

## THE FITNESS SCAM

When I look back, the whole “Going to the Gym” culture and the supplement industry has to be the biggest scam of them all. The level of being lied to and getting fucked in the ass, the gaslighting, it’s embarrassing. Did you know, by the time you are reading this book now, I will probably have close to a six pack and all I would have done is go climbing hills up and down, playing “strawberry” gardener on an empty stomach, with half a pill of clenbuterol, or maybe some anavar, maybe just coffee on an empty stomach. It really is that easy. If you know to stop eating at 21:00 one night, and go hill climbing for an hour the next day, eating lunch at 13:00. Body just starts burning fat right off the bat, no carbs to shield the fat from being burned.

And with a little effort I could so easily make some shit supplement, let’s say Samokov Potato extract + bilberry, with a dash of synephrine. The Bulgarian Secret! Can be yours for only 25\$. Shed 30 pounds in 2 months just like me! The ingredients cost like 3\$ and by the end you are lying to yourself that maybe you lost “a little” weight and maybe you didn’t train hard enough. It was only “supposed to help you”. “There is no magic pill” right? And you won’t even come asking your money back. There are magic pills actually - Ephedrine, DNP, Clenbuterol. And they will visibly help you lose weight, however they are pretty dangerous and they can give you a heart attack. And they are all banned except clenbuterol because it’s asthma medicine.

The problem is they are banned not because of your well being, but because they are cheap and did the job. Most people taking a small dose with a healthy heart “shouldn’t” die, but when it comes to the heart, you are always playing roulette, but that never stopped you from drinking energy drinks and coffee, did it? Point is, magic pills exist and they are cheap. You don’t even need them in the end because if you follow my advice in this book and go hiking, you would be rocking a six pack in 3 months just from baby’s first fasting and climbing.

Ephedra is even a natural plant, like Coffee beans. The chances of getting a heart attack from ephedra tea are probably the same as drinking espresso. Now ephedrine is a strong synthetic extract, it got banned but you can’t even find ephedra leaves or seeds. Can you imagine the audacity not being able to buy some herb online? To have to order from black markets and feel like a cartel just because you want to drink a natural tea to give you a metabolism boost? Are we smuggling heroin here people? And the best part - It got replaced by synephrine, which does... nothing. I’ve bought a fat burner with synephrine, black pepper and other goodies, all the cool stuff, and it does...nothing.

Do you want me to tell you the truth... or do you want me to lie to you with a smile? Fasting for 14 hours a day works. Let’s say 2 months, 5 days a week. When it comes to SARMS in lab experiments, in my opinion, even S4 andarine doesn’t do much, except make you see yellow. Anavar I think is a great light steroid, but chances of finding real anavar and not some spiked poison that would give you zits instead, are low.

So, in closing about fat loss, if you ask me about the secret, to easily get rid of body fat, I would say get a hobby activity that you like to do, and that won't get boring after 2 months. You might not have desire now, but in time you might suddenly find one. Some people like running, others hike, other's walk with a weighted backpack, others visit the pullup bars at the local park, some just do manual labour - For me it's crawling in a ghillie suit in the mud, with pouring rain and ants crawling on me, really gets the metabolism going. When you are afraid because you heard some wolves howling and you have to strategically pull back 1 mile down to your car, watching your six with a gas pistol and a wooden spear, you make a six pack pretty fast.

When it comes to your diet, I'm not even going to put you on strict forbidden regimens. The magic really is use 14hr fasts temporarily. Maybe lower some carbs and eat more meat and fats. It really is that easy. If you become an off-road adventurer like me, you can eat all the chocolate you want frankly. Your body will naturally stay in shape as long as you do your activities. I used to make my own protein chocolate bars, to eat them as food instead of just eating chocolate. That's quite the trick. You mix chocolate with oats, protein, honey and peanut butter, maybe even normal butter instead. Now at least its a filling meal, and you would be sated from eating the oats, honey, fats, good stuff. Better than eating two chocolates. Coconut shavings really make it the best. Makes an amazing military spec survival food on the trail too. If you are low on belly fat, and you will be if you climb hills + fasting for 3 months, every week, you can now begin to eat your power bars instead of losing your last fat and dying. And don't worry about losing muscle hiking while hungry, your body eats a lot more fat than muscle.

Now, if you only lightly jog once a week, but you have the office job and you have a big belly, you might just resort to cheating, with a liposuction. This book is all about cheating the system after all, and getting what you want even when everyone tells you it's impossible. No point in playing the game on hard mode, waiting to lose 60lbs for 1 year, training like mad. Go get cut open and sucked, then start your activity. Nothing wrong with cheating. Don't let your brainwashed mind tell you it's "shameful" to get sucked for 2000 euro. The only reason I haven't gotten a lypo is because I don't have that much fat frankly. Once the general decided to open town again after the "corona virus" meme is over, I'd get in shape easy. I can't even afford to "Get bored" with my hobby and "not do it". If I don't scout a good bug out location and burry some supplies, and go exercise with my bow, the next time they lockdown the town exits and start breaking doors confiscating things, It's game over for me. It might sound funny to you. I didn't believe I would see the day I can't escape my town because of a military lockdown. But then Corona came. If a potato famine comes, and no one has any potatoes, and you by chance have a bags of potatoes in your basement, and the government learns... you can be sure they will find some reason to arrest you and take all your potatoes, for the good of the people of course. I mean why are you hoarding all these potatoes? Evil man. The only thing preventing them from busting your door is that they are not in need, yet.

Next subject - your "Heroes". Your fitness icons! Juiced, testosterone replacement therapy - TRT. Can you imagine being a 45y old boomer, just taking some test injections every week, without exercising at all, and looking fucking chiseled. All the cool guys are doing it, but once

you start, your body stops producing it's testosterone. You are hooked for life. The difference between bodybuilders and hollywood actors is of course, bodybuilders need to win competitions for the best body in the world, so they abuse everything and die at age 50. Hollywood actors have A LOT OF MONEY, they make millions from every movie. Bodybuilders barely get anything if they don't win a competition. Maybe a 500\$ magazine appearance photoshoot, sponsored by some supplement brand if they are LUCKY, and they can barely afford to live with that "sponsorship". So of course a lot of them resort to male prostitution. I know you think I'm joking and that I am a hater, I was just as shocked when i read the article. Do you know how expensive steroids are each month? Frankly I don't know who is gay, and I would feel bad if I knew, so let's hope its a lie. Point is bodybuilders have it so bad, while actors can afford all the latest steroids, trainers, diets, custom meals. They can eat the best meat every day. While you eat meatballs with 30% soy, like you don't deserve real meat. Better not eat that concentrated 100% meat bro, you might die, it's too strong. Frankly actors don't even need steroids. With some good genetics they might look amazing just from good food and exercise. Oh, and did you know a lot of actors do coke anyway so they can't even get fat? Sadly I can't recommend doing coke, it will turn you into a zombie in a year. Don't do coke, get a liposuction if you want to cheat so much.

Actors don't need to be in a hurry for competitions, so they can concentrate on long lasting life, feeling great at any age, and they still start taking weird stuff and doing operations just to stay young at age 70. And that's a good thing. Cheating is what I teach in this book. They are smart and know how to cheat, what to take, without harming their bodies. Because they have expensive professionalist doctors who you can't afford. The most famous stuff is HGH - Human growth hormone. Very expensive, probably 1000\$ a month. If you find something cheaper it will probably kill you because it's fake. While would the nice guy sell you something that costs 1000\$ for 500\$? Because he stole it? Maybe because he likes you. You are supposed to cheat others, you aren't supposed to be the dumbbo.

What you didn't know is face creams with baby penis fore-skin. A revolutionary way to make money from circumcision and now your son can no longer feel his penis during sex. You think i'm joking aren't you? Imagine what they are not telling you. Even a romanian countess used to bathe in blood from younger women in the old days. Cleopatra used to bathe in milk and honey.

But let's get back on the topic of actors and fitness heroes. Me, personally I like Mike O'Hearn. His secret? 700\$ duck eggs that he sells to YOU. Now you can take Anavar for let's say 150\$ and suddenly not get tired, but get a weird rush instead, like you suddenly got in a mood magically to lift like crazy. A lot of "experts" will tell you Anavar can't give you a desire to lift out of nowhere magically, that you have to have the dedication and will on your own. These experts and selling you L-carnitine, Mike O'Tren is selling you duck eggs for 700\$. Rich Piana is selling you yam powder and pre-workouts, even though he said he will never sell supplements but only real food, Jeff Cavalier is selling you god knows what memes on youtube, meanwhile you are getting fucked in the ass from 10 sides, and you still don't have the physique!

The excuse is always "You are not eating right, it's all about the diet!". Then it's "You are not exercising, you should be working out more!". We had an office front-desk girl at work before, who was really into nutrition and exercise. She was the only one that could make her own KETO brownies, other than me making my protein chocolate bars. They lied to me. They said "Kiril, she knows about SARMS and steroids, go ask her". I go to her, I say "Do you really know about SARMS"? And she hits me with the "YEA DON'T DO THEM!" and the hard work and dedication. She was really great. But I didn't had her unending willpower. I wanted to eat chocolate and still have six pack abs. I was a natural cheater, and she was the authority, but she was open to my new ideas and tricks. She also was doing fasting. So she wasn't only repeating the brainwashing the scammers tell you. She had some tricks on her sleeve like special cupcakes, fasting and weird supplements.

Just like your bodybuilding heroes and youtube personalities tell you, cheaters are awful people. People who take steroids, often go insane. I'm a cheater. I have tried legal stuff like clenbuterol and look what become of me - A government assassin. Expert knowledge in camouflage and survival. Journeyman in kukri throwing.

But there exist scarier monsters than me. And they can sell you their protein with 20% soy lecithin and give you bitch tits. Did I forget to mention soy lecithin is a waste product, genetically modified and can even be toxic? What do you mean it should be thrown away instead of used to increase profit margins? By that I mean if I fill your meatballs with 20% soy lecithin, I just made 20% more money and you just ate stuff pigs don't want to eat. What do you mean they use slightly toxic chemicals in the extraction of this lecithin? What do you mean GMO soy can give pigs cancer? All I know is I want to be like Phil Heath, like Jay Cutler, Arnold and these cute guys looked at the ingredients of their protein powders and said "Nothing wrong with a little emulsifier I guess" and the guy from the lab convinced them. "No, we can't use sunflower lecithin. Soy is cheaper anyway. You need an emulsifier!".

Let's talk about the bodybuilding hero everyone loves - Rich Piana. At first he was doing commercials and some TV show appearances. Then he started working for MUTANT nutrition and shilling their supplements. He would regularly tell you in the videos to take 5 scoops instead of 2 to be the coolest guy, which means your teenage body can't even absorb that much protein at once and you will just get diarrhea and poop it out. And since you finished the box faster, you will buy MORE protein. The epitome of American decadence - waste stuff and buy more instead of using the resources to their maximum potential. It has happened to me as well. I would eat a little too much beef protein and have stomach problems. Lots of kids are actually shitting their pants trying to squat big weights while eating too much protein that gives them diarrhea. Abusing protein powder, especially beef protein, will start to permanently keep your loins relaxed. And MUTANT nutrition won't be there to pay the doctors to fix your stomach bacteria, don't get me started on too much protein powder possibly damaging the liver. People don't listen to their bodies. When I was trying to take egg protein I quickly started to get pain around my kidney area. I knew that my body just didn't like taking a lot of egg protein every day.

Rich quit MUTANT nutrition and found his own brand of supplements and clothing. He exposed the whole supplement industry as a scam, how powders are useless, how everybody is doing roids and you will never be like them. That won him the respect of all the millennial kids. He really was the first guy to openly make videos about steroids and be "the truth teller". I started eating 4 doners without fries every day, trying to go for the 6 meals a day thing, I took some supplements myself and surprisingly I was in the best damn shape of my life.

Then my guy releases his first product, powdered yams - "Real food!" He said. It was different from the protein powders because this was real powdered food more convenient for eating instead of washing, cutting and baking yams all the time. Well, he was right about that. Can't put him in hell, yet. He had found a niche audience. He was pretty cool.

Then he starts dating an icelandic gold digger and she starts wanting to party and do drugs all the time, burning his money. She steals money from him and it's revealed she was only with him for the green card, and would have probably divorced him when it was convenient for her, taking millions from him plus a house and a car or two. Meanwhile Rich is releasing his own BCAA powder, pre-workout powder and sleeping aid powder. Pretty much doing a 180 on all he stood for and selling the exact garbage he was speaking against, lying through his teeth. Now we can send him to hell. Now it is revealed he never cared about the fans, but it was a big marketing strategy from the start, to lure everyone and make a brand that's better than the others. Had he any decency he would have stuck to selling powdered yams, t-shirts and owning his real estate.

But can you blame the man? All he did was lie in your face, seeing you as a pay pig, just so he can exchange his mansion with a pool, for a way bigger mansion with a pool, and buy another bentley and maserati, that all sit with their tires deflated, because he wanted to put 22 inch rims on all of them. He betrayed his morals and brand for the "I want more and more!" meme, and all he got was more problems, and a gold digger that was waiting to assassinate him. In the end he died from the steroids. Later it was found that he had oil injected into his muscles to make them larger in places, held by collagen. He pretty much had implants just how girls get big boobs. He openly talked on videos how injecting synthol always dissolves in time and "he would have to inject synthol every week to keep them big, if he was doing it!" so his arms were just big naturally from the steroids. But he actually had synthol held in place with collagen, by professionals. Think about it. The guy talked about steroids, yet still had implants and lied about them to your face. What a shame.

At this point I would like to give a shoutout to Maik Wiedenbach, the so called "German Body Professor" who owns a gym in New York and makes informative videos. He actually is very honest and has said many secretive things that others won't tell you. He is the one that openly talked about DNP shredding fat but being dangerous. He also regularly replies to comments, mine to. You would rarely find someone telling you honest stuff and what's bullshit nowadays.

Scooby1961 is a boomer youtuber with a great body for his age, that makes videos telling young men how to workout at home, how to eat healthy, and exposes various scams. His only

sins? Probably taking steroids / TRT and it turns out he was gay. But as long as he's not a pedophile can't say a bad thing about this boomer. Think about it. He took roids and test to tell young people how to stay in shape, live healthy, eat their beans. Scooby1961 is the highschool teacher you had that you still give a call to wish him well during holidays.

Elliott Hulse is another honest man that I've enjoyed listening to. He owns a strength gym and focuses on more natural workouts, like lifting stones and carrying buckets. The supplement companies kept sending him powders to shill, trying to get him to smile and he got so mad on camera he cut himself by accident. The only time he shilled something was when some company gave him a free power rack to install in his gym, as a marketing trick, and because he is interested in strength training, it wasn't a big sin him making a video about it. He has made all kinds of videos on breathing techniques, fasting and stress releasing exercises. An open mind thirsting to try new things and go into the "weird" has always been the mark of the high IQ. A closed mind that only lives to prove others wrong and make fun of them, and have the last word, that's the NPC mind. 50% of people around are such, empty husks without a soul, quite dangerous and to be avoided.

We have to mention of course Jeff Cavaliere / Athlean-X. He's ready to sell you all kinds of programs, books and supplements. He is really knowledgeable when it comes to anatomy, how bones and muscles function and proper form of doing the exercises. He can really help athletes and actors with some pro level tips. Think of him as a master doctor. If you have injured your biceps, he can tell you probably how to exercise it somehow without damaging it, but this is where he ends.

You who are reading this book, and me don't need and can't afford to spend 80\$ on his programs. Mostly because there is a reason I am telling you to find an active hobby you enjoy. We get bored just working out at home, even if we are listening to some video. I would much rather go take a walk in the park and wax my car, then to walk on a treadmill at home. Second, you just need two dumbbells at home, and maybe a rubber band at home to exercise, if you chose to go that route. Maybe you are one of those people who never gets bored, and can exercise at home every week for many years. For those of us who get bored, there's always hiking mountains and bringing a dumbbell by the river with your car to chill. Or pullup bars in parks. But you definitely don't need to pay 80\$ for some program telling you what to do all the time. Your life is full of change and mood swings, so you are much better off just making your own program that changes with time. There's tons of free programs and advice online. And chances are you will get bored and quit if you have to follow a specific set. You are much better off working out how you want, because it won't make you quit.

I'm sorry but you are not a professional athlete or a movie star sweetie! We can't afford to give Jeff 80\$ in these dark times of corona virus, people losing their jobs and closed parks. When you can't feed your family tomorrow because you spent your money on Athlean-X and iTunes, Jeff isn't going to come give your kid some food. Your boss isn't going to not fire you because you are a cool guy who stays in shape with Jeff's programs. At the first sign of you not being

profitable for your company anymore, or maybe the company decides to move their factory in Mexico, you will be fired. No one cares if you worked for the company 5-10 years and drove in the snow to work. I think some of you are learning this the hard way now, and this is WHY you are reading this book. So you never get fucked like that again. Let me repeat again, unless you are a professional athlete or a movie star, you don't buy programs and stupid shit like that. Money burners like you get their hands chopped in time by karma. You need to learn to respect the purchasing power and opportunity your money gives you. Tomorrow your government will lockdown your city and parks again, and this time they might start breaking doors, confiscating food and wanting to vaccinate you. You need a capable lifted vehicle or a dirt bike, and an out of town location to fall back to, not Jeff Cavalier's program. It might sound funny, but tomorrow you might be blamed for a crime, even just for defending yourself against a criminal and you may need to hide and survive just from having bad luck.

We're not finished with making you realize this, I'm afraid. When dark times are coming we need to conserve our money and spend them wisely. Maybe you don't realize that we are living in the end times yet. New plagues, governments trying to vaccinate and chip you, jobs disappearing, banks waiting to screw you, criminals. The times where you were throwing your money on Netflix, Spotify, iPhones and BMW's are over. If you continue wasting your resources a giant wall of death will form in your future. Oh, and one more thing. Jeff Vacaliere is either a genetic freak that stays lean and ripped all year round, or he is on TRT. He makes well enough money from training athletes and rich kids buying his programs. But it's never enough for him. He wants more and more money. He wants to sell supplements. He wants to sell t-shirts. It's the American way.

And how can we forget everybody's favourite "Lity" star - the Rock - Dwayne Johnson. Using the corona virus to market his new tequila, taking a picture wearing a t-shirt with his brand name, holding a bottle - "Shoutout to all the nurses out there". Imagine if I took a photo of myself holding my book saying on linkedin "Hey, I know WW3 just started and New York got leveled by a nuke, but shoutout to all our great soldiers out there, handling the situation, stay red pill!" and wearing a T-shirt I'm trying to sell you, with the hashtag "New T-shirt out now!". I guess it's ok if the Rock does it.

Otherwise, youtube is filled with young roided kids trying to sell you some program, merch or their services. And they always play the "hard work and dedication" card. It's even worse for the women, ah my dear WOMEN READERS! Every TV ad, every magazine or webpage is filled with cunts trying to sell you a weight loss product or some face cream. And you have to be a pretty...pretty...really dumb to buy it. Why would some singer lady try to sell you things other than to make money? This really has to stop sweetie. Buying scam products some whore shilled is a one way ticket to you being stuck married to some idiot who beats you and insults you for the next 40 years. An actual man of value, programmer, designer, QA, whos hobbies include buying an actual house in the woods and providing for you and your child, and being loyal and rubbing your feet, and never calling you "dumb duck", your chances for landing a man like that are 0% the moment he sees you burning money on scams like that. He would NEVER EVER

date you. You kill your future and you are destined to date some alcoholic that shouts at you. And I am dead serious about this. You fail to understand how important it is choosing a man for your future and life. Look at all the older women around you who look aged even though they are 35. Ask them how their husband treats them. They get yelled and abused. Or in some cases they yell and abuse some poor man that can't satisfy them. This is you after just one mistake.

And don't think about divorcing and catching a great guy. Men don't want a woman that has slept with other men, let alone an old woman with demands and a child that will never like him. And whatever happens her child will always come first and the second dad would never be a true part of the family, just a provider. If you find a second man that is great, you must be the luckiest woman in the world. Think about burning money and falling for scams. It might make the great men (who were judging you for wife material) disappear.

Bonus Q&A: "Should I let my man take a full night hike and camping with another woman" or "Should I let my man go exercise with some other woman". Your answer should be a whisper in his ear "Yea, sure, if you want me to cut your balls off while you sleep and inject you with antifreeze. Still wanna go fuck your little whore champ?" Frankly if you are in such a situation you should have left him before he wastes the best years of your life. If you actually defend him you should close this book because it's not for you, destined to a life of being a victim.

Now, for the actual heart of this chapter. The question of questions. The biggest money burning fire of your life - Going to the gym. Especially for women, this is a god damned joke. Let's talk about women first. Demerit 1) Going to a place where guys look at you, are you looking to find your husband in the gym sweetie? Oh, you already are in a relationship? Well It's only fair If I start going hiking with the girl from work for overnight stays then? Can I wear yoga pants too? Demerit 2) Actually burning money EVERY MONTH to lift 2 cute dumbbells and run on the treadmill for half an hour. Are you going to use the bench, smith machine and squat rack every time? Are you a powerlifting girl? What are you doing wasting your time and money in a gym? Demerit 3) Paying 3\$ for "protein shakes", "water" and coffee. These protein shakes full of soy are only good for growing your breasts and giving you mood swings from disbalanced hormones. It's incredibly hard to find a quality protein powder that's not spiked with toxic soy that will give you zits. You are better off eating some cream cheese and meat. And paying for bottled water, that's disgusting. If I have a choice which woman to stalk and kidnap for a ritual, I would choose the bottled water buyer.

I get it, you are young, you talk with your girlfriends while having coffee in the gym. You stay in shape and get the attention of cool boys. The gym is just like a bar or a nightclub. We guys also go chat in bars and try to get women in nightclubs. And in the end the club makes money and we get... nothing. As long as the modern world has existed, people have always tried to build places where people can go spend their money, even though they don't need to. From the bank, to the tavern, the tennis court, Casino's poker tables, paid soccer stadiums, ski fields. Everyone is waiting for you to trap you in a place like a cow, where they can milk you out of your money.



I am building here women who will be smart, dangerous femme-fatales, who steal diamonds at night, and can seduce and kill any man. The type of woman that can stab and rob a thug who thought he would rob her. The type of woman who can get whatever she wants, and I do mean whatever, even if it includes sneaking and sabotage and the black arts. So, in short the gym gives you nothing, other than a social place to waste time and money. As a woman especially, you don't need specific machines and heavy weight to stay in shape. You are WAY better off hiking or finding other activities. With the exception that it tends to be dangerous for a woman to even run in a park let alone hike alone in nature. You will need some thinking on where it's safe to exercise, a weapon and a prepared mind to kill or be raped. What hobbies you pick to be active, really depends on you, but as a reader of my book, I want you to be safe and able to defend yourself, at any situation.

Just because you are a woman, it doesn't mean you shouldn't save and use YOUR MONEY wisely. Like I said, going camping or some extreme sport is way more fun than a stupid gym. And you should learn to get the maximum amount of fun and pleasure from YOUR MONEY. It exists for that after all. And taking care of your child, buying a house and other things depend on you just as much it depends on your husband. If you only let your husband save money, while you burn money, you will not be able to afford a better house, or renovations. That means you can get stuck living your life in a shithole apartment because that's all your man could do, instead of the dream house out of town. Having problems with loud neighbors and drilling is the last thing you want, especially if you are stuck renting some shithole where you can't even change the wall color. Be smart with your money. You need them just as much as my male readers!

As for the males, let me tell you my story. I used to go to gyms just like you do. When I was 10th grade, when I was 12th grade, when I was 22, 27, 29. Seems every 2-3 years I would get the desire as I would get out of shape to go 3-4 days per week, really serious for about 6 months. Then I would finally get just too bored, or get a job. The last time I was going only on Sunday before lunch, pretty much because a workout costs 5 leva nowadays, and because going to work during the week gets me tired and I have THINGS to do. When I was little the gym costed 2-3 leva (1.5-2\$). A monthly card used to be 16\$ and now it's 30\$. And in the west it's way more expensive! Think about 70\$ per month and close to 400-600\$ per year. And in most of these scamming gyms you pay up front for the 6-12 months and no one cares if you quit on the 3rd month.

I know a lot of people are going to say that you shouldn't quit, and that you can go regularly even with a full time job, after or before work. This isn't realistic for most of us. The time and energy (and the money) you spend on this, are directly taken from taking care of your family, doing chores, investing, repairing and other things. For most of us one job is enough to deplete our energy and we return home ordering food, not even wanting to do the dishes and falling asleep at 10. Now imagine if you had to deal with something stressful on top of that depleting you further. Imagine if you had to drive the children to school, and then take care of taxes during lunch break. Good luck.

But the funny thing is by now you feel too lazy to go to the gym, but you probably have another activity you WANT to do on Saturdays. For me, I discovered mountain hiking. Other people love to go ski for example or play soccer. They don't seem to get bored because they are actually HAVING FUN, unlike doing repetitive movements lifting heavy things. Even in the gym there are fun exercises you love doing, and annoying exercises that make you want to go home. It's a lot more fun for me to try to lift a giant stone ball than it is regular dumbbells. It's a lot more fun climbing a hill and then sliding back down the snow carrying a backpack and a spear. And even if you get bored of this hill you can always travel to a new place and discover a whole new world. You can't do that with squats. You have to squat 3x10 reps with heavy weight and that's it. Climbing and sliding on hills on the other hand trains ALL muscles on your legs, including some weird muscles between your legs that help you stabilize and not slide around. It's also a lot more endurance and calories burned, gets you close to going toe to toe with a soldier and makes a survival out of ya. And frankly with a heavy backpack and carrying a shovel, food, water and a knife, it might not be squatting with 150kg but carrying around 10-20kg for 1-2 hours up and down a hill I would say is just as muscle stimulating.

The gym gets boring. You go, you spend money on memberships and supplements, you get slightly in shape and then you give it a break and get a little out of shape again. Without an actual hobby that you love to keep you in the shape of a hunter predator, you naturally revert back to a programmer who gets a little buff and loses his belly fat every year. Blessed are those who like playing soccer with their friends every week as a hobby. A friend at work got in great shape doing that. Your boring gym though, will cost you around ~ 200\$ every year or two you decide to go for a couple of months. Let's add some protein powder, BCAA's, L-carnitine and pre-workout you would want to buy to feel cool - that's another 80\$ you let yourself burn per year. Add another 40\$ for coffees, water bottles and protein shakes you order at the gym, that's per year again. Add another 20\$ for some cool t-shirt or accessory you decided to buy per year.

That all accounts to an average of 340\$ per every year you decide to "hit the gym seriously" again. Do that meme for 10 years and you are out 3400\$, or 2500\$ if you do it every 2 years or so. That's 4500lv in my home country. A little more than 2 hefty designer salaries. And around 5 salaries for most people who don't work a good job. From one viewpoint it's not that much money, but if you realize you can work out the same amount of time by the river and around the trees, with a dumbbell or two and have more fun and tranquility, all for free, that starts to sound like a giant waste of money. How would you feel if you are lifting a dumbbell by your car at some quiet park and I come and tell you "Hey, give me 2500\$ and you can workout instead in an enclosed room, full of other people getting in your way, you have to mind them and put your weights down, and you can't throw the weights, but I've got some more machines though! Also we blast shitty music and you have to wear headphones". You would tell me to go fuck my self, won't you?

Face it kid, your family is going to be a lot happier if you take them out of town than a stinky gym. Bonus if you have your own house and you can work on the garden. Imagine how many

thousands of dollars you will save on labour and craftsman who would try to scam you, and maybe even assault you or tell thieves about where you live and that sweet wife of yours. And this was just my first point of convincing you to ditch the gym, read on.

Girls are actually quite annoying at the gym. Given that most of us are already in a relationship, I gain nothing by having girls in yoga pants stretching their ass around trying to get attention, like it's some resource. I know a lot of men would call me a faggot for not wanting to enjoy hot women and stare at them all the time, stopping what they are doing. Well, faggot, I've seen enough asses in my life, i'm not a thirsty beta orbiter anymore. I chose to be with one woman and she chose to be with me. To look at some stupid bimbo while your wife is there to support you in your darkest times, it's just insulting to her and to your honor. With that attitude you are going to stick with some woman who cheats on you. Also I went to the gym to have a relaxing morning workout and listen to some podcasts, not be judged by women and having to try not to look at them. Did you know what a tibetan would do when faced with temptation? He would remove himself because there is no point to stay and suffer. We naturally want to look at pretty things, but it's just not fair. Most women nowadays want to have a boyfriend, and a potential string of 5-10 orbiters they can jump shit to, and they still want attention from all men around them, trying to compete with other women. That's just nasty. I don't want to play that. We live in the age of instagram, tiktok and onlyfans. Women resorted to getting butt implants and showing their asses for views. I've had quite enough of modern society, thank you. Plus, in the west you can even cause a scene or get sued if the girl decides "this creep is looking at me".

Girls also tend to occupy all the space in the small gym I was visiting before I got fed up with it, exactly for that reason. All I wanted was to drink a coffee listening to some bitcoin podcasts, do the bench-press, do some dumbbells, use the pull machine for the back, do some light deadlifts and run a little. Because the gym was small, if there is even one woman, she would use the ropes and try to stretch them with her leg somehow, even blocking all the dumbbells, then she would go occupy two other machines in a row, it was crazy. And I'm really not some asshole that's going to make a problem. Of course I can wait 5 minutes and politely fit in. But just the overall picture it was beginning to be laughable. I had paid 5 leva just to use the bench (because I have dumbbells at home) and do some other exercises, and with just one girl going from machine to machine and stretching things the whole gym was blocked. Don't even get me started on girls trying to use the smith machine to push the bar with her leg and stretch her ass. I love weird exercises! I'm not gonna bash on someone for trying new things, but this smith machine was the only bench in the little gym, where I can do bench-press. Forget it.

Even in the bigger gyms men themselves usually occupy half the things, and it's an annoying environment. You are always waiting for someone, someone is waiting for you, things get moved. It's not chill. Kids sometimes swing weights way to close to you, or pass right next to you while you are struggling to lift two 35kg dumbbells.

Next reason to ditch the gym is annoying rules. The usual "Put your weights back" is common courtesy. I can understand that, and generally it's a bad thing to just leave laying around at

different places for others to fix. I did put my weights back, but you know what? If you are at home or carry the dumbbell in your car you can put it where you want. It's the added freedom of being a big boy that can choose not to fix his sheets in the morning or go with torn t-shirts at work, like I used to do. I didn't get fired for wearing t-shirts with bite holes, I got fired because word got out I was a hitman that was carrying clean up work for the CIA, under the guise of a humble graphic designer. When it comes to putting your weights back, it's not that it's a hassle to do it. It's the thought that some instructor or woman is looking at you judging you if you leave them on the ground for 2 minutes while you rest. Enough stress.

Let me show you some annoying rules that would make you boil. An old gym I used to go to would not allow water bottles bought outside. They wanted you to buy 1\$ waters from them. When someone brought even water from home in a mineral water bottle from a brand not sold here, the girl at the reception would actually go hassle him and confiscate it. Can you imagine deadlifting 150kg and then some cute girl comes hassles you and confiscates your drinking water. Hahahahahahahah.

The other blood boiler is being hassled for "dropping weights". Keep in mind when you are using heavy dumbbells for chest press or doing deadlifts it's almost impossible to lightly put the weight down without risking injury. We're not talking about throwing weights around to prove we are the alpha in the room. We're talking in these two cases it's dangerous. There is only one way to put heavy dumbbells back on your legs from laying on a bench, shown by Jeff Cavaliere, and it's still risky, you are much better off lightly dropping them on the sides. And when it comes to deadlifts, just from the sheer weight, even lifting only 70kg, you do lightly "tap" the ground with the barbell, you don't slowly put it down on each rep, that's a serious risk of injury. For an instructor, or the counter lady to come "tell you not to drop the weights down" if you listen to her bullshit like a good cuck, you can get a brutal lower back injury. And she isn't going to be there to pay for your treatment and fix your back. She is going to be at home fucking her boyfriend and having a cute job.

"Manlets" is an insult for short people. And I actually had a manlet come try to hassle me about me doing deadlifts once, not even dropping the weight, just for lightly tapping it at the end. I told him that he is wrong. This manlet had already hassled me once over some bench, and I didn't told him to fuck off then, it was beginning to get on my nerves. So he got away. And as I short 171cm person my self, for the life of me I can't understand what's wrong with these people. I mean i'd love to be taller but I don't go around acting like an alpha jerk. I turned into a monster instead. You have to always watch out for people with an inferiority complex. Try to dispatch them quickly when no one is looking and hide them. If they are a little taller for me, I have to of course jump like a koala and go for the eyes.

Wiping your sweat off the bench? Laying on someone else's sweat? That's just more chores that should be done from the cleaning lady. Having to bring clean gym shoes? There was a girl that really hated If i forgot to bring my clean gym shoes once in a while, even though I could just work out in socks and terrify her with my stinky feet. I don't even have stinky feet naturally, but I

do let them get stinky over a week. In the old gym with the paid water I used to buy 50 cents creatine with water in a glass, and use the glass on the sink to drink more water. One time on my birthday actually, some new girl from the front desk came and hassled me that I should drink my creatine on the table at the front desk and not use the glass for more free water from the sink. Can you imagine that? Don't you just love feeling a real man who goes to the gym and spends money to lift things up and put them down and being hassled by girls?

And in western gyms its even worse. You have actual fights happening, instructors come hustling you about you not lifting properly, trying to get you to pay them, or you just have regular annoying people thinking they know better than you. In many gyms you either have roided guys that are a problem, or women just hassle you for being creepy. In Planet Fitness they actually have free pizza friday was it? Where they give you free pizza, to keep you fat. That's just....

Now, imagine if instead of all of that you bought 2 dumbbells (each up to 12kg), one of those rubber bands you can use for shoulders and back pulls, and you had a pullup bar in some park. I also have some sand weights I can tie down on my legs or hands which are quite fun. I believe if you don't use them too much, and take your gelatine, you shouldn't ruin your bones in time with them. Imagine doing some curls at home, in the morning, or after work, while you have your youtube videos. No one to tell you what to do, or what not to do. And you can be naked. You would be hassled in the gym if you don't wear a t-shirt, but here you can be fully naked. You can have your wife slap you on the ass for fun. It's your ZEN zone!

What is a ZEN zone? It's a place and arrangement that is great and nothing annoys you. For me, I like going with my car to the river on the grass, pulling a dumbbell and an energy drink in the morning. I'd wrap the weights on my legs and walk around too. Some people in america even use weighted backpacks. For me personally, I don't need to do long workouts, because I have my main hobby of mountain hiking and guerilla gardening. Like I mentioned before, to fully replace the gym, you need ideally some light activity in the park, and a hobby. Hobbies can be hiking, farming, renovating your home, martial arts, basketball, soccer, cycling, mountain bike, climbing mountains, ski, surfing, running on the beach. Girls even like dancing. There is always a way to find a more fun alternative to an activity you found boring. I find running in a town park boring. But I would love to run barefoot on beach sand. I hate cycling, but I would love to off-road cycle on some trails. Extreme stuff that include nature are fun. Some people even explore and sneak into abandoned asylums and factories in the middle of nowhere, at night. Given that is dangerous, it is more fun than walking on some street to burn calories. At the insane asylum if you spook some hobo that wants to kill you, at least you don't have to tolerate him hassling you like girls in crowded gyms.

There is a youtube channel called "Illegal Freedom" where a ruskie teenager hops around trains and even sneaked into the chernobyl zone. This is way more cooler then all the normies who go climb the first station of Everest with sherpas. Let me remind you again. You pick an activity that is fun to you and you want to do it, unlike the gym that gets boring and costs you money.

This way you have spent a good 5-10 years doing something fun and having good memories while staying in shape. Maybe you learned a martial art, maybe you learned to climb walls like a ninja, maybe you snuck into Chernobyl. A life well spent compared to being cucked in a gym waiting for stacie to free the bench. If you ask me how I would like to die - crushed by some weights in a gym, or fell to my death from some mountain, I'm going to have to go with the more epic option. I'd rather die eaten by wolves or mauled by a bear then hit by a car. How would you like to die? From a heart attack while you say "yes Miss Stacy" at work, over worked, cucked, or shot by cops while robbing a bank and looking at the eyes of all the scared Stacy's who see you as a scary monster, a sexy bank robber, a man that does what he wants and does not listen to nobody!

You are wasting your life kid, living in a society that kills your soul, and they are taking all your money from you, without you even getting joy from it. "Normies" as we like to call them, the video game NPC's (non playable characters), the sleeping slaves of the matrix, soulless husks are very dangerous. They would like to tell you, you NEED to spend hundreds, even thousands of dollars on gear for ANY hobby. Capitalism really went too far. Thankfully China sells replicas at more real prices. But the NPC's themselves are to blame for believing in this system.

When I was a kid a bicycle used to cost 100-200\$ at most new. Now i see people even here trying to sell SECOND HAND bicycles for 500-1500\$ just because they had a carbon frame or some other meme. And as you can expect the difference is not that much to warrant that price difference. It's a BIKE dude. A BIKE! Even if it's made from carbon. My natural response was to ask "does this 1500\$ bike come with a huge spike armor on the front or what?" and a guy at work called me a weirdo. For 1500\$ second hand I would expect some monster mountain bike with triple springs and bulletproof tires and probably battle spikes so I can be a road warrior that can pass through anything. You, the reader of this book will need that 1500\$ to buy an actual motorized dirt bike that you can use to escape quarantine lockdown when the governments decide to take your rights away again. Otherwise you're going to pedal your "highway" carbon bike to the police checkpoint and they are going to beat you with sticks and send you to the nearest FEMA camp for forced vaccination. Spend your money wisely please.

When it comes to accessories, having a good helmet, gloves and even leg/hand protectors is a must if you ask me. But then you have people trying to sell you wear suits for riding your bike, that will...absorb your sweat? Gordon Ramsey was paid recently to advertise an expensive bike and suit given to him, while other people in England were forced to stay in home. Mother fucker goes around for leisurly biking and gets paid \$\$\$ to shill you some shit suit and an expensive bike while you are unemployed and can't feed your own kid. You know that when shit hits the fan soon, and we enter MAD MAX times, people like Gordon Ramsey, Kim Kardashian and instagram people who brag about their wealth will be the first to hang.