



(Not) The greatest log in the world (this is just a tribute)

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BenM

07-11-2017, 12:43 PM

(Not) The greatest log in the world (this is just a tribute)

Time for a new log, since I guess technically I'm an intermediate now. My old one is [here](#) for anyone who's interested. The short version of me though, is:

Age: 41
Height: 5'11"
Weight: About 67kg right now
Lifting since: May 2016 (just over a year)

The high(low)lights of my history:

- At the start of 2016 I was fat and weak @ 106kgs plus - from Jan to August I lost roughly 40kgs with a low calorie diet and plenty of exercise - mostly walking and cardio on an elliptical.
- Started lifting in May 2016 in an attempt to add muscle (to speed metabolism and help me keep the weight off), improve my physique and get stronger. Discovered Stronglifts 5x5 first, then Starting Strength. Ran an LP, but it was compromised by my unwillingness to gain significant weight. I also have a 2 year old daughter who doesn't sleep well, so my sleep is regularly less than I'd like, and interrupted.
- From about September 2016 to February 2017 I started eating more, put on 6kgs or so, and saw some gains in my lifts through running SS and then HLM. However I was never really happy with my physique, the weight I added seemed to be mostly fat.
- Gained a bunch of weight real quick in February while away on a golf trip. Got stressed about it and dieted down again for about 8 weeks, lost the weight but lost some strength too. Ran HLM and then Andy Baker's S&M After 40 for a while.
- Since about early April I've been reverse dieting to try and improve my metabolism, been using Avatar Nutrition to do it for the last couple of months and just hitting around maintenance now. Expecting to start slowly gaining shortly, if I'm not already - the trend is heading that way.
- Got sick of mucking with my own programming so I've been running with Andy's Baker Barbell Club for a few weeks now and really enjoying it so far.

My lifts are nothing spectacular (at ALL) but I enjoy lifting and improving myself - goals wise I just wanna keep getting stronger and looking like I lift - I'm not chasing absolute strength, and would probably rather stay lean(ish), though I think I'd like to compete in a PL meet one day. Progress is slow because of my issues with weight gain, recovery issues and my age - but the current long term plan is to try and bulk/cut between 10-15% body fat and try to get to 75kg+ at a similar BF% to where I am now within a few years.

Anyway. Enjoy the log. First entry to come shortly!

BenM

07-11-2017, 12:46 PM

Tue 11/07: Bench volume

Food yesterday: Target: 2703 kcal / Actual: 2641 kcal - macros compliant

Activity yesterday: 9.4k steps

Sleep last night: 6 hrs 2 mins (34mins awake)

AM BW: 67.8kg (+0.4kg)

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

2x2 @ 65kg

1x3 @ 65kg

1x5, 2x6 @ 57.5kg back offs

Incline Bench Press:

2x5, 2x6 @ 45kg

Seated Dumbbell Curls:

1x7, 2x8 @ 30lbs

Dips:

4x10 @ BW + 10kg

EZ Bar Curls:

1x14, 1x12 @ 27.5kg

1x12 @ 25kg


Footage of some work sets: <http://youtu.be/TYhOdsFNr1k>

-
- Got my prediction right on what the workout would be! Felt pretty tired and weak this morning though, really **MUST** get better/more sleep tonight.
 - Session notes:
 - The bench RX was for a couple of max effort sets @ 90% of 1RM - 65kg is a tiny bit higher than that. I wanted triples but was a bit disappointed to only manage doubles; did an extra set at actual 80% to make me happier. Backoffs were a tiny bit higher than the RX too.
 - Meh @ incline bench. Think I should've been able to manage more weight/reps than this. Again did an extra set.
 - Curls, dips, curls, and my arms were absolutely smoked by the end. Forgot I was supposed to superset the last two movements, but I only took really short breaks anyway. Because of that plus the extra sets it took 1hr 27 mins all up. Pretty good pump if nothing else :)
 - Have a great Tuesday!

BenM

07-11-2017, 01:05 PM

Quote:

Originally Posted by **mgilcrest** 

Keep up the good work!

Hah! We were posting in each other's logs at the same time. Thanks man - you too!

I love the variety Andy throws in. And bench days are always good even when they're shit.

slowmotion

07-11-2017, 03:06 PM

Nice work!

Simon Rest

07-11-2017, 04:06 PM

welcome to the second floor.

how are you finding Avatar? Izzy N was plugging them the other day. I probably should have someone look at my nutrition because I obviously can't sort myself out

BenM

07-11-2017, 04:28 PM


Quote:

Originally Posted by **slowmotion** 

Nice work!

Thanks Jan!

Quote:

Originally Posted by **Simon Rest** 

welcome to the second floor.

how are you finding Avatar? Izzy N was plugging them the other day. I probably should have someone look at my nutrition because I obviously can't sort myself out

Thanks Simon! Hope your injury heals up soon, sounds like you're still battling with it.

I watched Izzy's video the other day, and I agree with pretty much everything he said (even though I'm using it to reverse diet, not lose fat). It works well for what it is - basically just a customisable macro calculator that adjusts based on the inputs you give it. I'd been doing my own calories (but not counting macros, apart from protein) but didn't trust what I was doing to be right. I was skeptical at first (especially as I went from maybe 220g of protein a day back down to 170 or so, and upped carbs LOTS) but I've been pleasantly surprised by the results - I actually leaned out a bit more for the first few weeks and my training and day to day feels have been a LOT better.

For me, I think it's been well worth the money - the calculator and the really active, supportive Facebook group (which helps me avoid boring my wife to death with diet and health talk) are what I like the most, but there are recipes and resources too, probably not much you can't find elsewhere, but still.. for \$10USD/mth it's one less thing to worry about.

Chebass88

07-11-2017, 10:52 PM

Quote:

Originally Posted by **BenM** 

...

My lifts are nothing spectacular (at ALL) but I enjoy lifting and improving myself - goals wise I just wanna keep getting stronger and looking like I lift - I'm not chasing absolute strength, and would probably rather stay lean(ish), though I think I'd like to compete in a PL meet one day. Progress is slow because of my issues with weight gain, recovery

issues and my age - but the current long term plan is to try and bulk/cut between 10-15% body fat and try to get to 75kg+ at a similar BF% to where I am now within a few years.

Anyway. Enjoy the log. First entry to come shortly!

First off - don't put yourself down. You have made some great progress, and are continuing to do so. Focus on what you have done and be positive about it.


Second - with a log name like this, you might want to change your username to Tenacious B!

Keep pushing on and eating the elephant (one bite at a time).

BenM

07-12-2017, 04:23 PM

Quote:

Originally Posted by **Chebass88** 

First off - don't put yourself down. You have made some great progress, and are continuing to do so. Focus on what you have done and be positive about it.

Second - with a log name like this, you might want to change your username to Tenacious B!

Keep pushing on and eating the elephant (one bite at a time).

Thanks Chebass!! Wasn't intended as a put down at all. It's just hard not to compare myself to others and there are so many other strong bastards on here, just being realistic. That said - I remember failing much lighter weights than I am lifting now, I've come a long way and will keep making progress because I love training, like so many others I just wish I'd discovered it earlier in life.

Great suggestion on the username :)

BenM

07-13-2017, 09:53 PM

Thu 13/07: Sqwatz

Food yesterday: Target: 2703 kcal / Actual: 2642 kcal - macros compliant

Activity yesterday: 7.9k steps

Sleep last night: 7 hrs 51 mins - 32 mins awake

AM BW: 67.7kg (-0.1kg)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

---Belt On (5th hole)---

1x3 @ 85kg

1x2 @ 100kg

1x5 @ 110kg

4x6 @ 95kg

SLDL (2" Deficit):

1x6 @ 70kg
3x8 @ 92.5kg

--GPP Superset---

Hamstring Curls:

20 reps @ 15kg

then

Standing Calf Raises:

20 reps @ 45lbs in each hand

then

Ab Wheel Rollouts:

20 reps (from knees)

rinse and repeat twice more.....

Moving picture: <http://youtu.be/TD6XjoROpKk>

-
- Did 20 mins lazy cardio on the elliptical yesterday AM (which I didn't bother to log here), but other than that I've had a pretty inactive couple of days. Weight is trending up a tiny bit.
 - Session notes:
 - Squeezed out 5 reps at just about 90% of 1RM, which is one more than expected by the RX. Either my 1RM is too conservative (maybe...probably) or I am getting stronger. Fatigue (and shallowness) started to set in on the back off sets though.
 - SLDLs went OK. Tired lower back by the end, not sure I used enough hamstring this time, in fact the first set was more like a conventional deadlift, I didn't have the bar out far enough from my shins. Last couple of sets were much harder when I fixed that!
 - That GPP... the RX was 2-5 rounds, who the fuck is going to do 5 rounds of that :D ? I aimed for 3 and that was plenty. Normally on a Friday AM I'd get up early and walk or do something but I am doubtful I'll feel up to that... my legs are smoked.
 - It was a 1hr 15 min session. I do like Thursday nights usually but this was especially decent.
 - Have a great evening!

BenM

07-16-2017, 12:54 PM

Sun 16/07: Press Volume

Food yesterday: Target: 2805 kcal / Actual: 2765 kcal - macros compliant

Activity yesterday: 10.4k steps

Sleep last night: 8 hrs 8 mins - 39 mins awake

AM BW: 67.8kg (+0.1kg)

Overhead Press:

2x5 @ 20kg
1x5 @ 32.5kg

1x1 @ 40kg
2x3 @ 45kg
4x6 @ 40kg - volume PR maybe

Lateral Raises:

13 @ 10lbs, 17 @ 8.5lbs
20 @ 10lbs, 10 @ 8.5lbs
20 @ 8.5lbs, 15 @ 6.8lbs

Lying Tricep Extensions:

3x8 @ 34kgs

Dips (AMRAP sets):

18, 15, 13 @ BW

EZ Bar Curls:

1x6 @ 34kg
10, 9, 8 @ 30kg (PR I think)

Today's funniest home video: <http://youtu.be/-wEcuC25MRk>

- Love weigh in day when macros go up. Average weight for the week was up .4kg from last week but that was mostly due to one blow out day where I jumped a kilo overnight, other than that it was pretty consistent all week. New macros average out at 358C / 177P / 79F for 2851kcal. I'll be pleasantly surprised if I don't put on a bit more than that this week, as this intake is now right on the level where I was gaining weight pretty consistently late last year.
- Still feeling DOMs from Thursday night! Yesterday hamstrings and abs were tight, hammies mostly better today but I felt the abs during the LTEs! My recoverability is just shithouse...
- Session notes:
 - Got triples at 90% of 1RM, which is what I was going for. Was easier than I expected, and maybe even had another in the tank on the first set, but didn't attempt it. Back off work was probably a volume PR, only because I don't think I've attempted it before. Was grindy by the end though.
 - Lateral raises, drop sets up to 30 reps, had to get the baby spinlock dumbbells out, good thing I never sold 'em. Weird weights because they're in kilos and my Ironmasters are in lbs. Shoulders got a mad burn, did 5 extra reps at the end since I felt like I could.
 - Might have gone slightly too conservative with weight on the LTEs, I managed 7 @ 35kg last time round and then backed off. Definitely felt stronger this time, only thing is my hips got really crampy and weird on all three sets which hasn't happened before. Not painful or anything though. Adjusted position a couple of times but couldn't get rid of it.
 - Bodyweight dips times many, to just completely fry the triceps at the end.
 - Curls weren't in the rx but since it'd been pretty quick to that point (like 60 mins or so) decided I may as well hit biceps too while I was packing up the gym and use the weight on the bar. This is probably a PR as well, weight and volume wise. My arms are popping big time.
 - All up, a 1hr 19 min session, where I hit all the numbers I wanted to and felt good afterwards, so it doesn't really get any better than this. Choice bro!
- Hope everyone reading has a great Sunday and smashes some PRs!

Food yesterday: Target: 2794 kcal / Actual: 2743 kcal - macros compliant

Activity yesterday: 6.5k steps

Sleep last night: 5 hrs 2 mins - 34 mins awake

AM BW: 68.1kg (+0.3kg)

Elliptical - HIIT + SS:

3 mins warmup

6 rounds of 20s on / 40s off, then slow to 10 mins

Up a notch @ 10 mins, LISS to 18 mins then down a notch and warm down

20 mins total; 3.74km, 279kcal burn, ave HR 140BPM

Stayed up to watch the GP last night but was determined to get some conditioning in this morning. I did lie in bed for 90mins before the race to try and catch up so rest wasn't as bad as it looks. Anyway - ho-lee crap this was hard work. My chest was burning after the second interval, I'm a long way from where I was 6 months ago when I was doing intervals 2-3 times a week.

Logging this properly, because it's probably the last hurrah for my elliptical. I put it on the market over the weekend and already have a buyer who reckons they'll pick it up tonight. It's been a really good and useful machine for me, especially at this time of year when it's so damn cold and dark in the mornings that walking/running outside is less practical. Problem is, it's a bit too big for the space I have and as I buy more gear my gym is getting more cramped; also I feel like I'm fairly adapted to it now and a bit bored with it.

Ideally I'd like something a bit more compact, that I can use for both steady state and intervals, that I can easily move around out of the way if needed. Ideally it'd work both upper and lower body too.

Originally I was thinking I wanted an air bike, but I don't think that will be much smaller or manoeuvrable, and the likelihood of one coming up second hand is pretty low so I'd probably need to buy new and would be a fair few dollars out of pocket even allowing for the proceeds of the elliptical. So now I'm really not sure what to do. If the assault bike is out, my other three thoughts are spin bike, rower or treadmill in that order. Spin bike fits the bill for size and maneuverability, although they're lower body only, and I've seen a few come up for sale second hand lately. Rower would be better for full body work but I'm not sure what I can get that's compact (especially on the second hand market). Treadmill would be fine if I can find something small and foldable, but I get the feeling the small/light ones are probably pretty shitty to use.

Throwing it out there to the SS community, if you could only buy one machine for cardio and needed something compact that you can move around, what would you get?

Of course the other option is do conditioning outside/some other way, and spend the money on a new bar, or some other type of machine. I was toying with the idea of a leg press, if one came up.....

Simon Rest

07-17-2017, 10:38 AM

Quote:

Originally Posted by **BenM** 

Stayed up to watch the GP last night but was determined to get some conditioning in this morning.

I miss the days when Hamilton's team mates tried to take him out

I had a spin bike - it's OK, but not great. And you are right in that the small foldable treadmills are shit. I vote move it outside - you get warm soon enough, even down there in tasmania

BenM

07-17-2017, 11:07 AM

Quote:

Originally Posted by **Simon Rest** [»](#)

I miss the days when Hamilton's team mates tried to take him out

I had a spin bike - it's OK, but not great. And you are right in that the small foldable treadmills are shit. I vote move it outside - you get warm soon enough, even down there in tasmania

Yeah I am not a Hamilton fan. He's a very quick driver when he's on but when he's not he's a whiny little girl. Pretty sure he'd be loving having Bottas as a compliant teammate.

They mentioned on the telecast last night that Ferrari are trying to renew Vettel's contract but he wants Kimi to commit to another year before signing. Commentators said 'I wonder why that is' and didn't elaborate... my thoughts were it's exactly the same thing - Kimi is in the twilight of his career and won't give Vettel any fight. I mean seriously, are these guys racing drivers or what? Surely they want someone that will push them?

Anyway. Ricciardo had a good race from the very back of the field, so that was something.

Yeah I am not overly fond of the spin bike idea, it's just the size/rollability that appeals with that option. Guess we'll see whether this guy comes through tonight, but I've had a pretty good run with selling stuff on Gumtree.

It's been minus 4-5 degrees overnight here a few times lately. NFW am I going outside to run in that, and walking isn't high intensity enough for proper 'conditioning' anyway :) I was thinking more buy some kettlebell handles for my Ironmasters and use them for conditioning circuits or something... but not sure if I can push myself hard enough. I like the machine option because I can catch up on some Youtube/Netflix/Podcasts etc while doing it mindlessly, whereas some kind of weights circuit I'd have to think about what I'm doing.

Jugrock

07-17-2017, 11:44 PM

Instead of a spin bike, you could get a bike trainer and a bike. Then you can cycle indoors when you want or outdoors. Best brand is Kurt Kinetic/CycleOPS. I've had my KK for almost 10 years with no maintenance. And it folds up and can fit in a small closet.

slowmotion

07-18-2017, 02:21 AM

I would definitely get a rower if I could afford one.

Re F1, I like the Scandinavians, of course. So Valtteri and Kimi.

BenM

07-18-2017, 09:58 PM

Quote:

Originally Posted by **Jugrock** 

Instead of a spin bike, you could get a bike trainer and a bike. Then you can cycle indoors when you want or outdoors. Best brand is Kurt Kinetic/CycleOPS. I've had my KK for almost 10 years with no maintenance. And it folds up and can fit in a small closet.

I actually have a cheapie mountain bike already (which used to be my wife's) so the thought had crossed my mind.... I find it pretty uncomfortable to sit on though and I sorta figured there'd be trade offs somewhere. It's a great thought, probably a very cheap and easy option - thanks man! My main issue with it is it's legs only and I really want to move the upper body as well.

Quote:

Originally Posted by **slowmotion** 

I would definitely get a rower if I could afford one.

Re F1, I like the Scandinavians, of course. So Valtteri and Kimi.

Fair enough too. I'm a bit of a Kimi fan for sure - such a no-nonsense kinda guy. It's a shame he seems to be in the twilight of his career. I actually get the feeling Bottas is similar but a bit happier demeanor - he deserves more of the limelight, I bet he'd have a massive fan base if he wasn't living in the shadow of Britain's favourite son.

Rower is a great option I reckon. At this stage the air bike and rower are probably the two frontrunners, main benefit of the rower being I am more likely to find one cheap/second hand locally so I'll save a few bucks. The elliptical was collected and paid for tonight, so I'm gonna have to start thinking more seriously about it, but probably will hold off for a week or so as I might have a few extra dollars coming my way soon if I'm a good boy ;)

Tue 18/07: Deadlift

Food yesterday: Target: 2794 kcal / Actual: 2749 kcal - macros compliant

Activity yesterday: 8.4k steps

Sleep last night: 7 hrs 26 mins - 34 mins awake

AM BW: 68.1kg (no change)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt on (5th hole) ---

4x5 @ 85kg

Deadlift:

1x5 @ 90kg

1x5 @ 105kg

1x3 @ 120kg

1x3 @ 135kg

2" Deficit Deadlift:

3x4 @ 120kg

Barbell Row:

1x8 @ 45kg too light
3x8 @ 47.5kg
1x8, 1x9 @ 45kg

Face Pulls:

4x15 @ 22.5kg

And here is the home movie: <http://youtu.be/51v6A98bioI>

- So tired yesterday I shifted my Tuesday morning workout to the evening, knowing it was a deadlift session. Very glad I did. The extra sleep was much needed!
- Session notes:
 - Light squats to warmup, pretty happy with these, not much to report really.
 - Pretty happy with the deadlifts as well - the RX was 1-2 reps @ 95% of 1RM, and I managed a triple, which I'm pretty sure is a PR but I'd have to confirm. Also a bit happier with form; while my upper back is rounded, I think I managed to keep it fairly rigid through the lift and not let it round any more, which is a big improvement.
 - Form not so good on the deficit deadlifts, was getting really roundy by the end, but there was a fair bit of fatigue by then so I forgive myself.
 - Barbell rows were good, lots of volume, upper back was smoked by the end. Then some face pulls to finish which are pretty boring really.
 - The whole session took bang on 90 mins, including about 20 minutes interruption when the guy came to pick up the elliptical, so it was heaps faster than I expected when I saw the programming. Probably rushed through it a little, but was great. Now I'm really looking forward to a heavy bench session on Thursday night.
- I'm off to eat a truckload of food and sleep. Hope everyone in internet lifter land has a great night!

BenM

07-20-2017, 09:58 PM

Thu 20/07: Bench Press

Food yesterday: Target: 2794 kcal / Actual: 2754 kcal - macros compliant

Activity yesterday: 7.3k steps

Sleep last night: 7 hrs 37 mins - 39 mins awake

AM BW: 68.3kg (no change from yesterday)

Bench Press:

2x5 @ 20kg
1x5 @ 45kg
1x2 @ 60kg
1x1+F @ 68.5kg bit ambitious (**BZZT, wrong!**)
Edit to fix: 1x1+F @ 69.5kg bit ambitious
1x2 @ 67.5kg (PR for a double, I think)
4x5 @ 60kg

Incline Bench Press:

2x4 @ 42.5kg
1x8, 1x7 @ 40kg

EZ Bar Curls:

1x5 @ 35kg
1x7, 1x8 @ 32.5kg

Dips:

1x15, 2x12 @ BW + 2.5kg

--- supersetted with ---

Seated (incline) Dumbbell Curls:

2x12, 1x11 @ 27.5lbs

Video of some lifting: <http://youtu.be/8CAAtCvKeZ9o>

[Instagram of the bench double](#)

- Been sleeping more. This I like.
- Session notes:
 - Bit of ego lifting with the bench. The RX was a double @ 95%, but I deliberately overshot it a little since a) I wanted it to be over body weight and b) I think my current 1RM (70kg) is conservative. I was SO, so close to getting it but I misgrooved a little I think. Dropped 1kg off the bar and got a double anyway which I think is a PR for 2. Holy shit the back off sets were hard work though - the very last rep was almost a total fail. EDIT: Loolllll actually realised the next day (today) that I misloaded the bar, the yellow fractionals are 1kg not 0.5kg, so it was actually 69.5kg I failed - no bloody wonder!
 - Dunno if it was the bench being hard or what but incline benching was a shitshow. Managed fahves at this weight last time, not tonight sonny jim. Pussied out and backed off the weight, made do with what I had on the night.
 - Heavy curls. Tris and bis. Bit of bro stuff. I was rooted by the end, took a few minutes break before the last set and there was still a fair bit of rest pause in it. I logged 11, because my left arm had given out and refused to do more than that but I actually did about 14 with the right!
 - I probably rushed this a bit, since I didn't get downstairs til later than planned - only 67 minutes all up. Funny how the workouts you dread turn out good and the ones you look forward to are sometimes underwhelming. Still, I got pretty close to the bench number I wanted and my arms are massively pumped so it wasn't all bad.
- Food and a sleep in is the prescription now. Have a top night all, peace!

Mahendra

07-20-2017, 11:40 PM

Nice work dude. But I think there's something in the air. Seems like a lot of people are having "off" weeks.

But I'm surprised you were able to get the double after missing 68.5. If I miss something or go really heavy, I feel like I can't do shit all afterwards :)

slowmotion

07-21-2017, 03:07 AM

Nice work, Ben!

BenM

07-21-2017, 08:49 AM

Thanks fellas. Yeah it's funny Mahendra, or maybe it's because the weights are comparatively low but I can still grind after a fail sometimes. When we tested 1RMs a month or so back I missed 122.5kg on the squat twice, but was able to hit 120kg five minutes later. It was super grindy and Andy said the same thing, he was surprised I got it after the misses.

Mahendra

07-21-2017, 09:01 AM

Quote:

Originally Posted by **BenM** »

Thanks fellas. Yeah it's funny Mahendra, or maybe it's because the weights are comparatively low but I can still grind after a fail sometimes. When we tested 1RMs a month or so back I missed 122.5kg on the squat twice, but was able to hit 120kg five minutes later. It was super grindy and Andy said the same thing, he was surprised I got it after the misses.

That is pretty awesome.

I just wanna give up on life if I miss a lift. Over dramatic, yes.

BenM

07-21-2017, 09:56 AM

Quote:

Originally Posted by **Mahendra** »

That is pretty awesome.

I just wanna give up on life if I miss a lift. Over dramatic, yes.

I know what you mean. I kinda feel the same way but also I get angry. And because I'm stubborn I feel like I have to try again!

And just to illustrate that I am planning a bit of pressing and some light dumbbell stuff this afternoon, may hit the bench again for another attempt hehe... no other lifting til a squat session on Sunday so might not hurt!

BenM

07-21-2017, 04:06 PM

(Not) The greatest log in the world (this is just a tribute)

Fri 21/07: Pressing Matters

Food yesterday: Target: 2924 kcal / Actual: 2866 kcal - macros compliant

Activity yesterday: 6.4k steps

Sleep last night: 6 hrs 35 mins - 40 mins awake

AM BW: 68.3kg (no change from yesterday)

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x2 @ 60kg
3x1 @ 68.5kg

Overhead Press:

2x5 @ 20kg
1x5 @ 35kg
1xF @ 45kg (WTF?? I hit this for triples last press workout!)
3x1 @ 45kg and called it

Lateral Raises:

3x15 @ 10lbs

Vid: http://youtu.be/-OismD_rwLE

- I didn't get the planned sleep in this morning, and slept poorly in general. That sucked.
- Session notes:
 - I felt OK this morning but once I started lifting everything felt so freaking heavy. Definitely nowhere near recovered from last night. Intended to have another crack at the weight I missed last night for doubles.
 - Once I got started, I realised that wasn't going to happen. But what I also realised was, last night I actually misloaded the bar, the yellow fractionals are 1kg not 0.5kg - so while my current 1RM is 70kg, I very very nearly got a double at 69.5kg. Suppose that's a good sign of a strength improvement, but I'm dirty on myself because if I'd loaded the weight I intended to I almost definitely wouldn't have missed! Oh well. Worked up to a few singles at 68.5kg anyway and they went up, albeit super slowly.
 - Press was a shitshow for the same reason. Definitely didn't expect to miss that first lift, though I hadn't taken much rest after benching and I probably bailed on it a bit early. Just did a few singles after that, and did a set of lateral raises after each one.
 - I'd planned to do some flys and stuff afterwards but put the kibosh on that idea - not worth it. At least it was a quick session, only took 45 mins which was all I really wanted anyway. Wasn't even gonna bother with a video but you gotta show the bad as well as the good, so it's out there for the world to see..... No harm done. Sunday is a squat workout and I don't expect to press again til at least Tuesday. Plenty of time to get over this one and move on :)
- In other news I went and looked at a Xebex air bike in a shop today, and compared with a couple of rower options (a water rower and an air rower) - I think purely for space reasons the air bike is probably the way to go if I can scrape the funds together. Just gotta see what happens next week.
- Hope everyone has a great weekend!

BenM

07-23-2017, 12:21 PM

Sun 23/07: Skwatz

Food yesterday: Target: 2924 kcal / Actual: 2912 kcal - macros compliant

Activity yesterday: 9.2k steps

Sleep last night: 7 hrs 23 mins - 38 mins awake

AM BW: 67.8kg (-0.3kg from yesterday)

Back Squat:

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 65kg
--- Belt On (5th hole) ---
1x5 @ 85kg
1x2 @ 105kg
1x2 @ 117.5kg top set
1x5 @ 102.5kg back off
--- Sweat top off and had to tighten belt to 6th hole! ---
2x5 @ 102.5kg back offs

SLDL (2" Deficit):

1x8 @ 80kg
3x8 @ 100kg (PR)

GPP Circuit - supersets of:

Weighted Step Ups:

1x10 / side with 21.2kgs (alternating)
2x10 / side with 21.2kgs (10 right, then 10 left)

Standing Calf Raises:

2x30 with 80lbs
1x35 with 80lbs (PR)

Decline Situps:

2x20, 1x30 (PR)

Film of top sets.... even put the last GPP circuit in there: <http://youtu.be/86QuoVWJ0fQ>

Instagram of squat, different angle: [Instagram](#)

-
- Sundays are usually good days. My weight is up 0.3kgs on average for the week but that's fine, it's a small enough jump to get MOAR FOOD again :) Now at 377C / 178P / 82F for 2958 kcal on average - which is a little more than when I was actually 'bulking'.
 - Session notes:
 - Pretty happy with squats. The RX was a double at 95% but again, I deliberately overshot that slightly, and might have even had a third in the tank except I let the bar get a tiny bit forward on the second rep and muscled it up, so chickened out. The back off sets looked OK as well, a little forward/knee slidey on a couple of reps but not awful.
 - SLDLs were a real challenge, but I got them done. Very tired back and legs by the end.
 - The GPP circuit was fine - weight was probably too light for stepups, but that's as high as my second set of dumbbells go; I reduced the weight a little on the calf raises since I was doing 30 rep sets not 20s. Took 4 mins rest before the third round, and was surprised to find there was gas in the tank for some extra reps.
 - Whole session was 1 hr 26 mins, and I had mega jelly legs by the end. A great 'leg day' :)
 - I don't miss cardio. Gonna go at least another week without it I'd say, maybe a few walks if anything. Have a fantastic day internet lifter land :)

BenM

07-25-2017, 09:51 PM

Tue 25/07: Press / Triceps

Food yesterday: Target: 2905 kcal / Actual: 2844 kcal - macros compliant

Activity yesterday: 7.7k steps

Sleep last night: 7 hrs 7 mins - 28 mins awake

AM BW: 68.3kg (-0.4kg from yesterday)

Overhead Press:

2x5 @ 20kg

1x5 @ 30kg

1x3 @ 40kg

1x2 @ 47.5kg (PR - but failed 3rd rep)

1x4 @ 42.5kg - failed fifth, probably didn't rest long enough

2x5 @ 42.5kg

Seated Dumbbell Press:

1x12 @ 27.5lbs too light

1x10, 1x12 @ 30lbs (PR - but probably still a bit light)

Lateral Raises:

1x10 @ 15lbs

2x10 @ 12.5lbs

straight into

1x10 @ 10lbs

straight into

1x10 @ 3.85kg (about 8.48lbs)

Seated French Press:

3x8 @ 30kg (PR)

Dips:

BW +5kg x 11

BW +2.5kg x 13

BW +2.5kg x 12

Video, including many lateral raises: <http://youtu.be/60uT6Viv-gQ>

Some stuff on the Gramz: [Instagram](#)

- Not much to report, enjoying a bit of extra sleep since I'm not getting up early to do cardio. May have to walk tomorrow though, weather permitting.
- Session notes:
 - Stoked to get a double @ 95% on press, I had a fair bit of self doubt about this. Must be getting stronger for sure. The third might even have been there if I hadn't gone so deep looking for a stretch reflex. Shame I was too busy mucking with phone for the Gramz to set a proper timer and probably only rested 2 mins before the first back off set, so didn't get fahves across.
 - Dumbbell presses were good too, RX was for 10 but given that I managed 12 (super grindily) on the last set, probably went too conservative with weight.
 - Lateral raises. Many. Shoulders. Tired.
 - Flared my elbows a bit much on the french presses, but to be fair this is probably as heavy as I have ever gone on this movement.
 - Added a bit more weight to dips than last time - triceps were rooted by then, I was surprised to get as many reps as I did.
 - It looked like a lot of work on paper but since there was so much accessory work with short breaks, the session was only 1 hr 6 minutes. Cheering!
- Don't entirely trust Strong to report on PRs properly (and it doesn't show more than 1RMs anyway) so I exported the data to .csv and knocked up this little ditty today -

[Ben's Lifting Logs](#). It needs more work to tidy it up but if I keep it updated I'll be a nicer way to look at history and PRs than spreadsheets - if only it had BW in there as well.

- Enjoy your evening/day/morning/whatever, everyone. Go out and smash it :)

BenM

07-25-2017, 11:10 PM

Quote:

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

Good on you for going the full deltoid Rx. I'm too old/lazy/bored to comply with that stuff.

And I'm too weak/thin to ignore it.

If doing sessions like this regularly don't put some mass on my arms and shoulders I'm not frigging sure what will!

slowmotion

07-26-2017, 01:11 AM

Yeah, I too am very impressed that you have the energy to follow the program so closely. I am usually gassed after the first two lifts.

Nice work!

BenM

07-26-2017, 08:24 AM

Quote:

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

Yeah, I too am very impressed that you have the energy to follow the program so closely. I am usually gassed after the first two lifts.

Nice work!

Oh I am too :)

But like I said it only took a little over an hour... I figure I need to get as much volume in as I can, coming from doing 4 days a week this 3 day caper doesn't seem enough sometimes!

My BW was over 69kg this morning.. :shockhorror: Gotta get over those feelz though.

BenM

07-27-2017, 09:30 PM

Thu 27/07: Back Stuff

Food yesterday: Target: 2905 kcal / Actual: 2874 kcal - macros compliant

Activity yesterday: 9.7k steps

Sleep last night: 6 hrs 49 mins - 37 mins awake

AM BW: 69.1kg (-0.1kg from yesterday)

Wide Grip Pull Ups:

4, 4, 5, 4, 4 @ BW

Chin Ups:

6, 5, 5, 5 @ BW

Barbell Rows:

1x6 @ 50kg - bit heavy

2x8, 1x10 @ 47.5kg

Reverse Dumbbell Flys:

1x15 @ 17.5lbs / side

1x15, 1x20 @ 15lbs / side

Barbell Shrugs:

3x20 @ 50kg

Wasn't gonna bother with this, because it's even more boring than usual, but.. video:

<http://youtu.be/H5FejZJEzNg>

-
- Not much to report, except my body weight jumped a little on Wednesday. Resigned myself to the fact that I think my reverse diet is just about over - it's going up a little quicker and more consistently than what I really want. Taking out all the cardio over the past week or so probably hasn't helped. On the upside, Trendweight is showing a bit of an increase in lean mass (as well as fat). This (the former) pleases me.
 - Session notes:
 - Bit disappointed with pullups and chins, they're below my best. I'm out of practice with these and probably shouldn't do body weight stuff on Thursday nights after a decent dinner - it took me a while to get going, and I'm probably a bit heavier.
 - Aside from that it was OK. Rows were 2-3 mins rest, flys and shrugs were 1-2 mins, so I was pretty gassed by the end and letting form break down. Holy back pump Batman.
 - Bit of a different style of workout (mini deload, I think, as we have some volume squatting coming up next session). Due to the short breaks, got it all done in 55 mins flat - super quick.
 - Have a great night trendsetters!

BenM

07-30-2017, 12:39 PM

Sun 30/07: "Friends Don't Let Friends Skip leg day"

Food yesterday: Target: 3027 kcal / Actual: 2969 kcal - macros compliant

Activity yesterday: 9.5k steps

Sleep last night: 6 hrs 30 mins - 30 mins awake

AM BW: 68.9kg (-0.2kg from yesterday, up 1.1kg since last Sunday)

Low Bar Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 609kg

1x3 @ 75kg
3x8 @ 87.5kg FFS.. misloaded bar

Narrow Stance High Bar Squat:

3x10 @ 75kg

Weighted Step Ups:

3x10/side @ 35lbs

Ab/Calf Superset:

Hanging Knee Raises:

3x20 @ BW

Standing Calf Raises:

3x25 @ 100lbs - rest paused the last set

Slightly long video today: <http://youtu.be/12FljQrNutM>

Instagram of top squatz sets

- Weigh in day, my average weight is up .9kg this week - too much for new macros as expected :(Will see what happens on the same macros this week - I am finding myself eating for the sake of eating (ie when I'm not hungry) just to hit them. Hopefully weight will stabilise and I can up them again one more time, that would see me at 3k kcal which is what I was shooting for. It's gainz time.
- Session notes:
 - Misloaded the friggin bar, was supposed to be 90kg but somehow I managed to put a 5kg plate on one side and 2.5kg on the other, and didn't notice til I was unloading for the next movement. Geeze. Still fairly hard/fatiguing by the end but should have been a tiny bit harder.
 - Not sure how good my high bar form is, but got (lightish) sets of 10 done anyway. For the quadz.
 - Weighted step ups, meh. Much heavier than last time (I erred and put kgs instead of lbs in the log last time I did these)... but still not hard. Mostly I think these are just to get a bit of blood flowing after the squatting so I don't see the point in overloading them much, but will probably increase the weight a bit next time.
 - I hate hanging leg raises. Would rather do situps or something (and probably could have) but I am trying to stick to the RX as closely as possible. Added weight to the calf raises, think this is the first time I've used the extension kit for my dumbbells, and the last set was damn tough. Will probably take my calves 3 or 4 days to recover, again...
 - 1 hr 18 mins, and I had jelly legs at the end.
- Hope you all have an AMAZING weekend :D

BenM

08-01-2017, 09:54 PM

Tue 01/08: Bench, bis and tris

Food yesterday: Target: 2909 kcal / Actual: 2881 kcal - macros compliant

Activity yesterday: 7.9k steps

Sleep last night: 6 hrs 8 mins - 41 mins awake

AM BW: 69.8kg (+0.5kg from yesterday)

Bench Press:

2x5 @ 20kg
1x8 @ 40kg
1x8 @ 55kg
2x8 @ 56kg (PR for 8s)

Dumbbell Incline Bench Press:

5x12 @ 40lbs / side (volume PR)

Seated Dumbbell Curls:

1x1 @ 35lbs err too heavy
1x5 @ 32.5lbs still a bit heavy for sixes
5x6 @ 30lbs (PR?)
1x6 @ 32.5lbs or not... (PR?)

Dips:

1x13, 1x12, 1x11 @ BW + 5kg (PR I think)

Home Moovies: <http://youtu.be/UIA0AV9jiaw>

Second (I think) bench set on the Insta.

- Creeping ever closer to the 70kg mark, I think this is the heaviest I've been since about early Feb. I knew tonight was upper body only, so I braved the icy temps and went for a 5.5k jog at 6am this morning just to prove I still have some conditioning. I did it in sub 29 mins, ave HR 146 BPM, it was fairly tough so I'm not sure I proved anything except that I'm stubborn. But I won't be doing that too many times a week... need to pull my finger out and get a machine so I can do cardio in relative comfort.
- Session notes:
 - Well... was supposed to be sets of 8 at 70-75% of 1RM. I overshot a little on purpose and the first set wasn't an all out grinder so I added another kilo just for kicks and got those too. Winning!
 - Think this is a volume PR for dumbbell incline presses too. I'm never sure whether I have the bench at the same angle as last time though... still - were easier than I thought with 3 min rests. Also winning.
 - Who knew there was such a difference between a weight I can curl for 12s and what I can curl for 6 - 32.5lbs was too hard - but 30lbs felt just a little too easy. Decided to have another heavier crack at the end and got 6 reps with my right arm but lefty gave out and needed some help :p 2 min rests between these.
 - Dips. Again. Triceps, good and cooked. Might be a PR too.
 - 1 hr 14 mins, and according to my [logs \(still a WIP, but there are pretty graphs now\)](#) I think these all either match or better previous PRs, so it was a pretty great session tonight! Gotta take those when you can get 'em.
- Tuesday night's done and dusted for me. Have a great night/day internet lifter land!

BenM

08-03-2017, 11:05 PM

Good evening all! Time to log another log:

Thu 03/08: Posterior Chain / GPP

Food yesterday: Target: 2909 kcal / Actual: 2904 kcal - macros compliant

Activity yesterday: 8.9k steps

Sleep last night: 6 hrs 52 mins - 46 mins awake

AM BW: 69.3kg (-0.4kg from yesterday)

Stiff Leg Deadlift (2" Deficit):

2x5 @ 60kg
1x5 @ 80g
3x8 @ 105kg (PR)

Paused Box Squat:

1x6 @ 20kg
1x6 @ 45kg
1x3 @ 60kg
3x8 @ 75kg (PR)

GPP Superset:

Hamstring Curls:

2x20 @ 20kg
1x20 @ 22.5kg (PR)

Into

Cable Crunches:

2x20 @ 32.5kg
1x20 @ 30kg

Into

Standing Calf Raises:

3x20 @ 110lbs (55lbs/side)

The evidence is uploading: <http://youtu.be/W63aMP7pV4w>

Slightly different angle of squats (3rd set).

- Weight might be stabilising. Maybe. But I still think 375g of carbs a day is a tad too much with my current activity levels (not high).
- Session notes:
 - Holy snapping duckshit. Added 5kg to the last SLDL effort, unsurprisingly these were hard and my hamstrings were cooked by the end. Getting stronger though.
 - Then I had to do paused box squats and these were even harder - haven't done them before. Turns out my bench is just the right height if I set it up vertically with the seat in the right position, but unfortunately I have to face the wall to squat to it. Also, accidentally did the first set in flats. Whoops! New movement = another PR.
 - After that the GPP circuit was almost a welcome relief. Had to add weight to the leg curls (too easy), drop weight from the crunches (too gassed) and I am close to my limit on the calf raises - my legs are managing ok (there was some rest-pausing) but I was struggling to maintain balance with 55lbs of dumbbell in each hand, and it doesnt do my janky shoulder much good.
 - Took about 1 hr 24 mins, legs were done in by the end.
- Thanks for reading!

BenM

08-06-2017, 12:46 PM

(Not) The greatest log in the world (this is just a tribute)

Sun 06/08: Press / Triceps / Delts

Food yesterday: Target: 3019 kcal / Actual: 2678 kcal - macros compliant

Activity yesterday: 8.9k steps

Sleep last night: 6 hrs 52 mins - 46 mins awake

AM BW: 69.3kg (-0.4kg from yesterday)

Overhead Press:

2x5 @ 20kg

2x5 @ 30kg

1x8 @ 37.5kg (equal PR, plate math fail)

1x8 @ 38.5kg (PR)

1x8 @ 39kg (PR)

1x9 @ 36.5kg (PR)

1x10 @ 36.5kg (PR)

Lateral Raises:

1x20 @ 12.5lbs - bit too much rest-pause.

1x5 @ 16.75lbs another plate math fail

1x20 @ 11.24lbs (rest/pause - subsets of 12/8)

1x20 @ 11.24lbs (rest/pause - subsets of 14/6)

Close Grip Bench Press:

1x8 @ 20kg

1x5 @ 40kg

1x7 @ 57.5kg overreached

2x9 @ 55kg

Lying Tricep Extensions:

1x11, 1x10, 1x9 @ 32.5kg

1x12, 1x11, 1x10 @ 30kg

Some training footage: http://www.youtube.com/watch?v=2cBEFc_InSg

[Instagram of some lifts](#)

- Looks like I undershot yesterday's macros by a lot but I probably didn't - went out for dinner and my estimates were probably conservative. Hard to know how much fat/protein was in the wagyu I had for tea, it was freaking good though. Either way, my average weight was up .6kg for the week which was still too much so I didn't get a macro increase (sadface).
- In other news, I pulled the trigger and ordered a Xebex air bike. In a week or two, I will have the means to inflict severe cardio pain on myself. Goody. Sort of.
- Today's workout is brought to you by a 500ml can of V Zero. Tried to get pumped up.
- Session notes:
 - Screwed up the plate math on the first set of press. I managed 8 @ 37.5kg a couple of weeks ago so intended to add weight from the start. Added weight, got 8 reps, added weight again, ground out the last set. Guess getting heavier has it's advantages. Missed the tenth on the first back off set, took a slightly longer break and ground out ten the second time. Winning! Shoulders were feeling warmish afterwards.
 - Did the optional lateral raises with a bit of rest pause. Real tired shoulders now.
 - RX was 3 sets of 8-12 for CGBP, but I overreached a bit with the first set. I was also pretty buggered from all the overhead work. Was happy enough to get the reps I did on the last two sets.
 - I like LTEs usually but was pretty gassed by the time I got to these and the RX was 6 sets with 2 minute rests. I cheated a bit and took 3 mins, but the last rep on the last few sets was more shoulder than triceps.
 - Pretty long workout, with a fair bit of volume - took 1 hr 40 mins all up. But really pumped by the end.

- Happy Sunday everyone, hope y'all have an amazing day.

tom b.

08-06-2017, 01:08 PM

There's a lot of nice work here. Good job. Thanks for posting videos. Your rack looks nice. What is it?

BenM

08-06-2017, 01:11 PM

Quote:

Originally Posted by **tom b.** 

There's a lot of nice work here. Good job. Thanks for posting videos. Your rack looks nice. What is it?

No worries. It's a Megatec rack - they're made by Barbarian, so they're kinda the cheaper version of the higher end Barbarian stuff.

BenM

08-07-2017, 09:40 PM

Mon 07/08: Bonus Workout - Upper Back Hypertrophy

Food yesterday: Target: 2901 kcal / Actual: 2796 kcal - macros compliant

Activity yesterday: 7.7k steps

Sleep last night: 8 hrs 8 mins - 54 mins awake

AM BW: 69.4kg (-0.2kg from yesterday)

Bent Over Rows:

1x8 @ 40kg

1x12 @ 45kg bit light, but PR for 12s I think

4x12 @ 46kg also a PR then

Reverse Dumbbell Flys (head on bench):

4x12 @ 20lbs err PR

Chest Supported Rows (incline & neutral grip):

1x12 @ 25lbs

1x12 @ 30lbs

3x12 @ 32.5lbs all PRs, having not done these before

Barbell Shrugs:

2x15 @ 55kg PR

1x20 @ 55kg wtf PR

-
- Wow. This was an optional workout in the week's programming, wanted to do it this morning but didn't get out of bed when the alarm went off. Had to fix the heater in the gym so decided to lift tonight and DIY between sets. Great success on both counts.
 - Session notes:

- PRs everywhere. Probably could have even gone a tiny bit heavier with the barbell rows; thought the reverse flies were too heavy to start with but once I got my groove on they were probably about right. Chest supported rows were new to me, so I was feeling my way a bit. Then the shrugs... went for a few more on the last set and got 20 - obviously 15 was way too conservative.
- Knocked it out in 58 mins flat with quick (2-3 mins) breaks. In my pyjamas, which is why there's no video. Upper back is destroyed, in a good kinda way.

- Have a wonderful evening! :D

BenM

08-08-2017, 09:58 PM

Tue 08/08: Squat Volume / Posterior Chain

Food yesterday: Target: 2901 kcal / Actual: 2832 kcal - macros compliant

Activity yesterday: 12.2k steps

Sleep last night: 7 hrs 25 mins - 32 mins awake / restles

AM BW: 69.4kg (no change from yesterday)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On (5th hole) ---

1x3 @ 85kg

5x5 @ 105kg

Rack Pulls (mid shin):

1x5 @ 100kg

1x3 @ 120kg (hook grip, but it failed - shoulda used chalk)

1x4 @ 135kg - straps

1x5 @ 125kg

1x10 @ 110kg

Superset (5 rounds) of:

Hamstring Curls:

5x15 @ 25kg

Walking Lunges (dumbbell):

4x20 (10/side), 1x22 (11/side) @ 50lbs (25lbs / hand)

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

[Second set of squats on Instagram](#)

- Session notes:

- Sheeeyit. Was supposed to be 5x5 squats @ about 80% of my most recent 1RM but guess who had to be a hero, this is almost ~10% above that. Was gassed by the end.
- In my naivete I thought the rack pulls should be easier than a full deadlift but I was wrong (either that or the squats took too much out of me). RX was for a heavy set of 5 but I overreached a little. On the upside I got to try out my new straps, they'll ake some getting used to, and they interfere with my Fitbit.

- Worked up a fair sweat doing the GPP stuff at the end - more than I have in a long time lifting weights. Legs are absolutely pumped. I think I did the 5 sets in about 20 mins.
- Whole workout took 1hr 23 mins and the squats were probably half of that.

- I hope everyone is well - I'm gonna sleep well tonight! Happy lifting, world :D

BenM

08-10-2017, 09:52 PM

Thu 10/08: Bench / Press / Tris&Bis

Food yesterday: Target: 2901 kcal / Actual: 2844 kcal - macros compliant

Activity yesterday: 10.8k steps

Sleep last night: 6 hrs 34 mins - 37 mins awake

AM BW: 70.0kg (no change from yesterday)

Back Squat:

2x5 @ 20kg
1x5 @ 45kg
1x5 @ 60kg
3x5, 1x4+F @ 61kg

Overhead Press:

2x5 @ 20kg
1x5 @ 30kg
1x7 @ 37kg nah.. overshot
3x9 @ 36kg

EZ Bar Curls:

1x9 (PR?), 1x10 (PR?), 1x7 @ 32.5kg (PR?)
1x10 @ 30kg

Superset of:

Dips:

1x13, 1x12, 1x10 @ BW+5kg

Hammer Curls

1x5 @ 30lbs/side, 1x11, 1x10 @ 27.5lbs/side

Moovie of some stuff: <http://www.youtube.com/watch?v=InsbtMg6le0>

[Some benching on Instagram](#)

- I am freaking sore all over. Lower back is tight from those rack pulls, but thankfully I don't think it's actually injured, though I've upset my janky shoulder again. Quads/hamstrings still cactus from the leg work. Just... wow. This is as sore as I've been in a long time. Looking forward to a couple of days off.
- Body weight has finally cracked 70kg the last couple of mornings.
- Session notes:
 - Bench was a bit more than the prescribed 80% of 1RM, but it was also supposed to be 'as heavy as possible'. First set was easy enough that I added another kilo for shits and giggles, but ran out of gas at the end. Still a few kg under my best set of fives too. Tried out my new 3" belt that arrived today (didn't buy it for benching, but why the hell not).
 - Was supposed to be sets of 8-10 on OHP. Bit of a regression there too,

managed 8s at heavier than this last week. Under recovered, and tired from benching I think. Took a break, dropped the weight, got some volume in anyway.

- Curls, dips, more curls. It's not very exciting video but I filmed it anyway. Was utterly shot by the end. Once again I'm amazed that 2.5lbs difference on the dumbbell is the difference between 5 reps and double figures (though to be fair my biceps had already had a fair bit of work). There was a little cheating in dem dere curls, I gotta say.
- 1 hr 23 mins, funnily enough exactly the same as Tuesday. Bit crappy this one in some ways, but I'm just happy I trained at all and didn't puss out because it was tempting. Hopefully I'll be feeling nice and fresh for some deadlifting on Sunday.

- Have a great night!

slowmotion

08-12-2017, 06:44 PM

Nice work, Ben!

BenM

08-13-2017, 12:39 PM

Quote:

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

Nice work, Ben!

Thanks Jan! Same to you - hope you're enjoying this programming as much as I am.

Sun 13/08: Deadlift, etc

Food yesterday: Target: 3027 kcal / Actual: 2990 kcal - macros compliant

Activity yesterday: 11.8k steps

Sleep last night: 7 hrs 26 mins - 24 mins awake

AM BW: 69.4 kg (-0.3kg from yesterday)

Deadlift:

1x5 @ 60kg

1x5 @ 80kg

1x5 @ 100kg

1x5 @ 130kg (equal all-time PR)

3x5 @ 120kg

Squatz:

2x5 @ 20kg

1x5 @ 45kg

1x3 @ 65kg

3x8 @ 80kg

Superset of:

Weighted Step Ups:

3x10/side @ 50lbs (25lb dumbbells)

plus

Decline Situps

3x20

Top sets, plus the last superset: <http://www.youtube.com/watch?v=kzTII2XIyhU>

Deadlift top set

- Had a family birthday lunch yesterday, those things are always a challenge for macro counting. I made healthy choices but felt like I ate way too much, and my calorie/estimates were probably super conservative. So colour me surprised when my weight actually dropped overnight, and my average for the week is only about .1kg up.... which means I got a macro increase for the first time in 3 weeks - yay! My average daily target has finally hit 3000kcal - 182P / 394C / 85F.
- Aside from that good news, I had a crappy morning and wasn't feeling like lifting, but you know how it is.... do it anyway.
- Session notes:
 - Deadlift felt strong this morning. Don't know if it was the belt (doubt it, it's not magical) - more likely the suggestion someone gave me to try starting with my hips a little lower. Either way... decided to add some weight, and equalled my all time PR which was set almost 6 months ago to the day, at ~4kg heavier body weight. After that the back off sets didn't feel particularly hard either. Form doesn't look terrible - thoracic spine is rounded (as usual) but I managed to keep it fairly rigid through each rep until the very last one, which is the most important thing.
 - The suggestion for squats was we could do them paused to make them harder if we wanted to. Decided not to do that right after doing heavy deadlifts! Just went with a fairly conservative weight and did them beltless. Think that was the right call - - felt something go pop in my left hand side lower back a few reps into the first set. Trained through it, but it was twinging from time to time (was a good reminder to BRACE even though it's light) so we'll see how it pulls up. Aside from that they felt OK and looked OK on video.
 - Not much to report from doing the step ups and ab work, except my back couldn't be too badly injured if I can do sets of decline situps without pain.
 - 1 hr 19 mins, and as usual, the workouts where you feel shitty at the start are often the ones where you feel the best at the end. Hooray for deadlifts.
- Hope all you internet lifters (and spectators) have a great weekend!

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(Not) The greatest log in the world (this is just a tribute)

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BenM

08-15-2017, 09:21 PM

Tue 15/08: Press / Delt / Triceps

Food yesterday: Target: 3024 kcal / Actual: 2745 kcal - undershot fat/carbs :eek:

Activity yesterday: 12k steps

Sleep last night: 7 hrs 33 mins - 44 mins awake

AM BW: 69.8 kg (-0.2kg from yesterday)

Overhead Press:

2x5 @ 20kg

1x3 @ 35kg

3x5 @ 43kg (post cut PR)

Seated Dumbbell Press:

3x12 @ 32.5lbs/side (PR)

Lateral Raises:

3x20 @ 12.5lbs/side (rest/pause sets)

Close Grip Bench Press (descending sets):

2x5 @ 20kg

1x5 @ 45kg

1x6 @ 59kg (PR)

1x8 @ 56kg

1x9 @ 52.5kg

Tricep Pushdowns:

1x20 @ 20kg (bit light)

2x20 @ 22.5kg (but not by much)

One set of everything:<https://vimeo.com/229694906>

Edit: uploading to Vimeo because Youtube / knickers / twist / background music

[Second press set](#)

[First CGBP set](#)

- OK, so this whole 'extra food' thing is not always such a blessing. Got to the end of the day yesterday and found myself almost 150g carbs / 41g fat and 65g protein short. Honestly, I love food, but I just couldn't bring myself to eat that much right before bed. Told myself I'd make it up tomorrow, but today is looking even worse! I gotta start eating more food earlier in the day instead of 'saving' macros for supper.
- Did 15 minutes on the air bike yesterday - trying to ease myself into it. Need to fix an issue with the sensor before I can really do intervals or track my progress on it anyway.
- Lower back has been a bit tight/sore the past couple of days but it's not terrible. Hoping it'll be right for some heavy squats on Sunday.

- Session notes:
 - Super stoked to get the reps on press that I did. That's only 1kg off my all time 5RM and I may even have even had that in me tonight, though maybe not for 3 sets. Definitely wasn't mega grindy. Back off work was as good as I've ever managed too.
 - Lateral raises - tough as usual - tired shoulders. Was pleased when they were done - I think Andy mostly programs these to give the triceps a break between pressing and CGBP.
 - CGBP was also pretty good, it's a PR for sixes though I've lifted a little more for fives... think I've moved my grip narrower since then too. Kinda hoped for 10 out of the last set but I was bugged.
 - The tricep pressdowns were a good finisher, though my form might be a bit shit. The cable setup I have is OK but if the cable was directly above it would be better/easier.
 - 1 hr 19 mins - again. And I actually got into the gym early tonight so shouldn't have a late night. #winning
- Have an awesome day/evening/whatever it is in your part of the world - go crush it :)

Jugrock

08-16-2017, 11:59 AM

Great work, Ben. It's cool to see someone else on Andy's programming. I'm still doing a hybrid between it and a quick LP, but I really enjoy the variety.

BenM

08-16-2017, 12:11 PM

Quote:

Originally Posted by **Jugrock** 

Great work, Ben. It's cool to see someone else on Andy's programming. I'm still doing a hybrid between it and a quick LP, but I really enjoy the variety.

Thanks Jugrock - yeah I am still really enjoying it too. It was definitely an experiment to start with but I don't see myself changing for a while. Though I am battling the temptation to do an extra session or two occasionally...

You are LPing because you had some time off, didn't you?

Also, I must post more interesting stuff on Instagram than just lifting videos and food - surely there is more to my life than that!

Jugrock

08-16-2017, 12:16 PM

Quote:

Originally Posted by **BenM** 

Thanks Jugrock - yeah I am still really enjoying it too. It was definitely an experiment to start with but I don't see myself changing for a while. Though I am battling the temptation to do an extra session or two occasionally...

You are LPing because you had some time off, didn't you?

Also, I must post more interesting stuff on Instagram than just lifting videos and food - surely there is more to my life than that!

Yeah, I was absent most of January - June. I'm 80% back. Plus I often lift with a buddy who is farther behind than I.

And I need to add more lifting to my IG!

BenM

08-17-2017, 09:55 PM

Quote:

Originally Posted by **Jugrock** 

Yeah, I was absent most of January - June. I'm 80% back. Plus I often lift with a buddy who is farther behind than I.

And I need to add more lifting to my IG!

I reckon we both just need to remember to use IG more full stop.

Thu 17/08: Upper back hypertrophy

Food yesterday: Target: 3024 kcal / Actual: 3125 kcal - trying to catch up

Activity yesterday: 11.1k steps

Sleep last night: 6 hrs 31 mins - 24 mins awake

AM BW: 70.4 kg (+0.1kg from yesterday :eek:)

Pullups:

5, 6, 5, 5, 5 @ BW

Ghetto Lat Pulldowns (V Grip):

1x12 @ 45kg (bit light)

2x12 @ 50kg

Barbell Rows:

1x12 @ 50kg (PR.. awful scrappy though)

1x12, 1x10 @ 48.5kg

1x12 @ 47.5kg

Rear Delt Raises (Chest Supported):

1x12 @ 17.5lbs / side

5x15 @ 15lbs / side

Chest Supported Rows:

1x9 @ 32.5lbs / side

1x11, 1x10 @ 30lbs / side

Video - disclaimer, might be boring:https://youtu.be/FPB2_gytLhc

- Gah. Avatar is going to drop my protein this week due to a change in their algorithm, it's hard enough trying to not overshoot it massively as it is.
- Back doesn't feel too bad, shoulder is a bit sore still. Only hurts doing pulls from the floor though so this workout didn't phase it too much.
- Session notes:

- Pullups are no better or worse than last session but I'm also 4kg heavier than last time I did them.
 - Happened to get a V grip attachment yesterday (ordered before I knew this workout was coming up) so was good to use it. With my pulley system the movement is almost a semi row, I think? And I had to jerry rig it a bit to get that. But I did feel it in my lats so that's something....
 - One day I'll grow up and get to use the big boy plates for barbell rows. I tried to go a bit heavier than I have before and they were a bit ugly by the end.
 - Rear delt raises for volumes... with 1 min rests... may have dropped the weight a bit early, but I was burnt out by the end. That said, it had only been about an hour so I did a few dumbbell rows as well as a finisher, again with the short rests.
 - Total time in the end was only 66 mins. Nice to get a short one.
- May do some cardio or some pump work tomorrow since I have an RDO. Be well, internet lifters!

BenM08-18-2017, 12:47 PM

Fri 18/08: Bench / Bro / Cardio**Food yesterday:** Target: 3024 kcal / Actual: 3125 kcal - trying to catch up**Activity yesterday:** 8.7k steps**Sleep last night:** 6 hrs 36 mins - 35 mins awake**AM BW:** 70.5 kg (+0.1kg from yesterday :eek:)**Bench Press:**

2x5 @ 20kg

1x5 @ 45kg

2x5 @ 62.5kg

1x4F @ 62.5kg

1x1 @ 60kg motivation gone

EZ Bar Curls:

1x10, 1x11, 1x9 @ 32.5kg

Cardio - Air Bike:

20 mins - 11.08km, 193 calories

- Fixed the sensor on the air bike, got a bit of benching in and did a short session of steady state on the new bike. Going to try and start on intervals next week. Didn't bother videoing anything.
- Trap for young players... I forgot I set the safeties a bit lower last night so I could put a bar across my lap for pull downs, and didn't move them up again. Just about guillotined myself when I failed a bench rep and dropped the bar on my throat. Damn lucky it was only two holes lower than usual. Was planning on doing another drop set or two after that but after one rep I backed out of it for some reason.
- Air bike was not difficult cardio wise, but it's hard on my knees. Might need to fiddle with the setup a bit more.
- Good session, 1 hr 6 mins including the cardio. 2 days to recover now before some heavy squats on Sunday.

Happy Friday :)

Simon Rest

08-18-2017, 01:13 PM

Quote:

Originally Posted by **BenM** [»](#)

[*]OK, so this whole 'extra food' thing is not always such a blessing.

<https://media.giphy.com/media/3o6ZsW...UeCA/giphy.gif>

BenM

08-18-2017, 01:26 PM

(Not) The greatest log in the world (this is just a tribute)

Quote:

Originally Posted by **Simon Rest** [»](#)

<https://media.giphy.com/media/3o6ZsW...UeCA/giphy.gif>

I feel your pain, last year I was down to like 1400 calories a day at one point. Right now is heaven compared to that, it's a good problem to have!

You could always fiddle with your macros a bit - maybe reduce carbs a bit and add fat or protein, might help with satiety? Problem is the more carbs you eat the less fat you burn (and vice versa).

Or just take a week at maintenance. Diets are supposed to be cycled anyway if you listen to Dr Israetel and other smart people. Not good to be in a deficit for long periods without breaks - doesn't stop lots of people from doing it though - including me.

ETA - I just won a tub of these in a FB competition - [Burner Combination](#) - happy to post them to you if you want to try them and see if they kickstart things :)

Simon Rest08-18-2017, 04:35 PM

Quote:

Originally Posted by **BenM** [»](#)

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ETA - I just won a tub of these in a FB competition - [Burner Combination](#) - happy to post them to you if you want to try them and see if they kickstart things :)

haha, thanks for the offer. I've tried their burner before and it gave me the worst reflux. I still have 99% of the jar here.

BenM08-18-2017, 04:41 PM

Quote:

Originally Posted by **Simon Rest** [»](#)

haha, thanks for the offer. I've tried their burner before and it gave me the worst reflux. I still have 99% of the jar here.

Damn, that's a shame. Not that I expect them to do anything much that caffeine wouldn't anyway - it's only green tea extract, caffeine and sesamin. But I might give them a go when they get here anyway, see if they have any effect whatsoever on my body composition. Probably not considering my daily caffeine intake is already pretty high.

Think this is the third or fourth time I've won something from them on FB now. Going alright.

Simon Rest08-18-2017, 04:47 PM

Quote:

Originally Posted by **BenM** [»](#)

Damn, that's a shame. Not that I expect them to do anything much that caffeine wouldn't anyway - it's only green tea extract, caffeine and sesamin. But I might give them a go when they get here anyway, see if they have any effect whatsoever on my body composition. Probably not considering my daily caffeine intake is already pretty high.

Think this is the third or fourth time I've won something from them on FB now. Going alright.

that's pretty good. I often see their comps after they've closed. I don't FB often. Only claim to infamy is winning Skins stuff from Super Rugby twitter accounts. I've twice won a \$250 voucher from the force (rest their souls) and a pair of shorts from the Brumbies

BenM

08-18-2017, 08:01 PM

Quote:

Originally Posted by **Simon Rest** »

that's pretty good. I often see their comps after they've closed. I don't FB often. Only claim to infamy is winning Skins stuff from Super Rugby twitter accounts. I've twice won a \$250 voucher from the force (rest their souls) and a pair of shorts from the Brumbies

Yeah I am a lurker on FB; don't spend a lot of time there. Just lucky their comps are usually pretty easy to enter, usually tag someone or answer a question.

They're decent prizes though! Do you still wear the Skins stuff? I have started wearing compression tops/pants lately but can't bring myself to pay what they're asking for Skins/2XU/UnderArmour etc so I've just bought some cheap Korean made stuff to dip my toe in the water with it. Not sure it does much except keep me a bit warmer. I feel like a Power Ranger when I'm decked out in the long sleeves too and bottom.

Simon Rest

08-18-2017, 08:38 PM

I still have them but rarely wear them. I look less like a power ranger and more like too much sausage squozen into a casing. If I had a home gym I'd train in them: so comfy

BenM

08-18-2017, 08:48 PM

Quote:

Originally Posted by **Simon Rest** »

I still have them but rarely wear them. I look less like a power ranger and more like too much sausage squozen into a casing. If I had a home gym I'd train in them: so comfy

Yeah that's fair enough. Not sure I'd be game to wear mine in public without long sleeves over the top either....

Simon Rest

08-18-2017, 09:15 PM

Quote:

Originally Posted by **BenM** [»](#)

Yeah that's fair enough. Not sure I'd be game to wear mine in public without long sleeves over the top either....

I did a period of wearing compression shorts to the gym, mostly with baggy tops. Eventually I cracked the shits with not having pockets

BenM

08-20-2017, 12:32 PM

Quote:

Originally Posted by **Simon Rest** [»](#)

I did a period of wearing compression shorts to the gym, mostly with baggy tops. Eventually I cracked the shits with not having pockets

I can see how that would be an issue. Thank \$deity for home gyms.

Thu 17/08: Squat / Posterior Chain

Food yesterday: Target: 3130 kcal / Actual: 3134 kcal - macros bang on

Activity yesterday: 10.7k steps

Sleep last night: 7 hrs 35 mins - 50 mins awake

AM BW: 69.8 kg (+0.1kg from yesterday)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

1x3 @ 85kg

1x2 @ 105kg

3x2 @ 120kg (post cut PR)

SLDL (2" Deficit):

1x5 @ 80kg

1x5 @ 100kg

1x3 @ 112.5kg (PR)

3x3 @ 115kg (PR)

Hamstring Curls:

3x20 @ 25kg

Supersetted with

Dumbbell RDLs:

3x20 @ 40lbs / side

Standing Calf Raises:

3x20 @ 40lbs / side

Supersetted with

Cable Crunches:

1x20 @ 32.5kg bit heavy

2x20 @ 30kg

Video of main lifts, and the first hamstring curls/RDLs superset:<http://youtu.be/jUnHwFP0PEg>

Instagram (squat/SLDLs): [Clicky clicky](#)

- Weigh in day. Weight is only up 0.2kg this week on average, so I get another macro boost, and as noted my protein has dropped a little bit. New average daily macros are 422C / 176P / 89F - I feel like this is getting ridiculous, I am not training hard enough to need 420g of carbs a day, surely. My body fat is steadily going up and if you believe the scales, the gains are roughly 25% lean mass and 75% fat. Sigh @ my genetics.
- Aside from that, not much to report really. Except I had another shitty morning and mentally wasn't up for this until I got into it. Today's workout is brought to you by two cups of strong black coffee and a 500ml can of Monster Zero Ultra.
- Session notes:
 - Today's RX called for squatting heavy doubles. This did intimidate me a bit, but I also wanted to know if I've gained any strength. 6 or 7 weeks ago when we tested 1RMs I could barely manage 120kg for a single but managed three slowish doubles with 5 minute breaks, which was nice. Muscled some of them up with my back a bit, so it was a bit tweaky but don't think I've done any damage. Depth on the last one was a bit iffy.
 - 3x3 of deficit SLDL - first work set was a bit conservative weight wise so bumped it up and did three more sets. Tidy.
 - First two sets of the accessory stuff did me in, took 3 mins before the 3rd set, and then took my time (and took a bit of weight off) with the last few sets as well.
 - Due to the extra volume and the extra time, was a longer workout, about 1hr 45mins. If it wasn't a Sunday morning I might have skipped some of the GPP stuff but I don't mind going a bit harder if there's time. My legs are now officially jelly.
- Have a great day all, hope you all hit some PRs!

BenM

08-20-2017, 12:43 PM

Just uploading video of all three squat work sets, to remind myself to look at the depth progression over lunch:

<http://youtu.be/fCG0By9iSrw>

Mahendra

08-22-2017, 12:48 AM

Hope you don't mind unsolicited opinions. :)

Re: Bodyweight

From my limited understanding, after the novice stage, weight gain or loss should be done with high volume, low intensity training, to maximize muscle growth during a bulk, or minimize muscle loss during a fat loss phase.

After my last meet, I was slowly trying to bulk up but continued training the same way. My perception was that most (90%) of my weight gain (albeit it was small at 2.7kg/6lbs) was fat.

Regarding carb intake, although 420 may seem like a lot, it's probably a better/easier/cheaper place to add calories, compared to protein. (Assuming your protein requirements are met, which it seems so.)

slowmotion

08-22-2017, 05:06 PM

Nice work on the squat, Ben! Impressive gains in 7 weeks!

Re eating, you're lucky that you get to eat all that food. :)
How do you set up your macros?

BenM

08-22-2017, 07:44 PM

Quote:

Originally Posted by **Mahendra** »

Hope you don't mind unsolicited opinions. :)

Re: Bodyweight

From my limited understanding, after the novice stage, weight gain or loss should be done with high volume, low intensity training, to maximize muscle growth during a bulk, or minimize muscle loss during a fat loss phase.

After my last meet, I was slowly trying to bulk up but continued training the same way. My perception was that most (90%) of my weight gain (albeit it was small at 2.7kg/6lbs) was fat.

Regarding carb intake, although 420 may seem like a lot, it's probably a better/easier /cheaper place to add calories, compared to protein. (Assuming your protein requirements are met, which it seems so.)

Thanks Mahendra. Always happy to hear unsolicited opinions :)

You are probably right. I am not technically 'bulking', at least that wasn't consciously the aim, more trying to encourage my metabolism to burn more energy so that next time I cut I can do it on higher calories. That said, now I'm in a slight surplus, adding some mass should be a nice side effect, but while I'm really enjoying the programming it's probably not optimal for pure hypertrophy.

It is changing a little now in that it's moving to 8/5/2 which means there will be more volume on the compound lifts as well as the volume we get on the accessory lifts so that might help a bit. I only have 5 weeks to go before a trip away and an enforced training break so I'll probably just run it out til then and reassess what to do with both nutrition and training when I get back.

On the carbs thing, that's just an adjustment for me. I was so used to eating 200+ grams of protein a day and scared of carbs that it's now a bit weird to be trying to limit protein and looking for carbs all the time. Fruit and oats and stuff every day! And hot chocolate and cappuccino and muesli bars and biscuits and sorbet and bread and yada yada.....

Quote:

Originally Posted by **slowmotion** 

Nice work on the squat, Ben! Impressive gains in 7 weeks!

Re eating, you're lucky that you get to eat all that food. :)
How do you set up your macros?

Thanks Jan. It's not quite at all time PR level yet but not far off, definitely. And I was a little heavier then too - I'm sure I'm stronger now than I was last time I was this weight.

I've been letting Avatar Nutrition set my macros for a few months now - I just tell it my average BW and fat % each week and it tells me how much to eat of each macro. On the face of it, it seems to be working better than when I was doing them myself - I was eating a lot more protein and a lot less carbs so recovery has improved a lot, though some of Andy's workouts still leave me sore for a couple of days!

BenM

08-22-2017, 09:53 PM

Tue 22/08: Bench Press / Bis / Tris

Food yesterday: Target: 3128 kcal / Actual: 3024 kcal - macros compliant

Activity yesterday: 12.2k steps

Sleep last night: 6 hrs 58 mins - 54 mins awake

AM BW: 70.1 kg (-0.4kg from yesterday)

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

1x2 @ 60kg

3x2 @ 70kg (equal all time PR)

Incline Bench Press:

1x5 @ 40kg

1x2 @ 50kg (!)

1x6 @ 46kg

2x9 @ 42.5kg

EZ Bar Curls:

1x12 (PR?), 1x11, 1x10 @ 32.5kg

Dips:

1x15, 1x10+5 @ BW + 2.5kg

1x12+3 @ BW

Supersetted with

Seated Dumbbell Curls:

2x12 @ 25lbs / side

1x11/12 @ 25lbs / side - lefty gave out early

Video compilation:https://youtu.be/fV_a45fGceE

Instagram (first bench double): Oh hai!

- I intended to get up and hit the air bike this morning but pussied out, decided I wanted to save my energy for tonight. Feel guilty.

- Once again, mega caffeine load to get started on this one. But I was definitely looking forward to benching.
- Session notes:
 - The RX for bench was three heavy doubles. I almost pushed out and went for 68 or 69 kgs but I rounded up to 70kg and told myself I was gonna smash it. It was a grind but I got 3 doubles, and frigging stoked with that. Only ever hit that weight for a double once before and that was back in January at almost 2kg heavier BW, and I didn't do it three times.
 - Went from awesome to poo with the incline bench though. Decided to try for 4 or 5 at 50kg but just couldn't seem to get setup right. Had the bench too high, and did two singles at 50kg but just didn't feel right. Checked my ego and dropped some weight off the bar, spun the bench back round and got the angle right, managed a grindy 6 at the lighter weight. Did the backoffs and moved on - might've dropped the weight a tad much on the second set so left it untouched for the third.
 - Not sure what to say about curls and dips, except my arms had a massive pump by the end and I was stuffed.
 - Great session, 1 hr 15 mins, achieved what I wanted, everything's gravy.
- Do I get up early in the morning and ride the air bike for cardio, or sleep? Hah. The little angel on my left shoulder says just sleep and recover, the devil on my right says you're gonna get fat and out of condition if you don't do some active recovery. Guess we'll see who wins out in the morning! Have a great night internet lifter people :D

BenM

08-23-2017, 08:34 AM

Well. Kinda let the right shoulder dude win. Compromised and got up slightly later (after 6am) for a short session. Still only got 6hr 36mins sleep. Was 70.8kg (+0.7kg!) but it was (homemade) pizza night last night, so maybe sodium.

Ummm

Cardio - Air Bike:

5 mins warmup

5 mins of 20s on / 40s slow

5 mins warm down

Fitbit says 136kcal burn, ave 120 bpm but who knows.

Holy shit. Quads and chest were on fire, the last interval probably wasn't as all-out as it could have been. That was much harder than HIIT on the elliptical..... least my knees didn't hurt.

Have a great day!

BenM

08-24-2017, 10:10 PM

Thu 24/08: Deadlift, etc

Food yesterday: Target: 3128 kcal / Actual: 3087 kcal - macros compliant

Activity yesterday: 12.5k steps

Sleep last night: 7 hrs 37 mins - 44 mins awake

AM BW: 70.7 kg (-0.1kg from yesterday)

Deadlift:

1x5 @ 90kg
1x3 @ 110kg
1x2 @ 125kg
1x1 @ 140kg
1x1 @ 150kg (PR, +5kg)
1x1 @ 155kg (PR, plus 5kg more... woah)
1x1 @ 140kg
2x2 @ 137.5kg

Front Squat:

2x5 @ 20kg
1x5 @ 40kg
1x3 @ 60kg
1x2 @ 70kg
3x3 @ 75kg (PR)

Walking Lunges:

x100 (50/side) with 60lbs (30lbs/side)
Whose goddamn idea was this

Standing Calf Raises:

3x25 @ 90lbs (45lbs/side)

Supersetted with

Decline Situps:

3x15

Video of top sets:<https://youtu.be/2w5C-njAIP4>

Instagram (deadlifts & squats): [Bleurgh!](#)

- Been a bit of a stressful day at work, got into the gym late, but this was always gonna be a bit epic....
- Session notes:
 - I was so looking forward to going for a deadlift PR tonight - my lower back has still been a little tight but I wasn't gonna let that stop me. Knew I'd nail 150kg no problems, just had a good feeling about it, and I was right. In fact it felt like there was more in the tank so loaded up another 5kg and went for it straight away. It went up, but I probably should have checked my ego and/or rested longer as it was a pretty ordinary lift, think I let my lower back get out of extension and it's even tighter now. Was supposed to drop 10% off the bar and do a couple of doubles but 140kg was ambitious after that, so took a little more weight off. Still, so long as I haven't injured myself, VERY happy with the progress.
 - Hate front squats. Did them anyway. Almost lost the bar on the first work set and overextended my wrist.
 - Those lunges were awful. Burning quads and a bit sweaty. Dropped some weight off the calf raises because of it, and took little rests between the last two supersets. Didn't bother videoing those.
 - Still... really.... 1 hr 22 mins of good solid work and signs of progress. Super double plus good.
- I gotta go pig out. I'm still 164g of carbs short today! Gonna be a largish pre-bedtime meal just to get close..... Nigh night!

Food yesterday: Target: 3270 kcal / Actual: 3294 kcal - macros compliant

Activity yesterday: 14.4k steps

Sleep last night: 6 hrs 59 mins - 28 mins awake

AM BW: 70.4kg (-0.1kg from yesterday)

Overhead Press:

2x5 @ 20kg
1x5 @ 35kg
1x3 @ 45kg
1xF @ 52.5kg
1xF @ 51kg
3x2 @ 48kg (beltless, shirtless PR +0.5kg)
1xF @ 51kg

Behind the Neck Press:

2x5 @ 20kg
1x5 @ 30kg
3x8 @ 35kg

Lateral Raises:

3x20 (rest/pause) @ 12.5lbs / side

Close Grip Bench Press:

1x10 @ 20kg
1x5 @ 45kg
1x5+F @ 60kg
1x7+F @ 56.5kg

Tricep Pushdowns:

1x20 @ 22.5kg
2x15 @ 26.25kg

Video. Minus the press 1RM fails, because they sucked:<https://youtu.be/aaSW4gJkrR4>

Press Double: [Pressing](#)

Press/BTN/CGBP: [#stitchup](#)

- Weigh in day - average weight was up 0.5kg for the week, but I still got a macro bump - w00t. Now averaging out at 445C / 177P / 92F for 3316 calories! As nice as this is, I think the weight gain is getting a bit quick now so I will likely switch to maintenance after this week for the last few weeks before we go away. Hopefully my metabolism will catch up.
- I still have leg DOMs from Thursday night's session. Quads. Wow. Back is still super tight from deadlifting as well. Feeling a bit beat up.
- Session notes:
 - Really wanted to go for a press 1RM PR (wasn't in the RX) but I just can't seem to break that 50kg barrier, though I stubbornly kept trying. Did manage a small PR on the doubles though so that's something.
 - I've never done BTN presses before, wanted to try them. Not sure if my shoulders like them or not. Felt a little bit of tightness/impingement but it wasn't terrible, also really felt them in the triceps. Managed to pick just the right weight that sets of 8 was a max effort.
 - Wanted a top set of 6 for CGBP; added 1kg from the last set of 6 I did, but missed the last rep - gah. Similar with the back off sets, just couldn't quite achieve what I was going for. Probably not a regression, just a stagnation and maybe tiredness.
 - This session took a bit longer than I thought it would, the extra press attempts probably didn't help, but still only 95 mins which isn't too bad.

Kinda not-great-but-ok session, but I was due for one, have had a pretty good run lately.

- Playing golf tomorrow for the first time in maybe 3 months? So I won't bother doing any conditioning in the morning #whatashame #sarcasm
- Hope everyone has a wonderful day!

Side note, I'm still trying to work out what to do for training while we're away in late Sept/early Oct. I don't plan on training to normal schedule, but would like to get at least 1 or 2 sessions in for my own sanity and so I don't get out of the habit too much. Any recommendations for good gyms in London and/or Oxford (or anyone wanna host me? I don't think I've ever stepped foot in a commercial gym to train in my life, not counting hotels. It's a bit intimidating.) I know Carl Raghavan is in London, still thinking about going there for a session with him but we're only there for a few days and I might be struggling to get there. Oxford is probably a better chance.

BenM

08-29-2017, 09:33 PM

Tue 29/08: Sqwatz

Food yesterday: Target: 3267 kcal / Actual: 2965 kcal - err whoops.

Activity yesterday: 21.9k steps (golf)

Sleep last night: 6 hrs 24 mins - 36 mins awake

AM BW: 70.7kg (+0.6kg from yesterday)

Back Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt On (5th hole) ---

3x8 @ 90kg

Rack Pulls (just below knee):

1x5 @ 60kg

3x12 @ 100kg (last two sets with straps)

Rack Rows (same position): - with straps

1x12 @ 50kg

1x10 @ 50kg but last couple were shitty

1x12 @ 48kg

GPP Circuit of:

Hamstring Curls:

4x20 @ 25kg

Standing Calf Raises:

4x20 @ 100lbs (50lbs/side)

Face Pulls:

4x15 @ 22.5kg

Video of squats and rack work:<https://youtu.be/YhLAQWCNI7o>

Squats on Insta: ([Second set, I think](#))

- Underate yesterday. It's worse than it looks actually, I'd planned a high carb day

because of golf, but realised late in the day that I wouldn't even get close and moved it back to today. Then today I've undershot again and pushed the extra food back til later in the week. Just struggling to hit them carbs; might have to look at dropping some out and adding more fats. But then that'll mean changing habits too, have to start eating cheese and peanut butter again. #whatashame (sarcasm... I like peanut butter. And pizza. And full fat milk! I would just have to start doing things differently, and I kinda like how I'm eating these days.)

- Session notes:
 - Got into the gym a bit earlier than usual tonight. Felt weird. Wasn't really looking forward to tonight, it's no secret that squatting is my least favourite of the big lifts.
 - Back was very tight squatting. Warmups felt like death, and heavy, the actual work sets weren't terribly difficult/grindy, but it definitely got a bit more sore as they wore on.
 - They shouldn't have been too hard, it was a very conservative 2.5kg increase on the last cycle of eights. But now I've looked at the video they were pretty horrible, bar getting forward, iffy depth etc. I did rush through them a bit; also probably subconsciously trying to protect my back, but I must get into the habit of looking at the videos between sets again, I seem to leave it til post workout most of the time these days.
 - Went pretty conservative on the rack pulls as a result. Bit too much so. Was supposed to only be a top set of 8-10 but I misread the program sheet. Ended up just doing sets across of 12 instead of descending sets. Rows were OK as well - never done these before. I didn't really feel like I needed straps for either of these movements but Andy said to use them and I need the practice anyway.
 - GPP circuit was death. Was only going to do three rounds but since I had the time and the intensity of the barbell work didn't feel like it was that high, I pushed it to four. Legs were nicely fried by the end.
 - All up 90 mins of work, bit of a mediocre session maybe but I'm just pleased I got through the squats and still managed to do everything else afterwards.
- Hope everyone has a wonderful night!

BenM

08-31-2017, 02:21 PM

Tue 29/08:

Morning Cardio: (fasted)

Air bike - 5 mins warmup, 6 rounds 10s on / 50s slow, 9 mins LISS
20 mins total; 10.74km; 180kcal burn; ave HR 139 BPM

Part of me wishes I'd never got rid of the elliptical. The bike gives me the burnz in my quads and knees, just hope it gets better with time. Might try and get on it twice next week depending how the lifting training goes.

Went for a 20min walk after lunch, Fitbit says my average HR was 141 BPM. How the hell does that work? Harrumph.

BenM

08-31-2017, 09:58 PM

Thu 31/08: Bench Press

Food yesterday: Target: 3288 kcal / Actual: 3238 kcal - macros all good

Activity yesterday: 10.2k steps

Sleep last night: 6 hrs 42 mins - 36 mins awake

AM BW: 70.9kg (+0.2kg from yesterday)

Bench Press:

2x5 @ 20kg

1x5 @ 45kg

3x8 @ 57.5kg (PR +1.5kg)

Incline Bench Press:

2x5 @ 20kg

1x9 @ 42.5kg (PR.. butt off bench for last rep tho)

2x8 @ 42.5kg

Seated Dumbbell Press:

1x3 @ 35lbs / side (what the actual f..)

1x12 @ 32.5lbs / side

1x10 @ 35lbs / side

1x9 @ 35lbs / side

Lateral Raises:

3x12 @ 15lbs / side

Dips:

15, 12, 11, 9, 8 (body weight)

Video of top sets and some of the accessory work:<https://youtu.be/XcFQRML0FxQ>

I put a little stitchup on Instagram too: ([#vidstitch](#))

- Not much to report, other than I'm still struggling a little bit to eat all the carbs especially without blowing protein and fats. Was looking forward to benching tonight.
- Session notes:
 - Bench progress! A little 1.5kg PR for eights. Didn't feel like it was a total grinder at the end either, though there probably wasn't another rep in the tank.
 - The incline was pretty good too, got the damn bench setup in the right spot this time. Progress.
 - Dumbbell press was a setup issue too. My logs say I did sets of 12 across at 32.5lbs last time so I added weight but it was ridiculously hard. I think I've always had the bench on a very slight lean back rather than totally vertical. Tilted it back one notch and things were just back to normal, so I repped out the extra weight as planned. Amazing what a difference a couple of degrees makes.
 - Added a little weight to the lateral raises since the volume wasn't as high. 90 second rests. Confession - the form wasn't very strict on the last few reps.....
 - So many dips.... my triceps ran out of juice fairly quickly after all that work. Again very short rests as well.
 - Took 1hr 18 mins which was pretty good for time and a really good session full of movements I don't utterly detest! Ask me how I'm feeling about the volume pullups on Sunday.. haha.
- Have a great night, trendsetters! I'm off to eat another massive meal before bed... hah :D

Food yesterday: Target: 3409 kcal / Actual: 3289 kcal - macros compliant

Activity yesterday: 10.3k steps

Sleep last night: 7 hrs 42 mins - 50 mins awake

AM BW: 70.3kg (-0.2kg from yesterday)

Pull Ups:

5, 5, 5, 5, 5, 4, 5, 4, 4, 4, 4 @ BW

Deadlift:

1x5 @ 80kg

1x5 @ 100kg

1x8 @ 115kg

1x2 @ 115kg nup, back is done

Light Back Squat:

2x5 @ 20kg

1x5 @ 45kg

3x10 @ 75kg

EZ Bar Curls:

1x11, 2x10 @ 32.5kg

Cable Crunches:

1x20 @ 30kg bit easy

2x20 @ 32.5kg maybe a bit too hard, but a good finisher. Smashed my head on the weights during the last set - ow.

Highlights video: <https://youtu.be/0N-nEOJfvDw>

Instagram: ([#snootch](#))

- A nice Sunday morning for a change. My darling daughter actually slept til a reasonable hour, gave me a lovely Father's Day gift, cooperated through the morning routine, and we had a nice play before I hit the gym. #winning
- This made me feel a little better about lifting this morning - I really wasn't looking forward to it, because of the volume involved. But as an old boss of mine used to say... "you gotta drink the froth to get the beer"! Speaking of which, I had one last night for the first time in months. And it was fucking good.
- Also, Sunday is weigh in day. Average weight was only up 0.1kg for the week, so I got another macro boost. Now at 469C, 177P, 96F for 3448 kcal. Wow! However since we're going on holidays in a few weeks I've shifted the settings to maintenance, as I want to give my body some time to really settle into this extra food before we go away.
- Session notes:
 - Pullups for volume... I hate these. RX was 30-50 but when you can only do 5 at a time that means... many sets. Still, got 50, took half an hour though even with 2 min rests.
 - Back is still not right, so went for what I thought was a conservative weight on the deadlifts. Did the first set, but form was horrible and just kept getting worse - couldn't seem to hold my lower back in extension at all by the end. Second set I did two reps and called it - just felt sore and aggravated and didn't feel it would be smart to try and push through. Briefly flirted with doing less weight, but **not today, bear!**.
 - Squatting for tens is so much fun even at light weights (said nobody, ever!) - but I got through them. Didn't rush through these like I did the eights the other day, and they look much better, I think. At the end of each set when I got out from under the bar my back was knotted up tight though.
 - Not much to report on the curls and ab work. Got a pump, and it was

good.

- Started at 10:38am and took 1 hr 35 mins, may be a good thing I didn't do all the deadlifts, was a long enough session as it was!
- Anyhoo.. happy Fathers Day to all the dads out there, hope everyone has a really good one!

BenM

09-05-2017, 10:05 PM

Tue 05/09: Press / Triceps

Food yesterday: Target: 3391 kcal / Actual: 3116 kcal - macros fail

Activity yesterday: 11.5k steps

Sleep last night: 7 hrs 16 mins - 55 mins awake

AM BW: 71.3kg (no change from yesterday, but up 1kg since Sunday[!])

Overhead Press:

2x5 @ 20kg
1x5 @ 32.5kg
3x8 @ 40kg (PR for 8s [+1kg])
1x10 @ 37.5kg
1x9 @ 36kg
1x10 @ 35kg

Lateral Raises:

3x20 @ 12.5lbs / side (rest/pause)

Dips:

1x11 @ BW+10kg, 1x4 @ BW
1x10 @ BW+10kg, 1x5 @ BW
1x8 @ BW+10kg, 1x5(ish) @ BW, 1x2 @ BW

Lying Tricep Extensions:

8, 3, 3, 1 @ 32.5kg
11, 3, 1 @ 30kg
13, 3 @ 27.5kg

Some video of the work is uploading:https://youtu.be/H34LfII_mhw

Instagram of first press set: *BAM*

- Got to the end of the day yesterday and there was no way I was gonna eat enough, ended up not even bothering to try. There isn't a great deal of incentive to stuff myself now I'm trying to maintain - if I eat too much and gain then targets get cut, if I don't eat enough and am non compliant they'll stay the same anyway (if weight doesn't change much).
- Lower back (LHS) still sore. Not looking forward to squatting, but that's a few days away yet.
- Session notes:
 - Went for a conservative PR based on the last cycle of eights. Pleasantly surprised to get all three without utterly grinding - only RPE 9.5, might have had a little more weight but no more reps. Was done in by the time I finished the back off work though.
 - Lateral raises were just the usual although my endurance seems to be improving, think I got 15 reps on the last set before I took a pause. Form was pretty shitty by the end though.
 - Dips, more weight than I've done for a while, and a more interesting

way to do them - sets of 15, with a weight drop mid set. But my triceps actually gave out on the last set and I couldn't get 15 reps in 2 goes.

- RX for LTEs was similar, sets of 15 with one short (30sec) rest mid set, but I underestimated how rooted my triceps actually were. Was too stubborn to deload the bar til I got the first 15. And didn't deload it enough! But then 27.5kg might've been a bit easy to finish. Funny story, one of the clips let go on the bar and the weights fell off one side on the last rep, it was lucky I didn't smash the window. Put it in the video for giggles.
- Triceps are absolutely blown up. Was a really good session, about 75 minutes of decent work. Happy.

- Have an awesome night you lot!

BenM

09-06-2017, 09:24 PM

Wed 06/09: Upper Back

Food yesterday: Target: 3403 kcal / Actual: 3354 kcal - macros close enough

Activity yesterday: 11.6k steps

Sleep last night: 6 hrs 49 mins - 43 mins awake

AM BW: 71.8kg (+0.5kg since yesterday!)

Chinups:

6, 6, 5, 5, 5 @ BW

Dumbbell Rows:

1x10 @ 30lbs / side

3x10 @ 40lbs / side (PR)

Rear Delt Raises (chest supported):

3x15 @ 15lbs / side

Barbell Shrugs:

3x15 @ 60kg (PR)

Cardio - Air Bike:

15 minutes - 8.397km, 149kcal burn according to the monitor

Still hurts my bloody knees. Other than that I love it as a conditioning tool.

- Gah @ weight gain. On the plus side my lifts are going up, and if the scales are to be believed, at least some of it is lean mass. But it is definitely going up much faster than I'm comfortable with now and I'll be hitting (or exceeding) 15% BF before we go on holidays, which I said was my limit.
- Triceps (and upper body generally) is still feeling pretty smoked from last night. This was an optional workout, I wanted to get it in though for various reasons, and now I can have a rest day tomorrow before squatting Friday. Didn't film anything though as it's mostly boring stuff and I wanted to get through it as quickly as possible.
- Session notes:
 - I've said it before, but chinups and pullups in the evening after a reasonable size dinner are a bit sucky. Got through them though - feel like I'm weaker on these than I used to be. Less than 3 min rests.
 - Rows felt heavy but I don't think I've gone that heavy on them before. Bit hard on the lower back - was a good move doing chest supported rear delt raises. Then some shrugs to finish just to blow up the traps. Pretty short rests on everything.
 - Threw in a bit of light cardio and now I won't feel guilty about staying in

bed tomorrow morning. Got through it in 60 mins flat including the little ride. Perfectomundo.

- Best wishes all!

BenM

09-08-2017, 11:49 AM

<http://www.dropbox.com/s/iujlkeandsp...ison.png?raw=1>

I have a tendency to overanalyse things.....

But looking back on my previous attempt to add some mass, versus this one, seems like this one has been a little more successful!

BenM

09-08-2017, 04:44 PM

Fri 08/09: Squat

Food yesterday: Target: 3440 kcal / Actual: 3281 kcal - macros good enough

Activity yesterday: 12.8k steps

Sleep last night: 6 hrs 37 mins - 53 mins awake

AM BW: 72kg (up 0.1kg since yesterday)

Squat:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

--- Belt on (5th hole) ---

1x3 @ 85kg

1x2 @ 100kg

3x5 @ 110kg

Stiff Legged Deadlifts (2" Deficit):

1x5 @ 80kg

1x4 @ 100kg

3x8 @ 105kg

GPP Circuit - 3 rounds:

Hamstring Curls:

3x15 @ 30kg

Weighted Step Ups:

3x10 / leg @ 46.6lbs

Standing Calf Raises:

2x20, 1x22 @ 110lbs

Video of work sets:<http://youtu.be/ARfR9Hu915E>

Instagram: [Boo](#)

- Session notes:
 - Back is a little improved but still suspect. Added some weight to the bar

from the last cycle just to see how it felt. Heavy, but I managed to get through without aggravating it, I think. Look ok on video, a little forwardy as I got tired.

- Repeated the same weight I did for eights last time with SLDLs. Playing it safe. Lower back was tired by the end, but not hurting. Might have had more in me, I dunno. Better to be conservative.
 - Didn't video the GPP stuff, just got through it. Hamstrings are definitely feeling it and I was warm enough I had to take my compression top off, was sweating too much. Good, I guess... last set of calf raises was a bit shitty so did a couple of extra reps.
 - On paper I thought this would be a fairly quick workout but I did take my time a bit on the heavy stuff to try and manage fatigue, was 84 minutes in the end.
-
- Was going to do this session tonight but decided I'd rather spend time with the fam, so flexed off work for the afternoon and did it. So glad it's out of the way now, gonna go cook up a feast.
 - Have an awesome evenink!

Mahendra

09-08-2017, 08:47 PM

Quote:

Originally Posted by **BenM** 

<http://www.dropbox.com/s/iujlkeandsp...ison.png?raw=1>

I have a tendency to overanalyse things.....

But looking back on my previous attempt to add some mass, versus this one, seems like this one has been a little more successful!

Interesting stuff, and good work!


Lean mass is hard.... Very hard... To build. :-)

BenM

09-08-2017, 10:34 PM

(Not) The greatest log in the world (this is just a tribute)

Quote:

Originally Posted by **Mahendra** 

Interesting stuff, and good work!

Lean mass is hard.... Very hard... To build. :-)

Thanks man, it sure is, especially now I'm older.

What's gonna be even more interesting is figuring out why I got better results this time round. Too many variables have changed, I've gotta start tweaking them one by one.

- started from a lighter, leaner base this time
- nutrition is much different - much higher calorie surplus now I suspect, and more tightly controlled macros. Significantly less protein and more carbs than last time round.
- recovery/sleep might be better since I stopped training early mornings - but I'm going to bed later so it's probably not significant

- training stimulus is different, now I'm doing Andy's programming.

My gut feel is it's a combination of 2 and 4 but mostly 2. Gonna tinker with the carbs / fat ratio a bit over the coming weeks and see what that does.

Mahendra

09-09-2017, 01:09 AM

Quote:

Originally Posted by **BenM** [»](#)

Thanks man, it sure is, especially now I'm older.

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- recovery/sleep might be better since I stopped training early mornings - but I'm going to bed later so it's probably not significant
- training stimulus is different, now I'm doing Andy's programming.

My gut feel is it's a combination of 2 and 4 but mostly 2. Gonna tinker with the carbs / fat ratio a bit over the coming weeks and see what that does.

Although I agree that age probably is a factor, I don't think you're old enough for it to be that much of a factor. But, that's just my "feelz", not backed by any empirical evidence :)

If the P-Ratio theory is to be believed, perhaps being leaner did help you gain more muscle mass compared to your last bulk. Naturally, nutrition has a large role as well, and I do think it's the additional volume in Andy's programming that helps.

Keep up the great work, Ben!

BenM

09-09-2017, 11:37 AM

Quote:

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

Although I agree that age probably is a factor, I don't think you're old enough for it to be that much of a factor. But, that's just my "feelz", not backed by any empirical evidence :)

If the P-Ratio theory is to be believed, perhaps being leaner did help you gain more muscle mass compared to your last bulk. Naturally, nutrition has a large role as well, and I do think it's the additional volume in Andy's programming that helps.

Keep up the great work, Ben!

Ahh I dunno. 41 now so my body isn't a whirling maelstrom of anabolic hormones - but I'm not elderly either :)

The volume on Andy's program is perfect for me - medium volume on the big lifts but fairly high on the accessory work. I don't think I could recover fast enough from the amount of volume you're doing on the main barbell moves! So yeah I'd say that's a contributing factor for sure.

As you would understand.... it's a bit of a mind fuck gaining so much weight so fast but actually looking at objective body composition numbers really helps me get over it. Also (though I should have taken progress photos) - while I've got a bit more belly fat than I had a couple of months ago, I know it's a lot less than it was last time I weighed this much. So it's progress.

I almost wish I wasn't going on holidays in a couple of weeks so I could keep it going as long as possible - I kinda feel (again - no empirical evidence) that the body likes to be either anabolic or catabolic and once it's kinda in the 'gainz' mode, it's easier to keep it there. But the break is also very welcome.... so I guess we'll see where I'm at after that. It'll either be a mini cut or straight back into mass gaining, depending if I lean out a little or not :)

BenM

09-10-2017, 12:29 PM

Sun 10/09: Bench Press / Biceps**Food yesterday:** Target: 3529 kcal / Actual: 3447 kcal - macros good enough**Activity yesterday:** 7.9k steps**Sleep last night:** 6 hrs 57 mins - 54 mins awake**AM BW:** 71.4kg (down 0.3kg since yesterday)**Bench Press:**

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg (all time PR, +0.5kg)

1x4+F @ 65kg baaahhhhhh

1x3+F @ 65kg whhhaaaa

1x3 @ 62.5kg

1x5 @ 62.5kg

Incline Dumbbell Bench Press:

3x12 @ 42.5lbs / side (all time PR, +2.5lbs)

1x11, 2x10 @ 42.5lbs /side

(~3 min rests)

EZ Bar Curls:

1x12, 1x10, 1x9 @ 32.5kgs

1x10, 1x9, 1x10 @ 30kgs

(~2 min rests)

Video, work sets + a set each of the assistance work:<http://youtu.be/pil3JQv1x5g>**Instagram:** [*zing*](#)

- Weigh in day. Average weight for the week was 71.6kg which is up 1kg, body fat up 0.3%. Because I'm within the 1.3kg range of what I set as maintenance, calorie target stays the same. I'm guessing weight will keep going up this week and cal's will end up dropping next time round though, but we'll see.
- My actual average daily calories over the past week were 3318 from a 3446 target, hit protein no problem but only 94% and 96% of fat and carbs respectively. That's a fairly typical week.
- As mentioned above, I'm fairly happy with progress but I am really struggling a bit to hit carbs especially, and often having to cram in 150+ grams worth before bed. I'm also suffering from a bit of bloating at times, probably due to the amount of cereals/bread I've been eating to get there. So, I've tweaked the settings and now I have slightly less carbs and higher fats. New average daily macros are 424C / 179P / 115F for 3447 kcal. It's a bit of an experiment, we'll see how I feel this week and

what effect it has on weight/body comp. More cheese and nuts for me - might even try putting some coconut oil in my coffee :)

- Session notes:
 - I did some sets of 5 at 61kg last cycle of fives, but have lifted 64.5kg for fives earlier this year, so I decided to get ambitious and just see how 65kg felt, if it wasn't gonna happen I'd back out and call it an overwarmup. Blow me down if it didn't frigging go up (slowly). I was stoked with that... which quickly dissipated when I didn't have anywhere near enough gas to get three sets even with 5-6 mins rests. Probably got a bit loose too which didn't help. Took some weight off the bar and did a couple of real quick back off sets which weren't in the RX.
 - Got a PR on the incline dumbbell benching as well. Yikes. Must be getting stronger. Was actually surprised I managed to keep getting twelves as long as I did, and didn't end up taking any weight off to keep it within the 8-12 RX, though my butt did come off the bench at the end of the last couple of sets.
 - Curls. Wow. My arms were absolutely pumped by the end.
 - Another session that looked short on paper, but took almost 90 minutes to do. But it was all good!
- Have a beautiful day!

BenM

09-12-2017, 09:47 PM

Tue 12/09: Deadlift

Food yesterday: Target: 3390 kcal / Actual: 3042 kcal - macro fail too

Activity yesterday: 13k steps

Sleep last night: 7 hrs 17 mins - 42 mins awake

AM BW: 71.6kg (no change from Monday)

Deadlift:

1x5 @ 80kg

1x5 @ 100kg

1x1 @ 120kg

3x5 @ 132.5kg (PR, +2.5kg)

Paused Box Squats:

2x5 @ 20kg

1x5 @ 45kg

1x5 @ 65kg

1x5 @ 75kg

--- Belt on (5th hole) ---

1x5 @ 85kg (PR, +10kg)

1x5 @ 95kg (PR, +20kg)

1x5 @ 105kg (PR, +30kg)

GPP superset of:

Dumbbell RDLs:

3x20 @ 40lbs / side

Decline Situps:

3x20

Video, here 'tis:http://youtu.be/_eXXZjiVuSg

Instagram: *parp*

- Underate yesterday. Got to 9pm, still had ridiculous amounts of food to eat, would've made myself sick if I forced it down. Seriously, I love my food, and never, ever imagined I could get myself in this position. I'll probably manage to catch up through the rest of the week, but I'm really looking forward to a break from tracking and targets.
- Wasn't feeling too motivated tonight. Tired, grumpy, etc.
- Session notes:
 - Back is improved but still a bit tweaky so I wasn't sure if I should really have a crack at a deadlift 5RM or not. Decided to see how it felt and it felt OK so I made it work. W00t. Second set got grindy. Third set felt fairly slow (didn't look that grindy on video). It's all good baby.
 - Was kinda feeling my way on the squats of doom. Only done them once before and remember eights @ 75kg being tough. Still... not as tough as 105kg x 5 but I got 'em. Had the reps typed out in the log before I attempted, so wasn't gonna miss!
 - RDLs and situps to finish, actually got a little sweaty - tired now. Those dumbbell RDLs cause me serious concerns for my man parts. Don't wanna make a penis pancake. A\\
 - Another session which I was dreading, which turned out great and was over in 75 minutes. Fuck your feelings.
- Hope y'all have a great night!

BenM09-13-2017, 08:57 AM

Youtube says the video above is blocked in some countries so I've thrown it on Vimeo too:
<http://vimeo.com/233478379>

Also, is it just me or are we no longer able to edit our posts?

BenM09-14-2017, 06:44 AM

Thu 14/09: Press**Food yesterday:** Target: 3388 kcal / Actual: 3091 kcal**Activity yesterday:** 10.6k steps**Sleep last night:** 6 hrs 16 mins - 46 mins awake**AM BW:** 72.2kg (up 0.1kg from yesterday)**Overhead Press:**

2x5 @ 20kg

1x5 @ 35kg

1x5 @ 44.5kg (new PR, +0.5kg)

1x4+F @ 44.5kg (bahhhhh)

1x5 @ 44.5kg

Close Grip Bench Press:

2x5 @ 20kg

1x5 @ 45kg

5x5 @ 60kg

Seated Dumbbell Press:

1x10, 1x8 @ 37.5 lbs / side (PR)
1x9 @ 35lbs / side - 10th got stuck on way up
1x9 @ 32.5lbs / side
1x10 @ 30lbs / side

Seated French Press (EZ Curl Bar):

1x11, 1x10 @ 27.5kgs
1x10 @ 26kgs

Video is uploading:https://youtu.be/q_Y3gZmQi3U

- Food not going so good. I did a bit of macro tweaking yesterday and took some fats out (still higher than they were) for more carbs. Also legs still feeling sore from Tuesday night.
- Got up early to do this session, first time in a while. Was in bed by 9:30 but couldn't sleep anyway. Preworkout of the three Bs - BCAAs, banana, and a big fucking can of white Monster. Sleep in tomorrow..... then heavy squatz.
- Session notes:
 - Press PR! This hasn't moved for ages, I managed 44kg x 5 back in February, but not for sets across. Was pissed off I couldn't get the second set to go up, but ground out the third. Next time gadget, next time.....
 - Might have been a bit conservative on the CGBP but wanted to make sure I got all five sets on 3 minute rests. Was challenging enough.
 - 2 minute rests on the dumbbell presses. Kept running out of gas. Same with tricep extensions - I still flare my elbows too much on those. Tried to back out when form broke down, the last one or two reps were ordinary. Dat arm pump tho.
 - 1 hr 17 mins. Pretty happy overall, considering. I definitely think i perform better lifting in the evening, but this week's schedule necessitated a bit of change up.
- Have a wonderful day, internet lifters!

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(Not) The greatest log in the world (this is just a tribute)

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slowmotion

09-14-2017, 07:26 AM

Congrats on the press PR! Well done!

BenM

09-14-2017, 08:19 AM

Quote:

Originally Posted by **slowmotion**

Congrats on the press PR! Well done!

Thanks Jan!

Obviously weight gain helps, but I like the programming a lot too. I think I've PRd every lift in the past few weeks, at lighter body weight (and leaner) than back in Jan/Feb when I finished up my last attempted 'bulk'. So I'm in the best place I've ever been :)

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All times are GMT +10. The time now is 12:10 PM.