



Pump the power of the beast: way of the universal Body-builder

Sergey Matyushkov

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“Analyze your experience, remember what works for you and what doesn’t and try to find your own path...”

Bruce Lee

Of course, gym can give you a beautiful figure, but it doesn’t mean that you’ll get strong. The main point of bodybuilding is gaining muscle mass in any possible ways. Getting stronger is therefore less important, it is just a way of gaining muscles, so if a bodybuilder has big muscles, it doesn’t mean that he is extremely strong. We’ve seen many examples.

I’ve read an interview with a wife of a bodybuilder. She told a story from her everyday life: once she asked her husband to carry their child. He could bear the kid for just 20-30 meters, claiming that his arms got tired. I was very surprised. What’s the point of having big muscles if they are so useless in everyday life?

One of my friends, wrestling and Russian hand-to-hand combat champion told me one story. He is 5’ 4” tall and weighs 70 kg, but he still won fights over well-prepared athletes who weighed much more than him. He is not a huge fan of bodybuilding and does just some basic exercises. He competed with fighters from different schools of our region and he NEVER lost a fight. One huge bodybuilder wanted to have a fight with him. He boasted that he had 130 kg in bench press and 160 kg in squat, so he was an experienced athlete. The fight began. There were many people there. The bodybuilder lost. After the fight my friend told me that he used just 50% of his resources as he felt kind of sorry for his opponent. He didn’t want to discredit the guy in front of his friends and spectators.

But how was that possible? Why couldn’t the bodybuilder use his muscles in the fight?

The thing is that when you lift, your muscles get used to this specific type of exercising, but it’s not applicable in the real life.

I remember a story that Daniel Inosanto, a master of martial arts, told in Bruce Lee’s biography. They were once walking along the beach in Santa Monica when a huge bodybuilder passed them by. Daniel was impressed and said to Bruce: “Hey, look at this guy’s arms!” But his reaction was: “Yeah, he’s big, but how strong is he?”

Bruce on the contrary was very strong! For example, he could lift a 32 kg kettlebell to his chest and hold it there for 20 seconds. It’s actually very difficult to do, especially for a guy who weighs 62 kg. Not every 100 kg bodybuilder can do that.


An amateur who doesn’t use pharmacologic support will inevitably hit the muscle plateau. You just stop making any progress and only anabolic steroids can help you...

It’s not a secret that all professional bodybuilders have used steroids and other pharmacologic support at some point.

No wonder that amateurs don't reach any impressive results even after 3-4 years of training without using steroids.

But why?

The reason is that gym will make you stronger, but not for the real life. There's just one exception: if you have 130-140 kg in bench press without steroids, 75 kg in biceps curl, 190 kg in deadlift, more than 160-180 in squat, then you've have come far with your training and you definitely will be able to apply your strength in other disciplines and get above-average results. But I am not sure that there are many people who can have such amazing results without pharmacology. Most of us will never get there. So what's the way? You'll find the answers in this book.

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