it.
Light warmup squats, the RX was to pause them if you want, I thought fuckit why not. Definitely got the blood pumping!
 - Max effort deadlift set @ 90% of 1RM. Was pleased to get 5 - might even have had another one in the tank but my lower back rounded a bit

too much on the fifth so I didn't push it. According to Strong this is 2.5kg off my all time PR for fives, definitely a PR at this BW. After that, getting 7 reps for the back off set - from a deficit - was a big bonus.

- Gassed for pullups though. The RX was for 3-5 sets with 2 min breaks but I pussied out on at least one set so did an extra one.
 - Same with rows - 2 mins rest, reduce weight as needed, 'chase the pump'. Started running out of gas, did an extra set at the lighter weight.
 - Andy called this a 'beast of a workout' in his weekly video. In terms of time it was only 1hr 20 mins or so, but the weights were light. Upper back (and legs) definitely feeling like they got a workout, it was a great session!
- Won't get this week's programming til tomorrow AM my time, but fully expecting the next workout to be a bench day since we didn't get one this week. Let's see if I'm right :)
 - Have a great Sunday!

BenM

07-10-2017, 10:18 AM

Mon 10/07: Recovery

Food yesterday: Target: 2703 kcal / Actual: 2684 kcal - macros compliant

Activity yesterday: 6.9k steps

Sleep last night: 5 hrs 17 mins (37mins awake)

AM BW: 67.4kg (+0.8kg)

Cardio:

Eliptical - 30 mins

Up a notch @ 5 mins, down a notch @ 25 mins

5.1km, 383kcal burn, ave HR 132 BPM

- Stayed up to watch the honey badger get another podium last night, so starting the week with a bit of sleep debt - hope I can catch up.
- Started watching What the Health on Netflix last night and this morning. What a crock of shit!
- While my weight is up overnight, BF% on the scales (inaccurate, I know) has dipped below 12% again after being over that most of last week - good sign, hope it continues.
- As predicted, tomorrow is bench day - hooray!
- Posting here to remind myself - it's time to retire this log and start a new one. Will do that after tomorrow's workout. Have a great Monday everyone!

K.O.

07-10-2017, 01:38 PM

Wow, I'm looking into the future! It's still Sunday night in California. LOL

Glad you're making progress. I had a hand injury too a while back, I had to stop for a week. Good to see you are still able to lift through it.

BenM

07-10-2017, 01:41 PM

Quote:

Originally Posted by **K.O.** 

Wow, I'm looking into the future! It's still Sunday night in California. LOL
Glad you're making progress. I had a hand injury too a while back, I had to stop for a week. Good to see you are still able to lift through it.

Yeah things are looking up. Loving the variety in Andy's programming, and I'm starting to eat enough food at last.

Would you believe I super glued the wound closed this morning. Best DIY first aid ever!

BenM

07-11-2017, 12:47 PM

I've started a new log! <http://startingstrength.com/resource...d-tribute.html> - thanks for reading!

Show 40 post(s) from this thread on one page

All times are GMT +10. The time now is 12:15 PM.

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