

# HEAVY

Go heavy --

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## Why heavier is better

Heavy metal?

So my theory is if you like listening to heavy metal, rock, rap hip-hop, and any sort of hard music... Then, one should also like heavy things, heavy barbells, heavy weights etc.

I just ordered some new calibrated steel weight plates, very very exciting! 50 kg, single steel plate, which multiplied by 2.2, is about 122 pounds, almost equivalent to having three 45-pound plates, sandwiched together.

First of all, it is heavy, very heavy. Like I have never lifted any steel plate as heavy as that one. Fortunately I am strong, very strong, strong enough to even lift it up to rack it onto the barbell? Even something I did for a while to practice was When I would lift my very very heavy barbells at the gym, when I was on racking my weights, I would take two of the 45 pound plates, off at the same time, I suppose this built some of my hand grip and arm and bodily strength.

Anyways, when in doubt, max it out, go the heaviest possible.

For example, my celebrated weight vest, 60 pounds, honestly I wish I could've bought something heavier, but I didn't even know it existed.

## **Why is heavier better?**

So for a lot of guys at the gym, a lot of guys would be very very confused, when I became an icon at my old gym, everyone asked me whether I lifted heavy every single day or not. And I said of course!

The problem in modern day weightlifting bodybuilding etc., even in powerlifting, everyone comes up with these strange complicated programs and progressions, which are all pseudoscience, “bro science” etc -- and nobody has the courage intelligence or the chutzpah just simply experiment for things themselves.

My very very very very simple strategy to weightlifting has always been insanely simple, you should every time you lift a given lift, just add an additional 2.5 pounds to each side of the barbell.

So for example, let us say that this week you lifted X amount of weight, then what you do is the next time, you just put on a “potato chip”, (the tiny 2.5 pounder) to each side of the barbell, and keep stacking your weights.

It is kind of like the Milo of Croton theory; the ancient Greek hero Milo, every single day when a baby calf was born, he would pick it up and carry it on his shoulders, each and every single day, until it became a full size bull. and the legend goes when it finally became a full-size bull, I think weighing maybe 2000 pounds or something, he slew it and ate it all in one sitting.

Suggestion to new parents; as quickly as humanly possible, get your kid out of the stroller, and start to arm carrying your kid. You could easily do this at around 5 to 6 months old, about the same time you should start sleep training. The easiest strategy, Put the kid in their own “guava” travel baby crib and just let them cry it out! Shout out to my wise friend Kevin.

Anyways, ever since Seneca was a baby, I would always put him in either the ergo baby carrier, and then I would just start to arm carry him. And now that he is three years six months old, he’s pretty huge now, he might weigh like 50 pounds or something, I can still arm carry him for long distances. And as a consequences, my body and my arms are fucking jacked.

Anyways, weightlifting, theories on weightlifting, as heavy as humanly possible, and the strategy is simple; improve your leverages for your given lifts.

For example, don't do a dead lift like a typical insecure power lifter, who is trying to simply feel superior to bodybuilders, even though he wishes he looked more like a bodybuilder than a traditional power lifter, tend to be a bunch of fat dudes, or short small guys. Do a rack pull instead, and go as heavy as possible. Pro tip; to move more weight, use chalk a mixed grip, and push up the weight with your legs! Imagine kind of a combination of both a rack pull, a dead lift, and a hip thrust all in one. Last time I checked I was able to do about maybe 930 pounds or so? about eight plates and a half or nine plates?

Anyways, my new goal and aim is to wreck pull 1000 pounds, which I have zero doubt that I could do, just given enough time, and training and practice.

And this is a big thing; if you give yourself enough of a time span, let us see a full year, 52 weeks, and assuming that even on the conservative side, you add 5 pounds a week to your given lift, in theory you should be able to stack conservatively at least 250 pounds to your maximum personal record for your given lift.

And now, I have my sites on a 1200 pound atlas lift, I should be able to accomplish it within a year. Or two years.

And maybe 5 to 10 years from now, I will be able to lift 2000 pounds.

### **Extreme living is the *only* living**

My personal strategy and theory to life is the only way to live life is extreme.

The only nuances is certainly you don't want to do anything which might cause you potentially permanent disfigurement, losing an arm or leg, or even potential death.

And a note to the wise; be very very careful with certain sports like snowboarding skiing and stuff like that, in which the laws of human nature get in your way. I've already met two guys, recently with torn ACL's, because they were skiing, and their foot got jammed in some sort of snow, and boom pop went their ankle!

In some sense, weightlifting, hype lifting, the air method is actually the most safe thing one could do... Because you could control almost all of the variables, if done conscientiously, weightlifting actually carries the lowest amount of risk. Because you can control it.

All you gotta do is structure the weightlifting lift in which failure is not a big deal.

For example, the rack pull and Atlas lift, the only downside is you are not able to budget the way. That it does not even get lifted off of the rack. And therefore, the consequences for failure don't really matter.

And this is why I do not advise anyone to do bench press or any of these other silly lifts in which you always need a spotter which is annoying, and if you fail, you could drop the weight on you and you could seriously injure yourself.

## **Heavy living?**

Heavy, hard, durable.

Not always, but often heavy things, like iron and steel or stronger, harder, more robust etc.

Seneca told me the other day that I like the cyber truck, both in matte black and also stainless steel. And I do;

Real men, true men with big dicks and big balls, we only want cyber truck, and maybe Robo taxi. Lamborghinis are only for skinny fat midgets with small penises. Same thing goes with porches, don't they know that Porsche was essentially invented more or less by Hitler? Anyone who drives a Porsche is pro Hitler?

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## **Heavy thinking?**

Towards a heavy philosophy and line of thinking;

When in doubt, go heavier!

**Heavy barbells, light souls.**

ERIC