

**Authors, books, and Other resources:**

As far as this author knows, these people are nonpartisan and are NOT affiliated with political movements (save Gov. Schwarzenegger). I don't want any of them to feel misrepresented so I'm putting this disclaimer here. Their exercise programs are really good and worth checking out. As far as working out goes, I highly recommend looking at these books:

Basic, cover all grounds beginner book:

The New Rules of Lifting by Alwyn Cosgrove and Lou Schuler

A good go-to starter for bodybuilding: The New Encyclopedia of Modern Bodybuilding by Arnold Schwarzenegger

Powerlifting:

531 by Jim Wendler

Starting Strength by Mark Rippetoe

General athletic training:

Training for Warriors by Martin Rooney



## **Onward and Upward**

In the construction trades the unions have apprenticeships, so the next generation of workers can learn the skills required for the job from the older generation. We should look to create something similar in the antifascist movement, where we build intergenerational relationships. The older generation helps the young because it is for the future of our movement and have the energy we lose over time, as life heaps new burdens upon our shoulders. The young generation helps their elders because we laid the foundation and have knowledge to share.

I can't be everywhere. I can't make it to every demonstration, and whether through burnout or death, one day I won't be here. So here it is, I pass on what I know because I care about the younger radicals. I wish for them to be healthy, safe, and victorious. I will share with you all the information that I can so those who continue on after can build off of what we've learned. This is not just a lesson in strength training but also an exercise in teamwork and mutual aid.

## **A REAL PHYSICAL EDUCATION**

### **For the Antifascists**

This information is for the antifascists, the Anarchists, and the anti-authoritarian tendencies of Socialists and Communists in the radical Left. The antifascist movement has swelled up in recent years and street confrontations with Fascist and Nationalist groups have gotten tense. We've certainly won more than we've lost, but to be honest the losses on our side were hard to watch. There is a lot of new energy and young people present who are necessary for growth and the future of the movement. Many of the newer people are inexperienced or unprepared. Many of our victories in the streets happened because we had a core of old school anti-fascists who were more prepared for confrontations than the fascist and Nationalist groups.

Ideally, one would be best prepared if they both trained in some type of combat sport like Muay Thai, Brazilian jiu-jitsu, boxing, or wrestling in addition to strength training. If most people who look at this zine do neither, we have options. We still put our pants on one leg at a time, and a zine about Muay Thai or boxing would not help you out nearly as much as signing up for classes, as those are learned skills that need to be taught by a human coach. However, you can follow a basic strength training program.

We should not avoid the gyms, dojos, and community centers. Some people shy away from them because of a superficial subcultural bias or they assume that it's full of "bro culture" or fascists. If this were entirely true, this is letting our enemies gain ground and allowing them to take up our space. Anti-fascists need to be out and visible in the community and that's why there are tags like #everydayantifascist.

I speak as an old school antifascist who started preparing for conflict with fascists long ago. I began training when we protested white supremacists around the anti-globalization years and over the last 20 years I have been lifting. I have read many books and forums on weight training, attended seminars, watched many videos, and even have held a few personal trainer certifications. I've spent a lot of money on different books, gyms, and supplements. I spent the money on fitness industry fads so you don't have to. I put together information that will allow you to get the most out of your time and keep you from spending way too much money on your health. I want to share this information to get you to invest in your personal health and to be able to defend your community better.

Earlier groups with goals akin to ours like the Pink Panthers LGBT group took to lifting to defend their community from homophobic attacks in the early 90s. This was even attested to by John Joseph, singer of NYC hardcore band the Cro-Mags, who noted that the LGBT community fought off gay bashings from early skinhead crews in a variety of ways, one of which was that they started going to the gym and getting huge.

I'm glad people are willing to put themselves in the fight against Fascists and Nazis, but people should be a little more serious about preparing for these kinds of confrontations. It's not just for the movement which we all want to succeed, but it's for your own personal safety too. Even if you never intend to physically confront a Fascist. If all you intend on doing is showing up to marches to march around holding a sign, It would benefit you to be as prepared as possible should anything every happen. Take in this information and circulate it.

### **Things you can do to motivate yourself.**

- ♥ If you have a hard time motivating yourself to exercise, you're not alone. It's a common problem for many people so I've listed a few things to here are some things to do to reinforce learning a new behavior or routine:
- ♥ Find friends that want to work out with you. Confirmation from like-minded peers reinforces our decisions.
- ♥ Take a 10 minute walk. A sedentary day can make you feel mentally tired. Sometimes all it takes is to get the blood flowing to put you in a better mood.
- ♥ Follow Social media accounts about working out. You habitually look at your social media, sneak some reminders in there to remind yourself to get off social media and do something positive.
- ♥ Learn more: Read books and watch youtube videos on working out.
- ♥ Put on your workout clothes
- ♥ Remind yourself why you started. Post pictures around your room that motivate you
- ♥ Do other things that are good for you. Eat more vegetables, get to bed on time, take your vitamins, quit smoking. One good behavior reinforces another.
- ♥ Make a playlist of energetic songs that make you want to move around.  
Here's mine: Human Cannonball by the Butthole Surfers, Start Today by Gorilla Biscuits, Tonight by the Go-Gos, Search and Destroy by Iggy and the Stooges, Sonic Reducer by Dead Boys, I don't want to Hear It by Minor Threat, Rise Above by Black Flag, Banned in DC by Bad Brains, Wasted by the Circle Jerks, Bouffant Headbutt by Shampoo, and Gay Bar by Electric Six
- ♥ Most importantly, if you fall off the wagon, get back on. Don't punish yourself don't feel guilty, just get back into the routine again and keep doing it until it feels normal.



***A Poor Man's Sandbag Workout.*** This workout is an example of High intensity Interval training. It's primarily a cardio workout, but builds muscle as well.

Any kind of weights can be substituted in place of the sandbag: barbells, dumbbells, kettlebells, etc. If the weights are light for you, you can move faster and increase the reps to increase the cardio workout.

#### Workout 1

5-15 squats/ 5-15 presses/ 5-15 bent over rows

#### Workout 2

5-15 Deadlifts / 5-15 Pushups/ 5-15 pullups

1-2 minute break. 3-5 rounds, adjust weight, breaktime, and rounds to ability.

Do one set right after the next, set a timer for 1-2 minutes and repeat for 3-5 rounds (or adjust to your personal ability.) The weight of the sandbag will also affect how many rounds you can do. It should be challenging but not too hard. Increase the repetitions each week until you've found a comfortable challenge.

On your first week, do Workout 1, workout 2, then workout 1. On your second week, do workout 2, workout 1, then workout 2 again. Allow rest days in between workout days.

After 6 weeks of this take a week off and change the workout.

In addition, this isn't to ignore the efforts of noncombatants. Other battles we've won in the media, the courts, and in gaining community support haven't been just as important. But an anti-fascist counter protest that turns into a street battle with fascists can be a pivotal moment for many and our interests here are in saving lives. In street scenarios we want to come out victorious, but mainly we want to come out of these battles with as little injuries and arrests as possible.

If you're still not interested in getting stronger for those reasons listed above, here are some more that have nothing to do with political struggles (or maybe they do).

#### **Body Positive Exercise vs Misconceptions from the Fitness Industry**

For our entire time on this planet as human beings, we have been vastly more physically active than we are today in the a modern capitalist society. In prehistoric times we evolved to live a more physical lifestyle as hunter-gatherers. With the dawn of civilization and agriculture we still spent many hours of the week working farms, tending to herds, splitting firewood, and generally being more physically active. Even through ages of industrial development most of the population still participated in lots of manual labor. In the developed nations of the information age things are very different. When we start school at age 5, our spines are ruined by modern society making us sit in chairs for a large chunk of the day. We continue life in that position throughout our lives working at a desk, a computer, or driving a vehicle. Our bodies need physical activity just as much as we need healthy foods. We have evolved that way. When we don't exercise, we make ourselves vulnerable to physical illness, depression, injury, and a whole bunch of other related problems. All human beings must train for physical fitness regardless of ability, size, race, or gender.

Unfortunately, the fitness industry is a swamp of mixed messages, half-truths, advertising scams, and temporary fads. It's hard to know what the best information is at first even with a plethora of chain gyms, magazines, blogs, and vlogs catering to beginners. The purpose of this writing is to help the individual start training to increase their own personal abilities and level of function, and teach people body positivity. The purpose is not to reinforce the traditionally white, binary, and ableist set of beauty standards that have been fed to us through the fitness industry to make us all more insecure.

I have not included much language about “fat loss” because the primary concern here is to have a healthy, functioning body. If an individual feels they have a higher level of body fat than they are comfortable with, both workouts included in this zine can be used to decrease in bodyfat in an individual with an otherwise sedentary lifestyle. The activity of the exercises will burn calories, as will the resting period after when your metabolism is working harder to build muscle. In addition, folks with larger body mass may find running to be uncomfortable and painful. In this case, many prefer stationary workouts like the ones I have included.

### **The Sandbag**

The cheapest, most minimalist piece of universal gym equipment to produce is probably a sandbag. If there's something easier than that, please prove me wrong, your information would be a great asset.

Here is what you need to make a sandbag.

Sand. About 1-2 5 gallon buckets

zip lock sandwich bags.

Duct tape

Masking tape

canvas duffle bag

3ft (1 m) of rope

If you can't dig the sand up for any reason, sand can be purchased at most hardware, or building supply stores in 80lb bags next to the cement mix. It's usually about \$3 a bag. To make one of these you fill up sandwich bags with sand and weigh them out on a bathroom scale so they are about 5lbs each. Then wrap the baggie up with masking tape or duct tape. Put the little sand baggies into a canvas duffle bag, tie the end up with rope and duct tape around the end. Make it whatever weight you want, open it up and add more baggies of sand as you progress, or have many different bags to lift with.

## The Minimalist Power Lift Set up.

There are many anti-fascist gyms throughout Europe and Latin America. Obviously, the costs of putting together a gym or weight room will be lower if you work collectively with your friends and all chip in. If you set up your own weight room the most minimalist setup is to have a type of rack called a squat stand with a bar and weights. The squat stand holds the barbell at shoulder level so you can get under it for squats and shoulder presses. You can add a flat bench underneath it later on if you would like to add bench press to your routine. Have floor protection underneath it for your deadlifts or if later on you case you want to incorporate any other lifts that start off the ground. Exercise mats over plywood work well.

The only other thing I would add to that is a pull up bar or gymnastics rings somewhere if you can. With all these things you have many options with very little equipment and space. Weights can often be purchased second hand. I've heard of some people making a cheap lifting platform by putting tires on the ground and plywood on top of the tires. I've never done that, but apparently it makes a stable platform. For those of you with access to welders and structural steel, there are instructions on how to build a power rack in the back of the book *Starting Strength* by Mark Rippetoe. Kettlebells often need to be bought but are an excellent, minimalist equipment that can be stored easily and used for a large variety of different exercises.

Personally, I go to a gym that mostly caters to serious athletes, powerlifters, weightlifters, and bodybuilders (aka a “black iron gym”). I can learn more from talking to people and they have a lot of squat racks. It usually costs about \$35-\$60 per month. Box gyms like Crossfit and Training For Warriors generally run decent programs, but as with every chain it depends on the staff of that individual gym. If your local box gym is run by an award winning weightlifting coach or an accomplished athlete it's probably pretty good. Don't be fooled by a charming personal trainer with an award winning smile, always look at the resume and reviews. If you go to one of those big chain gyms with the \$10 per month deals, just make sure they allow you to do deadlifts. That's all marketing to appeal to people who want to join a gym but don't want to actually train hard and get in shape.

## *Reasons for physical fitness training*

- ♥ Lifting weights reverses osteoporosis and builds bone density.
- ♥ If you need surgery, your recovery from surgery will be better because your bones are more dense
- ♥ You will become harder to kill and able to defend yourself better against abusers, bullies, and hate groups.
- ♥ Lifting weights builds your resistance to damage and makes musculo-skeletal injuries less likely and less severe.
- ♥ Exercising is self-care. Everyone should practice more self-care.
- ♥ When we practice acts of self care we attract other positive, self-caring people into our lives.
- ♥ Self care and creating healthy habits leads to more healthy habits.
- ♥ If you are working class physical labor might be the best paying jobs available to you. Physical fitness can help you maintain a better job.
- ♥ Your lifespan increases. The setbacks of aging takes on your body will be lighter and less severe.
- ♥ By routinely doing things that are hard to do, you train your mind to build mental toughness.
- ♥ Repeating this pattern enforces the idea that hard work and consistency leads to progress.



- ♥ Gain confidence from seeing yourself progress
- ♥ Exercise gives you more energy
- ♥ Training and/or playing sports can be a great way to build solidarity with your comrades and to build connections with people in your local community.
- ♥ It's a great way to manage stress and take a break from other activities (ie work and activism)
- ♥ Regular exercise can help to manage and decrease the affects of specific mental health issues like ADHD/ADD and depression, and can decrease a reliance on medications (please consult a doctor before you do this)

### Body Types

There are 3 basic body types, although people often tend to be mixtures of more than one:

**Ectomorph:** Typically built lean and long, this body type has a difficulty building muscle.

**Mesomorph:** Muscular and well-built, with a high metabolism and responsive muscle cells. This body type builds muscle the most easily.

**Endomorph:** Big, high body fat, often pear-shaped, this body type has a high tendency to store body fat.

### ***Finding your 1 Rep Maximum (1RM)***

Your 1RM is the most weight you can lift on any given lift for a single repetition. For the purpose of this workout the only lifts you need to find a 1RM for are the squat, the deadlift, and the shoulder press. People also commonly use them for the bench press, the power clean, and the snatch as well, but they're not in this work out so don't worry about them for now.

You only need to check your 1RM once or twice a year so just get familiar with lifting for the first 6months and when you're ready to check your 1RM, make sure you use a spotter, or have the correct equipment to let you drop the weight if you need to. Don't lift on a surface that could get damaged like the finished hardwood floor in your living room. Set up exercise mats over plywood on a concrete floor.

Don't drop the weights on anything that will get destroyed in the impact. If it's a squat, drop them off your back and stand up straight, if it's a shoulder press, drop them forward and step back. This is also a good reason to use rubber weights if possible.

To find your 1RM:

Select your exercise and do

8 repetitions for the first set at an easy weight.

Increase weight do 6 reps,

increase weight 4 reps,

increase weight do 2 reps,

increase weight 1 rep

keep increasing the weight for 1 rep until you can't go any higher.

That's your 1RM

### ***Work sets***

Do one or two warmup sets with a lighter weight before you start each exercise at your work weight. For your work weight use a moderate but challenging weight and increase the weight at your comfort level each new time you lift. Over time, this will make you stronger and will push your 1 Rep Maximum higher. This concept is called

### **Progressive Overload**

### ***Cooldown***

10-15 minutes of light cardio and stretching

### **Weight selection and Weight Progression**

If you're doing sets to build strength do 3 sets of 3-5 repetitions of each exercise. Generally the weight is 60-85% of your 1rm for these sets

If your goal is to build muscle mass, do 4 sets of 6-10 repetitions at a lower weight than your strength building weight 50%-75% of your 1RM

If your goal is fat loss, do 3 sets of 12-15 repetitions. Of a lower weight, generally 40%-60% of your 1RM

The weight you choose will affect the amount of repetitions you do so work with what's comfortable.

The prescription of volume of sets and repetitions is a general rule of thumb. You can burn fat and build muscle doing the strength sets, but 3 sets of 5 is the best range to make you stronger. The same concept applies to doing the mass building and fat loss repetition ranges.

Adding weight to your body weight exercises like dips or push-ups is an option with things like weighted vests, but get comfortable with your body weight first. I realize this zine is short and limited, but don't be afraid to talk to people about modifying this workout if you need to.

### **Nutrition**

#### ***Eating for Lifters:***

When you start building muscle your metabolism starts working in overdrive. Your body will need more calories to build muscle and maintaining that muscle will cause you to burn more calories on a consistent basis. Muscle is made of protein so in order to build muscle mass you have to consume high amounts of protein. There are many different formulas for putting on muscle mass. Some say .75g to 1.5g of protein per pound of your target body weight is good. Some of the more hardcore diets say up to 2g of protein per lb of your target body weight for bulking. Plant protein or animal protein- it doesn't matter. However, vegetarians and vegans may have some extra homework to do and end up drinking more shakes.

In my first few years of lifting I put on the desired amount of muscle mass by staying in the 1-1.5g per lb range. My goal was 200lbs, I generally ate about 200-250g of protein per day and it worked. I'm naturally an ectomorph and putting on muscle mass is a greater challenge for me than for people with different body types. I don't always eat that much protein anymore only when I'm pushing for new goals in my training routine. I also use protein shakes to help meet the protein intake. If you're an endomorph and you want to drop some bodyweight, go closer to .75-1g. If you're an ectomorph go a little higher, but also pay attention to what's working.

When you eat like this it's advised to be aware of your digestive system's health. Eat fermented foods like kim chi, Greek yogurt, pickles, kombucha, and sauerkraut. The probiotics will help your digestion. Also green vegetables, apples, pears, and foods high in fiber.

### ***General Eating:***

There are constant fad diets surfacing with various ideologies and information that are poorly researched (ie paleo). Some of these can get rather cult-like. The big issues are that some people react differently to different foods like gluten or lactose. This should be evaluated on an individual basis.

Other than that, the best “diet” is just to eat clean. The more it looks like it did when it left the farm, the orchard, or the butcher shop, the better it is. As a general rule of thumb, stay away from processed foods and fast foods. A steak is better than ground beef, ground beef is better than sausage, sausage is better than a slim jim. For the vegans in the crowd, Oatmeal is better than wheat bread, wheat bread is better than white bread, white bread is better than a cracker. Highly processed foods and fast foods have little to no nutritional value and should be avoided as much as possible. Decide for yourself if you want to eat meat, wheat, or dairy, but always get enough protein, fruits, and vegetables. Pay attention to the carbs you consume. Make sure to get enough healthy fats like avocados and coconut oils.

There has been a huge anti-carb fad in popular diets recently. Unprocessed carbs are not bad in the correct amounts. They can provide you with the needed energy for exercise and an active lifestyle. Before you cut out all carbs just try to cut out processed sugars and junk foods. You'd be surprised. Besides, cutting out all or most carbs is a pretty extreme and difficult jump to make. Lean towards healthier complex carbohydrates like whole wheat breads and pastas, quinoa, brown and wild rices, barley, potatoes, corn, and legumes.

In conjunction with the advice given on protein intake, design your diet by counting the protein first, then add in your salads, fats, probiotics, and carbs as needed after you get your target protein. Most of all, pay attention to what works for you. If this advice doesn't work for you, ask around and search the internet for videos, forums, and places where you can ask qualified people for advice.

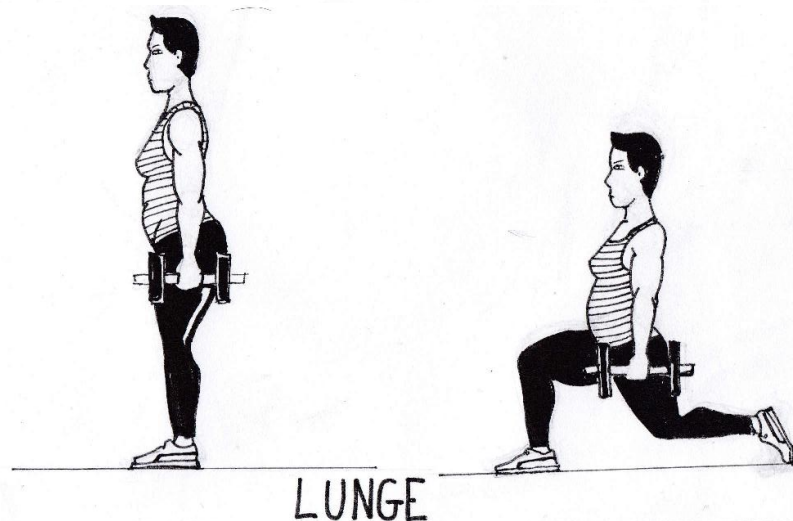
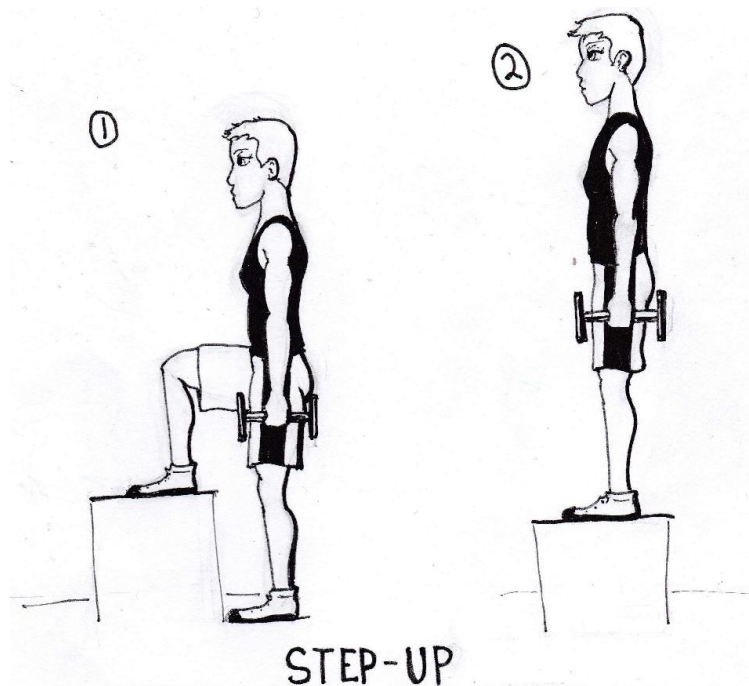
### **Warmup:**

A warmup should generally be about 10-20 minutes long of light exercises. You can vary different calisthenic exercises and stretches as you like. Make sure you get your whole body moving, but put an emphasis on warming up the part of the body you will be working out that day. Here is just a sample warmup:

100 count jump rope. 10 air squats/10 jumping jacks back to back for 3 sets. Alternate from jogging, backwards jogging, walking toe touches, high knee jogging, butt-kicker jogging, walking lunges forward and backward. Follow this sequence with a full body light stretch routine that accounts for each major joint starting at the neck, to your shoulders, wrists, hips, knees (quads and hamstrings), and ankles. Note: do not over-exert yourself during the warmup. The warmup is done to transition your body from a sedentary state into an active state. It's purpose is to make your actual workout less difficult and to decrease the likelihood of training injuries.

Before your work sets do a warmup set with significantly lighter weight than your working weight. On the big lifts like squats, shoulder press, and deadlifts do a few warmup sets to be more thorough.



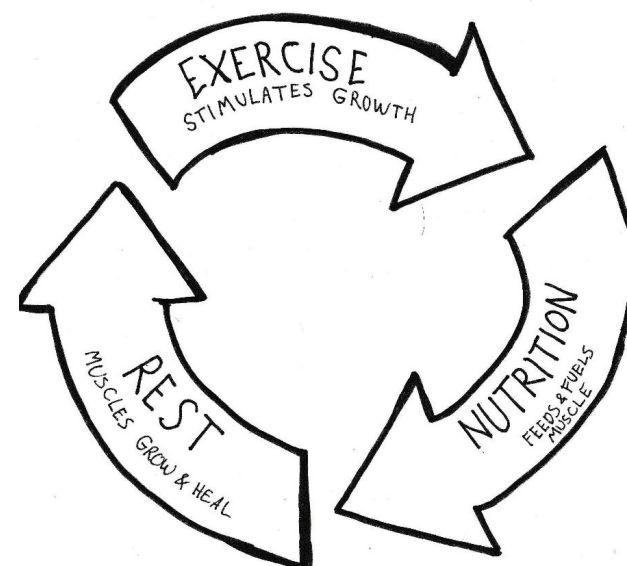


Some folks suggest that vegans/vegetarians wouldn't get enough protein for weightlifting, but that information is incorrect. There are many resources provided by and for vegan and vegetarian strength athletes online. A lot of them have video channels and social media accounts with a wealth of information. As long as you get the required amount of protein, and make sure they are proteins that are complete with all the amino acids. Some vegetarians may still choose to use eggs and dairy, but for complete proteins from animal free sources there are quinoa, buckwheat, rice and beans, seitan, hummus and pita, peanut butter sandwich, spirulina with grains or nuts, mycoprotein (quorn), sprouted grain breads (Ezekiel bread), soy.

### Rest Days and Recovery Methods:

Sleep. 8-10 hours of sleep per night is the best thing for recovery. Your muscles grow when you are sleeping, not when you are working out. Your body heals itself when it sleeps and when your body gets around the 8 hour mark of sleeping, it begins to produce chemicals and hormones that assist in recovery.

Take a rest day. Use them as often as you need them. You want to try to workout or practice at least 3 or 4 days per week. Space your rest days out every other day.



If your muscles are still sore and you want to speed up the recovery try the following methods. You should notice a reduction in muscle soreness/stiffness if you do any of these to recover on your off day.

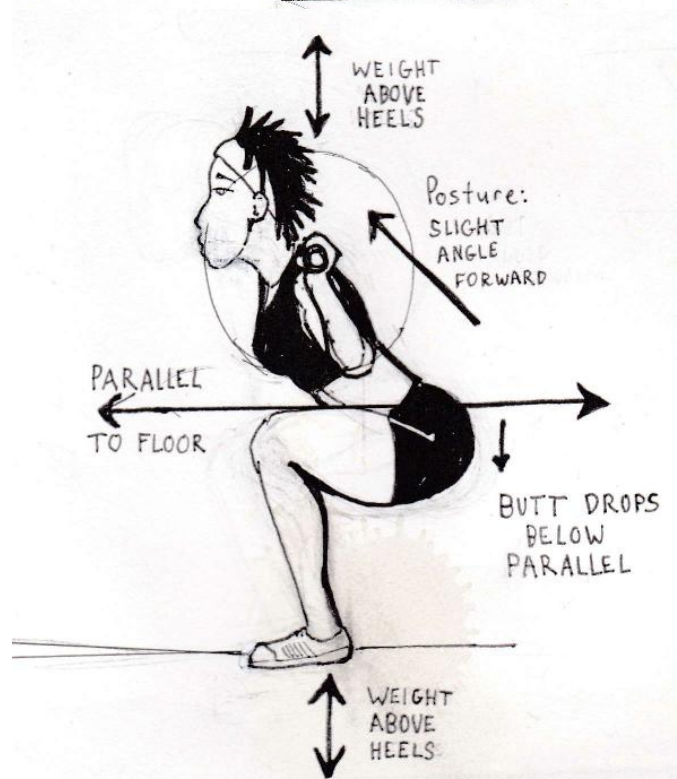
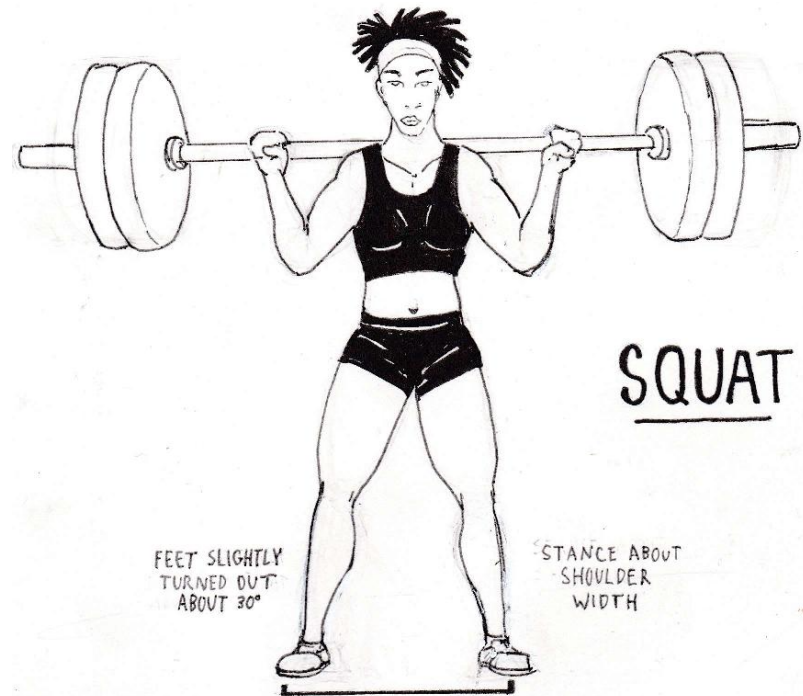
- ♥ yoga and stretching
- ♥ foam rollers
- ♥ hot sauna/bath to cold bath/shower
- ♥ ice baths- fill the tub with water, get in it, then add the ice and sit there for 5-10 min  
massages
- ♥ light cardio- jogging or jump rope for 10-15 min gets the blood flowing.

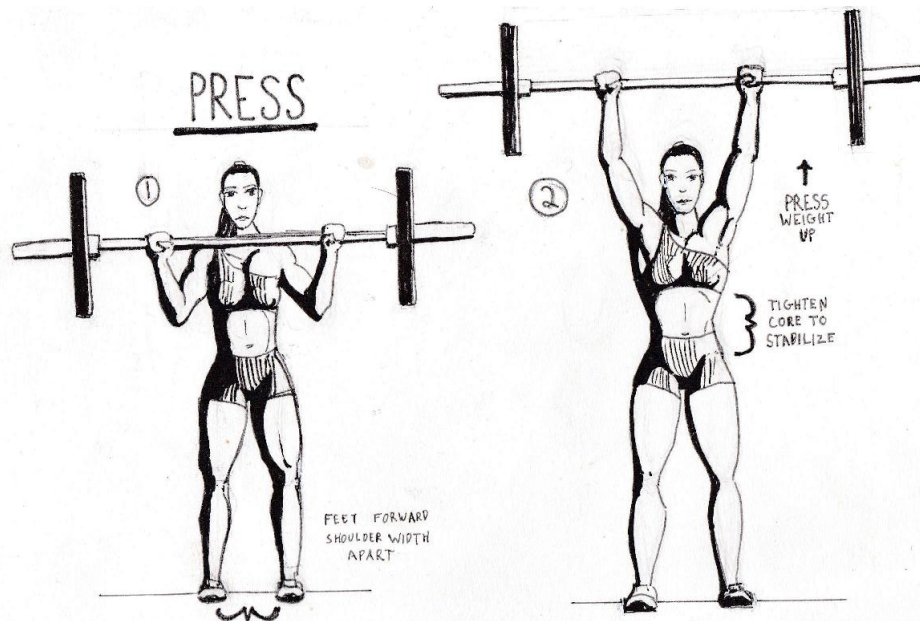
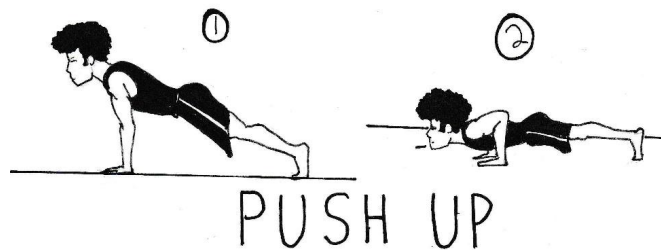
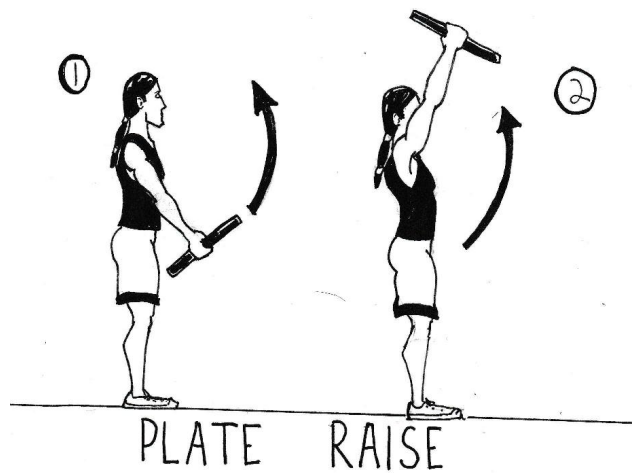
You can take fewer rest days depending on how intensely and how long you work out for. Obviously, the harder you work in one day the more rest you'll want in the following week.

High level athletes will sometimes train light and train every day because their sports depend more on developing a particular skill. They will also alternate light, medium, and heavy workout days.

When I first heard that Muay Thai fighters train for hours every day and fight every 2 weeks, I thought this sounded crazy. Now I realize they train extremely light and focus on technique and only go hard when they fight. Russian wrestlers also train in this fashion and their dominating performance in the Olympics speaks to their success.

In American sports, there is this mentality that you won't be the best unless you go as hard you can every practice, and practice every single day. This is impossible. If you train hard and heavy, you will need more rest days. This method leads to many training injuries and burnout. This is a hotly debated topic in sports, but after sustaining enough sports injuries and having a physical job that tires me out before I even start training, I'm beginning to like the way the other countries train.





So if you split your weightlifting with Martial arts training, consider going lower on the weight and number of repetitions. You could also minimize your weightlifting to just 3 lifts: Squat, Deadlift, and Shoulder Press, and do them as they fit in to give you enough rest time.

### ***Nutritional Supplements:***

Many supplements on the market are either way too expensive, or total bullshit (often both) here is an incomplete list of ones that do have positive results.

Omega 3- joint health, brain function, hormone production

Glucosamine, chondroitin, MSM- joint health

Protein powders- for increasing protein intake

Multivitamin- for all around health

### ***Workout Enhancing Supplements:***

Creatine and most Preworkouts- usually these are often used like caffeine and they boost your energy levels before a workout. Creatine is also found in the body and it does aid in muscle building. It has been around since the 90s and is safe to use.

L-glutamine- It's a sleep supplement. Take it before bed and you sleep better. Your recovery is better as a result.

### ***Steroids***

Drug culture can vary depending on the drug, but if you are exposed to mainstream media and have been educated in public schools you've probably only been exposed to the worst, most extreme, and sensationalistic stories concerning steroids. Steroids are used medically for many reasons. I'm not advocating for or against the use of steroids and Performance Enhancing Drugs (PEDs), but I believe people should have all the same information available to them that a doctor would give before prescribing them medically.



There are risks and benefits associated with everything, Steroids can have great results, but can also have terrible side affects. People who use them without doing the correct research first are more likely to experience the negative effects. Speak to athletes and professionals who have used them before. I would highly caution against steroid use if you are not going to review the many online forums, medical reports, and interviews on them. Ultimately, steroid use is your own decision and you will have to deal with the outcomes or lack thereof.

The best advice I received on the subject was from a youtube video by a world class strongman athlete. Make sure you are doing everything correctly before you even think about taking steroids. For example, if your diet consists of hot pockets, frozen pizzas, and dollar menu burgers, it's wise to clean up your diet before you use steroids. If you go to the gym only for arm or chest day, that needs to change. Do the work first, do everything the correct way before you turn to PEDs. Steroids are not a magic pill to make you bigger and stronger. Getting the basics down is crucial to building a solid foundation to your training with or without steroids.

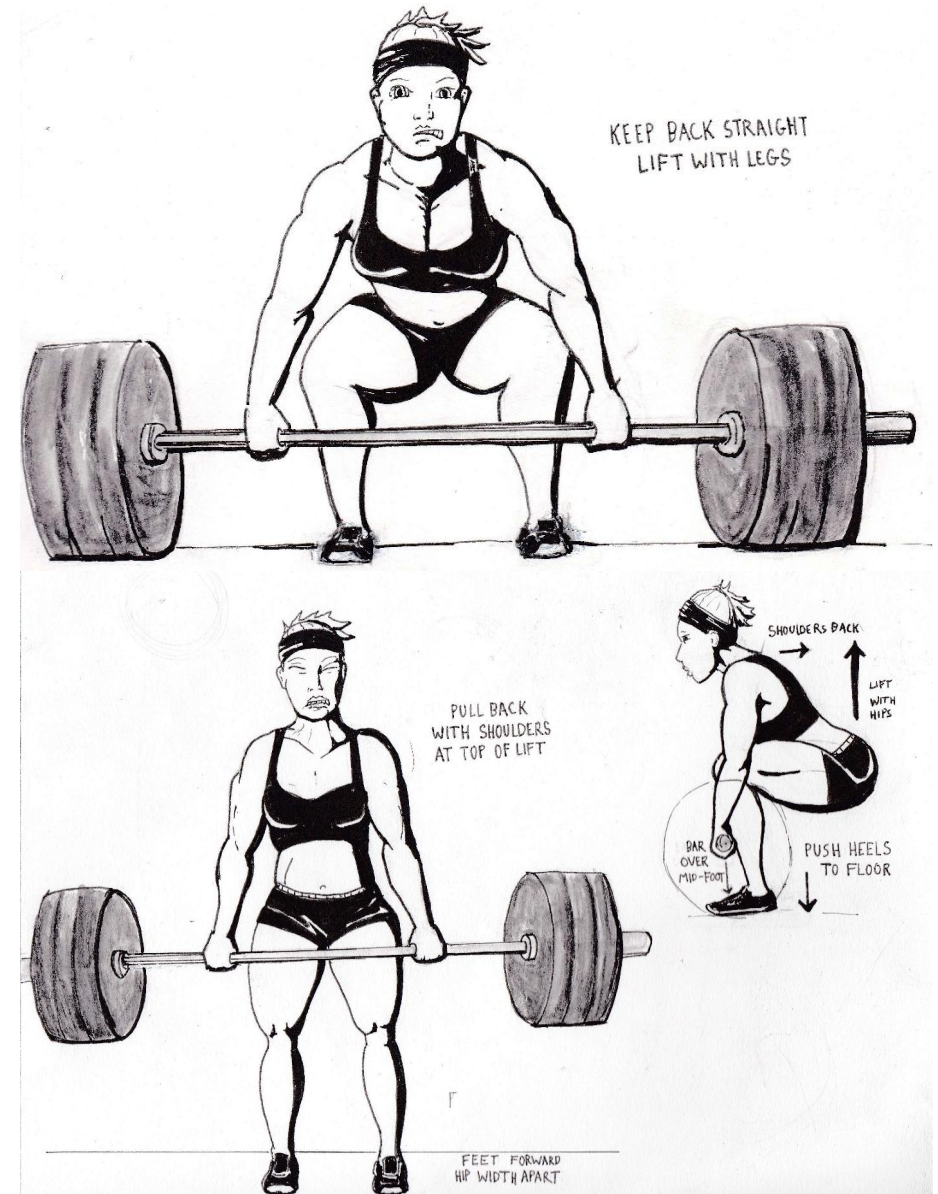
Here are some common reasons people use steroids:

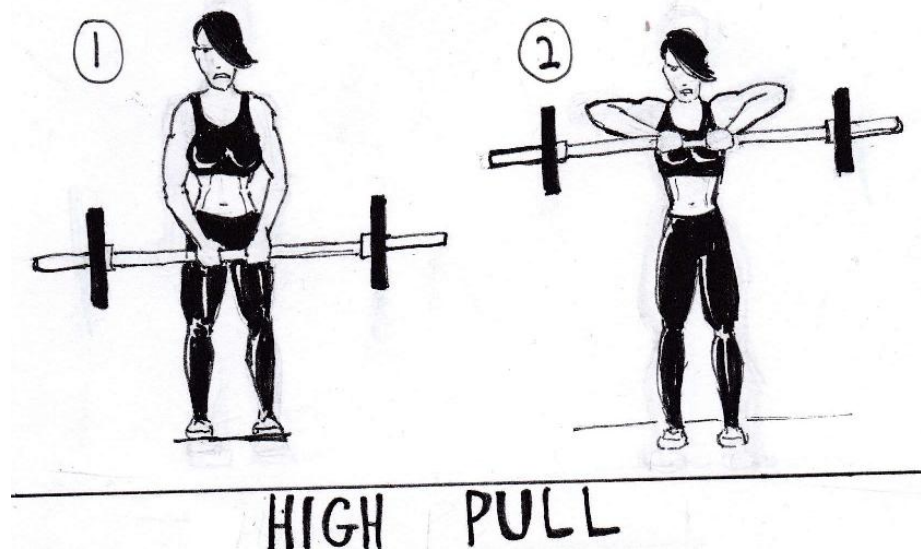
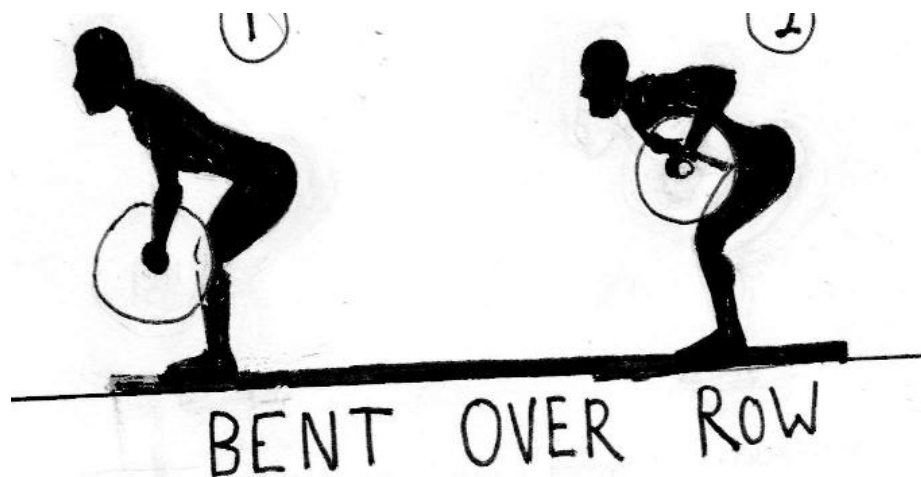
Testosterone is widely used for people with hormonal deficiencies and commonly to slow the aging process in cis-gender men.

People with HIV/AIDS are often given steroids to counteract the catabolic affects of some drugs used to treat HIV/AIDS. The AIDS drugs kill off the opportunistic viruses in the body and kill off many of the body's cells too. The steroids allow the regrowth of muscle cells.

Athletes have been known to use steroids are also used to speed recovery from musculo-skeletal injuries. Many athletes are at risk of losing a short lived, but high paying job when they suffer from an injury. The incentive to get back to training to make pro-athlete money is huge. Steroids help your damaged muscles grow back faster and keep you off the sidelines. I'm not sure to what length they are prescribed for this purpose, but they have been used by athletes who need to recover from injuries to return to sports.

## Deadlift





The most common steroids are Testosterone and Anavar. Testosterone is a hormone we produce in our bodies. Anavar was developed in a lab before steroids were made illegal in 1991 and was taken off the market. Anavar is known for having minimal side effects and for that reason is preferred by cis-gender women athletes. Testosterone is prescribed to people assigned female at birth who wish to go through a gender transition so it has less popularity among people who wish to stay female-bodied.

### A Basic Barbell Workout:

The fitness industry is full of fad workouts and gimmicks that change year by year. The new fads are usually just what some celebrity is doing at the time. It's really intimidating for new people to find the workout they need. Coaches and trainers give you all sorts of mixed information. Many of them don't even have an athletic background, they just paid for a certification course after lifting weights for 2 years. They're salesmen who want you to remain ignorant. "Just do what I'm telling you. You'll hurt yourself if you do what 'that other guy' is doing."

The fitness industry is one of the finest examples of capitalism at its worst. It's an industry that creates false hype around your insecurities of being overweight, too skinny, or just plain unattractive and unable to get laid. The fitness industry is desperately trying to support an over-saturated market with supplements, workouts, and equipment that don't work and that you don't need.

For the sake of efficiency, and for letting some air out of the tires of the fitness industry I'm going to tell you exactly what you need to know to get in shape. All results/goals- Lifting for hypertrophy (muscle mass), lifting for strength, and lifting for weight loss can be achieved through proper nutrition, adequate rest and these basic exercises.

The 80/20 Rule suggests that 20% of what you're actually doing will produce 80% of your results. So for this, we minimize all the gym equipment to focus on the biggest and best lifts that have the best overall results on the human body. The Squat, the Deadlift, the Overhead Press will be your main lifts to focus on. These lifts are considered “compound lifts” because they engage multiple muscles within large muscle groups by moving multiple joints; as opposed to doing something like dumbbell curls on a preacher bench, which would isolate your bicep.

Obviously, there are other exercises that work and have great results. Gradually, your workout will change over time as you learn more about exercising and your goals change over the years. There are also many variations of these exercises. I put together this workout because these exercises require minimal equipment, are easy to learn, and will give you the most results. It would be best for beginners to focus on these exercises amidst the milieu of misinformation and gimmicks in the fitness industry.

**Pull Day:**

Deadlift: 3 sets of 5 repetitions at your working weight up to 5 minute rest between sets if needed

Barbell row: 3 sets of 5 repetitions

High pull: 3 sets of 5 repetitions

**Push Day:**

Shoulder Press: 3 sets of 5 repetitions

Pushup: 3 sets of 5 repetitions

Plate raise: 3 sets of 5 repetitions

**Leg Day:**

Squat: 3 sets of 5 repetitions at your working weight up to 5 minute rest between sets if needed

Lunge: 3 sets of 5 repetitions each leg

Step up: 3 sets of 5 repetitions each leg