

WHY RANGE OF MOTION IS OVERRATED.

The cult of range of motion is tired.

A polemic, war cry *against* this loser range of motion idea.

1. Fake virtuosity

Besides NASSIM TALEB, am I the only powerlifting philosopher out there?

Also, am I the only bitcoin investor, MSTR shareholder who can lift over 1000 pounds?

Join the 1,000 pound rack pull club.

So am I honest read on the whole thing is that people trying to turn fitness into a fake virtue signaling thing. For example, to complete a full range of motion with perfect form is the goal, to simply fit some sort of Procrustean bed of what is “proper”.

2. I want to see you get hurt

OK... Just search my thousand pound Atlas lift, I was essentially micro loading with the barbell, for like a full year. Everyone at my local gym, thought I was a bit peculiar; at first, nobody really paid that much attention to me. Eventually, I heard guys singing in the locker room, being suspicious that I was on steroids, because... Some guys Are on steroids who don't look like they're on steroids?

The reason with 100% proof you can know that I am not on steroids is that I don't even consume whey protein powder. Also I do it while fasted. Also I'm not on Instagram. Also I'm already a bitcoin independent rich and wealthy.

Therefore, think about it... There's no real incentive for me to take steroids because I desire to have more children, and I don't want my testicles to be shot.

And also... Come out look at me... I have like the clearest most beautiful skin of all time, I'm always topless, and I have glorious, Brad Pitt FURY haircut... and also, I don't really even look that buff. I look pretty modest. I'm like Brad Pitt from fight club, but like the demigod version.

3. Why?

So I remember a few times, when I was rack pulling over 900 pounds,,, like 2 years ago, an elderly man came up to me and asked me... What was the purpose of me doing that sort of rack pull?

It was kind of an interesting question, and my answer was simple:

I'm curious what the limits of my body, or... The limits of the human body are?

4. Everyone has great genetics

The only people who are not well adapted to powerlifting, either... You were born with some sort of severe immuno disease, maybe type one diabetes which is genetic. Or... Your height is like 2 feet tall?

But beyond this... Everyone has perfect genetics.

The only people who say that they have better genetics than you is people who are taking more steroids than you.

5. Hidden incentives

I have a simple heuristic: bald or not? Also... Topless or not? And also... Maybe this one is even more interesting, curiously strong but not that jacked?

I even remember, I'm just chilling outside of the gym topless, getting a nice tan, and one of my friends from the gym, approaches me and says actually... Talking about me, you're kind of the physique that I'm going for.

What he meant was... In the traditional world of bodybuilding, everyone is trying to look like the Incredible Hulk. But actually, if you have ever played Marvel versus Capcom as a child, the Hulk is like one of the worst characters. He is too big and bulky and slow, he always loses.

Even Iron Man, or war machine... They look cool but they are also once again, not that effective in combat. Strider Ryu, Spider-Man, and the more fighters were always the best.

6. Pound for pound?

So this is another thing... Thinking about power to weight ratio. I think my current ratio, is I have successfully rack pulled over 6.3x my body weight --> to keep number simple, at the moment I might be around like 167 pounds, at 5 foot 11. Or 182 cm, whatever you choose.

If I want to be really honest, I'm probably like 5 foot 10 1/2 but whatever.

Or if you want to round me down, assume that I am 5 foot 10, and 160 pounds.

Anyways, nobody cares if your lifted Ford F150 raptor has like 10,000,000,000,000 hp. If your car is low, nobody cares.

What is more impressive... Is either your 0 to 60 speed, or, quarter mile.

And this is a funny thought... Range, range of motion... It doesn't matter.

Let me give you an example... *Would you rather have the Lamborghini Revuelto or the Prius Prime?* Nobody in their right mind would choose the Prius.

But range?

The truthful honesty is there is media and then there is reality. Would you rather watch John Wick, in a Prius prime, or in some sort of old-school Camaro?

Also, what will get you more social media likes, posing in front of an orange cyber truck with bitcoin icons over it, or... A white Toyota Prius?

The truth is **we love the sensational**.

So for example, certainly I'm not the strongest human being on the planet, that would probably be a giant Brian Shaw, who is like 7 feet tall, bald on steroids, fat, has to sleep with a breathing thing, and like over 400 pounds?

In fact, all the strong men have this weird thing, they all tried to brag about how heavy they are. Everyone wants to be 400 pounds and beyond. Even Eddie Hall at a "lean" 380 pounds is seen as a light weight.

So I guess the fortunate thing is I've been in the weightlifting game for a long time. Ever since I was a fat 12-year-old kid. And I'm 37 now. So what is that... 25 years? A quarter of a century?

So the problem with men is they treat their bodies like their bank account. They assume and think incorrectly, that a higher number on the scale means that they are more worthy?

But this is a weird thing because once again, this is what makes bodybuilder fat, too much adipose tissue. Why? They want to see their number go up in terms of their weight, and has a consequence, they eat carbs and other junk food.

In fact, I mean I'm not Brian Shaw, because I don't take steroids, but **the really intelligent intelligent strategy is for him to be 100% carnivore**. Nothing but meat. I would prefer him to have a six pack at 5% body fat.

The secret is simple

So the secret of maintaining a 5% body test, while becoming ungodly strong is simple. But unethical?

It is no breakfast no lunch, only a single massive 100% carnivore meal. Break your fast once the sun goes down and try to eat like 2 kg of meat, like four or 5 pounds.

Stick to nutrient dense foods like Pork jowl, beef belly, beef liver, lamb, eggs yolk included, **the more cholesterol and saturated fat the better.**

And during the day, just drink water and black coffee. No real or fake milk.

Why you should not trust any fitness people

Once again, asymmetry of incentives. If you're some sort of life influencer mom, with five kids, and a slim waist line, and like 1 trillion followers, it is probably in your best incentive to do plastic surgery or Botox or whatever. P the same thing is with the rock, honestly at this point I think everyone knows that he is on steroids, yet... He becomes a strange role model because everyone wants to kind of look like him, yet everybody knows that steroids is bad?

Even the more modern bodybuilder, Chris Bumstead. He admitted that he took steroids openly, which is very admirable.

Even Arnold Schwarzenegger in his prime, read the original pumping iron book, at the time people did not even think that steroids were dangerous. Everyone was on them, Arnold included.

So think about this bizarre thing, you are 100% natural bodybuilder, and you want to look like Arnold Schwarzenegger, but you don't want to take steroids? So what do you do instead? You get into protein powder, 100% whey, no sugar added, then maybe you hear about creatine, which is just like powderized meat, can you start

taking that, and then you see all these bizarre people on YouTube consuming white caffeine cocaine stuff by the scoop, and you start buying that, and your desire is to become the most supreme guy at the gym?

And then at the weird point... What is the goal anymore? P so I think for a lot of guys, their initial goal was they started off as skinny or fat or made fun of, or even worse, **the shorty guys**.

the Shorty guys are definitely on steroids because... It is impossible to add inches to your height, but you could become super jacked.

Whereas with us tall men, we have no ego issues. It is good to be tall.

Apparently some girls or women, when they are young they are teeth for being too tall, but for men, to always be taller is a benefit rather than a downside.

Anyways, my simple idea: just unsubscribe from everything. Unsubscribe from CrossFit, weightlifting, powerlifting, fitness groups, anything with the group or club or some sort of motivational circle is bad.

Why? Your goal is to impress your appearance, rather than radical self experimentation, which is the troop bloodline of the innovator?

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