



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

5 OF THE DUMBEST THINGS PEOPLE SAY IN THE GYM



Let's face it—we're all kinda stupid in our own ways but the gym is home (almost-kind-a-literally) to people that are a special type of stupid.

They look like idiots and talk like idiots...but they're not putting on a special show for you. They really are idiots.

And if you hang around them long enough and listen patiently...you're bound to hear some really stupid shit squirt out of their mouths.

Well, in this article, we're going to pay tribute to some of their smelliest mouth diarrhea.

So grab some popcorn, or a Skinny Gerbil Tea or whatever, and let's share some laughs at other people's expense...

01. "He might be bigger, leaner, and stronger than me but I bet I could outrun/out-sport/out-masturbate him..."

This type of sniveling is common among skinny fat Crossfitters and Paleo drones.

To be fair, I understand why so many guys and gals are frustrated with their lack of progress in the gym. I've walked many miles in those shoes and it sucks. There's just a staggering amount of bad advice out there on how to eat and train and far too many bullshit "gurus."

That's why I do my best to...

Keep things simple. Getting fit is like any activity in that it's an understanding and application of the fundamentals of diet and training that delivers the majority of the results.

Stick to the science. When I want to know more about some aspect of health or fitness, I always turn to the scientific literature first, and in my opinion, you should only listen to people that do the same.

Be as helpful as possible. When I hung my shingle in this space, I decided that I would do things differently. I would prioritize one-on-one help and spend a healthy chunk of my day answering questions via email, social media (had to kill Facebook messenger though—it's such a piece of shit), blog comments, and so forth.

"...and he's on steroids anyway."

Ah yes, the old "anyone that looks better than me is on steroids" fallback. Anywho, the ironic thing about steroids is while they can dramatically improve your physique, many drug users actually look like shit.

In fact, it's rare to find juicers that not only know how to run cycles properly but also know how to eat and train as well. Those are the guys that look good.

02. "Deadlifting is bad for your back. Here come do biceps curls instead."

When done properly, the deadlift is one of the most effective exercises you can do for keeping your back healthy and strong.

Yeah, it's harder than shit. That's the point.

In fact, if I could do only one exercise in my workouts it would be the deadlift. Nothing beats it for whole-body strength and muscle development.

Now, can you make the deadlift bad for your back, though? Absolutely.

The deadlift isn't inherently dangerous but it requires that you learn and respect proper form.

03. "If you do the same workouts every week, your body will adapt and stop responding."

The truth is this type of statement—and the "muscle confusion" blather that usually follows it—is partially correct.

If you go to the gym every week and do the exact same thing—the same exercises, weights, and reps—your body will eventually stop responding.

That's because the most important part of building muscle and strength is progressive overload. This refers to increasing the tension levels in the muscle fibers, and the most effective way to do this is to add weight to your lifts over time.

Quite simply, as a natural weightlifter, if you want to gain muscle as quickly as possible, you're going to have to get stronger.

And the key to getting stronger is increasing workout volume (total reps) and/or intensity (weight load) over time...not programming your workouts like a toddler on bath salts.

That is, you'll get a lot more out of your workouts if you just stay focused on getting really strong on a handful of lifts like the squat, deadlift, bench press, and overhead press and never touch another machine or Barbie-bell again.

04. "You're on creatine? WTF I thought you were natty..."

Creatine is a naturally occurring molecule comprised of two amino acids. Most steroids are testosterone-like drug synthesized by mad scientists in black market labs.

Ironically, out of all the workout supplements you could possibly buy, creatine is one of the best. It's the most well-researched molecule in all of sports nutrition—the subject of hundreds of scientific studies—and its benefits are clear:

- ✓ It helps you build muscle faster.
- ✓ It helps you get stronger faster.
- ✓ It improves anaerobic endurance.
- ✓ It improves muscle recovery.

And the best part is it does all these things naturally and safely.

When it comes to improving body composition and workout performance, creatine is basically all pros and no cons.

05. "I'm going high-rep to really feel the burn and shred up."

- ✓ You don't have muscle definition because you're fat. Or better yet, skinny fat.
- ✓ You're fat because you're lazy and you eat way too fucking much.
- ✓ Lifting weights can help you build muscle and burn energy, but it can't burn fat in certain areas of your body.

So...in summary...if you want more muscle definition you need to:

- ✓ Gain more muscle.
- ✓ Stop being fat.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

[Shop Supplements Here](#)

YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.