

Becoming a gymfur.. for everyone!



ScotiaCon 2024 - 03/Feb/2024 - Time: 10:30am - 11:30am Location: Castle Stage

Who am I?

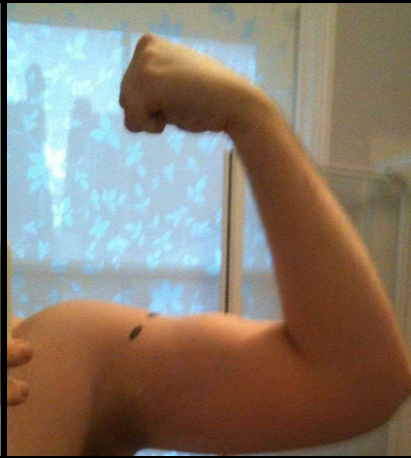
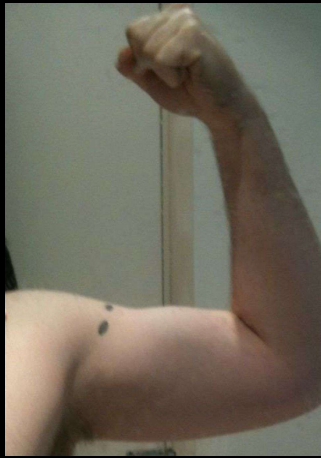
- Hoofie
- Bullsona
- Greymuzzle
- Powerlifter

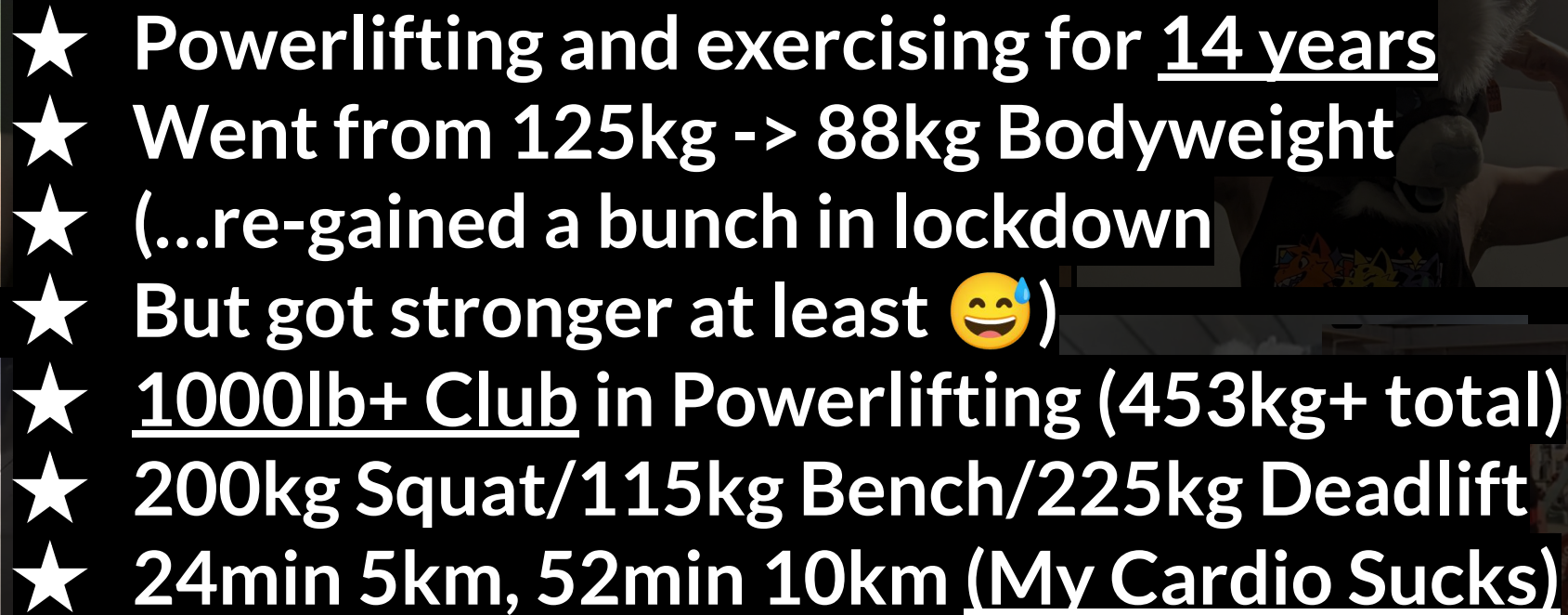


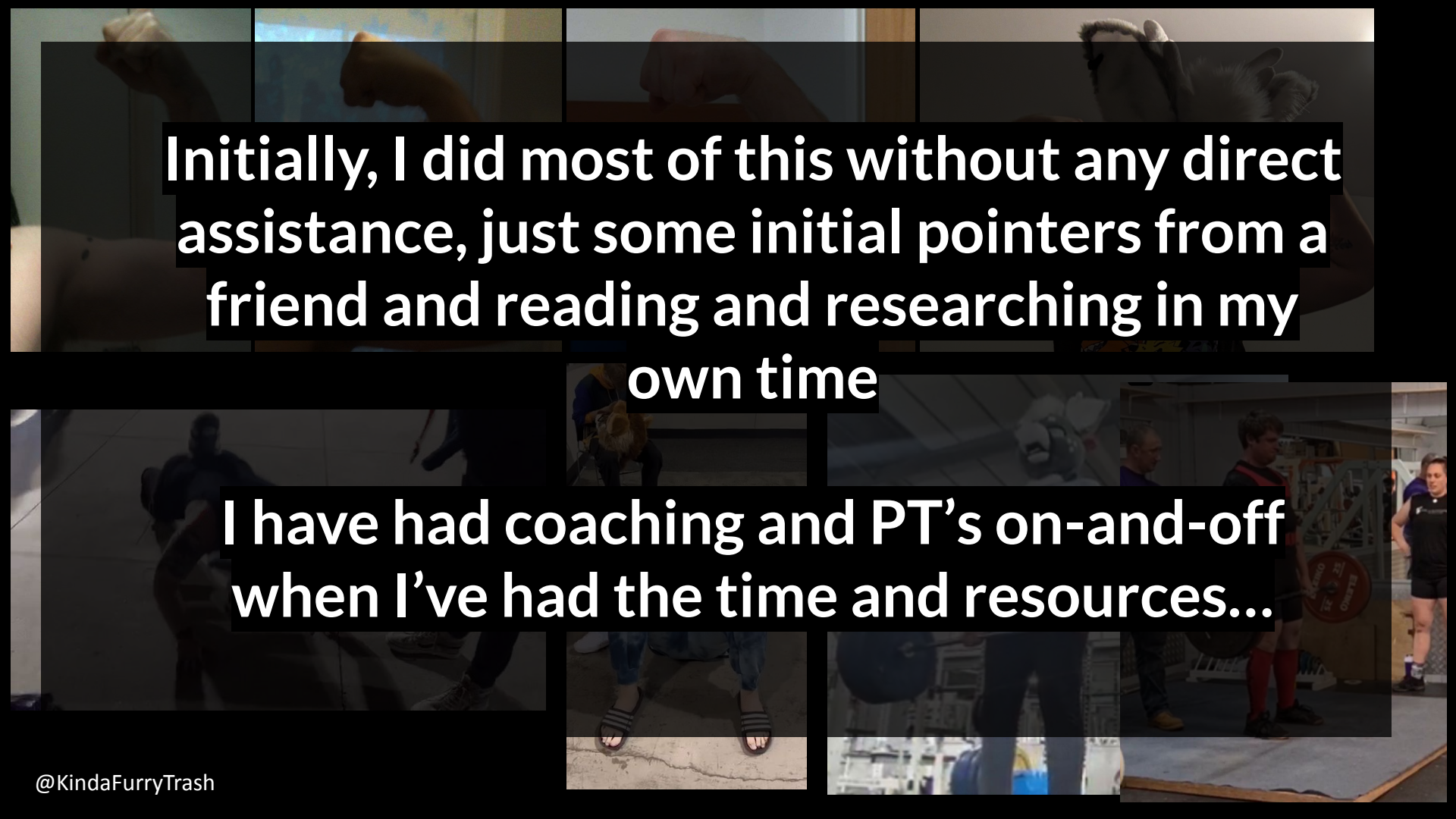
What gives me the right?



Some things I've done...



- 
- ★ Powerlifting and exercising for 14 years
 - ★ Went from 125kg -> 88kg Bodyweight
 - ★ (...re-gained a bunch in lockdown)
 - ★ But got stronger at least 😊💧)
 - ★ 1000lb+ Club in Powerlifting (453kg+ total)
 - ★ 200kg Squat/115kg Bench/225kg Deadlift
 - ★ 24min 5km, 52min 10km (My Cardio Sucks)



Initially, I did most of this without any direct assistance, just some initial pointers from a friend and reading and researching in my own time

I have had coaching and PT's on-and-off when I've had the time and resources...

—
Standard Caveat:

**I'm not a doctor, personal
trainer or qualified physio**

YMMV, Trust But Verify etc

Why do I care?



A little background...

@KindaFurryTrash

<https://www.furaffinity.net/view/52876482/>

I've been helped by so many people over the years...



I wanna pay it forward!



Tip: A New Move for Upper Body Strength

by Kelvin King, Jr | 03/02/17

Build lats, traps, and shoulders with this superset of exercises. Strengthens your core and grip too.

Tips

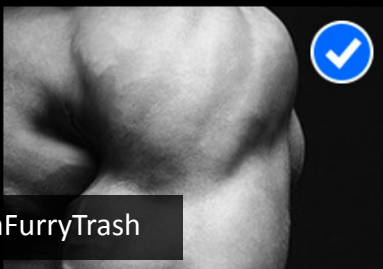


The Effects of Mild Cycles

by Kevin Sanders | 03/02/17

Some men use tiny doses of testosterone for hormone replacement therapy. Others use massive amounts for bodybuilding. But what are the effects of "light" cycles? Here's the science.

Pharma



Tip: One Move for Indestructible Shoulders

by Tom Morrison | 03/02/17

Add this exercise to your workout to strengthen joints, build muscle, and increase range of motion.

Tips

The fitness industry does not gel well with the average furry person IMO:

- Very Bro-ey
- Sports focused
- Exclusionary or patronising advice
- Lots of junk/pseudo science

—
Nothing is 100% Universal

Every body is unique

Every body is different

**Just because it works for me,
might not mean it works for you!**

I have my biases...

I'm able-bodied cis dude with disposable income

No serious long term injuries

I tend to favour barbell compound lifts

I'm not a huge fan of cardio or bodyweight

Not that great at dieting for long periods

However, I'll mention specific recommendations for those when they come up!

—

**But there are core themes that
are scientifically sound and
proven out from experience**

**We're going to arm you with these
core tools and you do the rest**

—

There's no way I can go into a huge amount of detail on every topic in 60 minutes

So as I said: you're going to get the 101 summary, provide links on what things to read next and hope that it gives you the tools to figure out each area yourself.

Links and references will be linked!

Overarching Themes

- ❑ **Getting Started and Setting Goals**
- ❑ **Gaining Muscle and Getting Stronger**
- ❑ **Losing Weight**
- ❑ **Supplements**
- ❑ **Rest and Recovery**
- ❑ **Self-image and Self-esteem**

Let's start with...

Getting Started and Setting Goals

@KindaFurryTrash

Commission for Ra'Zim, Art by thanshuhai

<https://www.furaffinity.net/view/38122274/>

thanshuhai
2020

Why are you here?

Presumably, you wanna be:

- Fitter
- Stronger
- Thicc-er
- Faster

You've come to the right talk!

—
First Step:

**So... what do You Actually
Want?**



Most common things I hear...

- “I want to lose weight”
- “I want bigger/smaller [muscle group]”
- “I want to get stronger”
- “I want to be healthier”

—
These are all valid!

But the more specific and structured they are, the more likely you are to succeed and keep at them!

—
**This might not work for you if
you don't like PM-ese but...**

**Let's make your goals
S-M-A-R-T**

—

Specific
Measurable
Achievable
Realistic
Time-bound

— “I want to lose weight”

becomes

S - I want to lose 12lb of weight from 200lb to 188lb in 12 weeks.

M - I will measure weight loss using my scales every 3 days.

A - I will do this by tracking my caloric intake and keeping it around 2100, mostly by cutting out sodas and snacks, and increasing my caloric expenditure by going to the gym 3 times a week.

R - I have checked, and the CDC website states that the safest limit to losing weight is 1–2 pounds (0.45–0.9 kg) per week is a healthy and safe rate of losing weight, so 12lb loss in 12 weeks is realistic and safe.

T - I aim to achieve this goal within 12 weeks.

—

“I want to get stronger”

becomes

S - I want to have a 60kg bench press, a 100kg squat and 140kg deadlift by the summer (12 weeks away).

M - I will measure my 1RM on these movements every 4 weeks.

A - I will do this by performing a Stronglifts 5x5 routine 3 times a week, whilst increasing my protein intake.

R - I currently have a 50kg bench press, a 90kg squat and a 120kg deadlift, and think that I can realistically improve all three lifts 5 or 10 kilos in 12 weeks time..

T - I aim to achieve this goal within 12 weeks.

—
**This might be bit much for
you, that's ok!**

**In that case, lets make things
simpler...**

— “An Evidence-Based Approach to Goal Setting and Behavior Change”

Flexible	Rigid	Process	Outcome
<ul style="list-style-type: none">• Diverse food choices• Tolerance for deviation from planned targets• Pragmatic view of deviations from plan	<ul style="list-style-type: none">• Few "approved" foods• Pressure to hit targets with precision• Deviations from plan viewed as failure	<ul style="list-style-type: none">• Run three days per week• Squat twice per week• Eat >4 servings of vegetables per day	<ul style="list-style-type: none">• Get mile time below 7 mins• Squat 500 pounds• Lose 10 pounds

—

I also like the concept of
picking a bitesize goal
Something fun that's cool to
show off and notice progress!

For me it was a
pistol squat!



Some other potential ideas...

- Be able to sit down and stand up without using your hands
- Develop the ability to break parallel on a bodyweight squat
- Do a chin up... (or 5 if you can do 1)
- Decrease in the time it takes you to run a lap of your neighborhood
- Fit into a specific piece of clothing that you couldn't before



–
**Try and find an
accountability-buddy or
group**

**Discord, Telegram, Barq,
BSky, Twitter...**

—
Next Step:

Ok, let's get started!

—
Next Step:

Ok, let's get started!

...how?

Gaining Muscle and Getting Stronger



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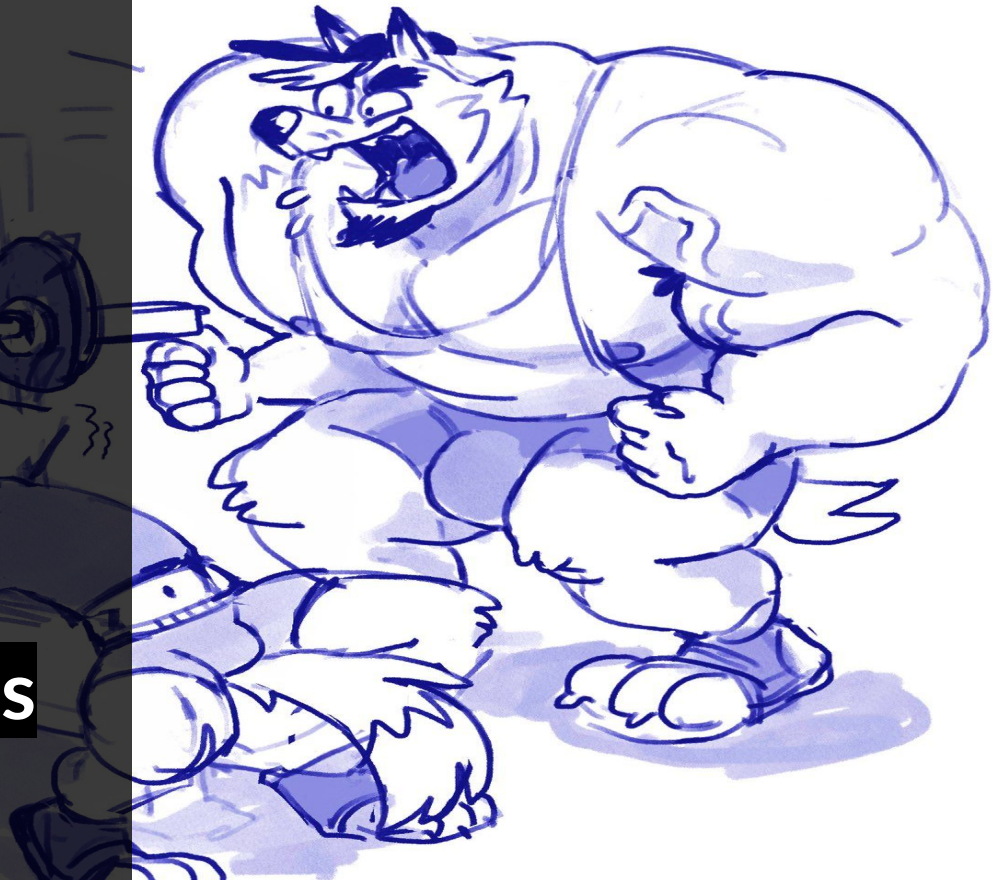
**Fun Fact: The human body is
extremely adaptable!**

**It will respond to stimuli and change
your body according to that stimuli**

FUCK YEA

To make the body
increase muscle, you
have to put it under
stress

It will respond to the
stress by adapting:
rebuilding the muscles
back stronger



**FUCK YEA
BRO!**



Eventually the new muscle will be strong enough to deal with the stress you are putting it under, and will stop adapting.

Eventually the body will be fully adapted to the original stimulus, and you'll need to increase that stress.

FUCK YEA
BRO!



This entire process is called...
Progressive Overload

NB: Your body actually responds in 3 ways...

- Neuromuscular adaptation (“mind muscle connection”)
- Increased muscle and bone mass
- Connective tissue strength





It's one of the main benefits of consistent resistance exercise!

- Stronger joints and tendons
- More resilient body
- Less aches and pains in the mornings

—
However...

**Progressive Overload
requires some fine tuning...**

— Too Little Stress?

Your body doesn't need to
adapt and you won't
progress

— Too Much Stress?

Your body will need much more time to recover, meaning less frequency in your adaptation (plus a risk of injury)

OK that's the science, how do I get started doing it?



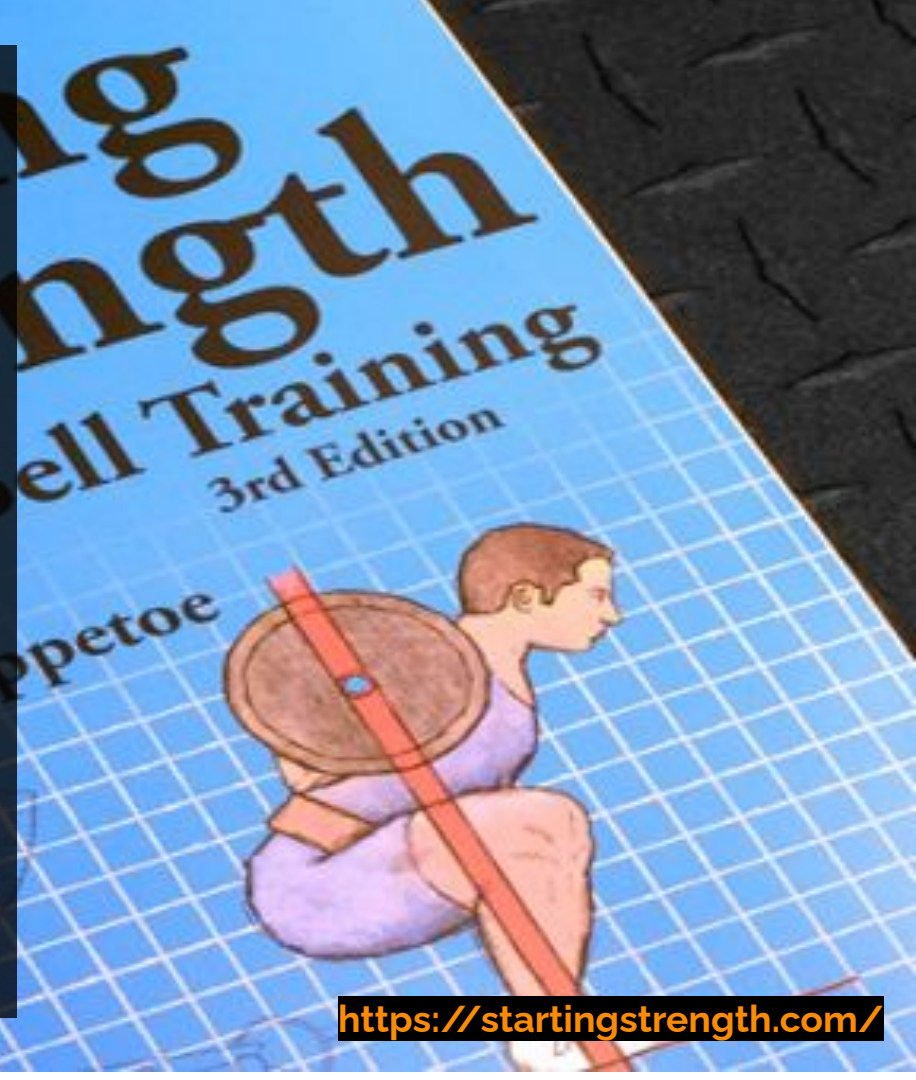
@KindaFurryTrash

Learning to lift!

<https://www.furaffinity.net/view/22903407/>

Starting Strength

- Pretty much the bible of beginner strength training
- Extremely detailed on getting started and everything you need to know
- Has its critics outside of the core teaching (especially diet and programming!)



LIFTOFF

Couch to Barbell



A weight lifting guide
for the rest of us

@KindaFurryTrash

CASEY JOHNSTON

Liftoff: Couch to Barbell

- Full structured process for new lifters
- Structured as a 12 week program (remember the 90 day rule?)
- Progresses from bodyweight, to dumbbells to barbells

<https://www.couchtobarbell.com/>

Stronger By Science

- Great breakdown of... everything really!
- Goal setting, diet, how to do the major compound lifts, how to form habits
- Honestly go read the site after this talk, they basically cover everything I'll be talking about in a ton of detail

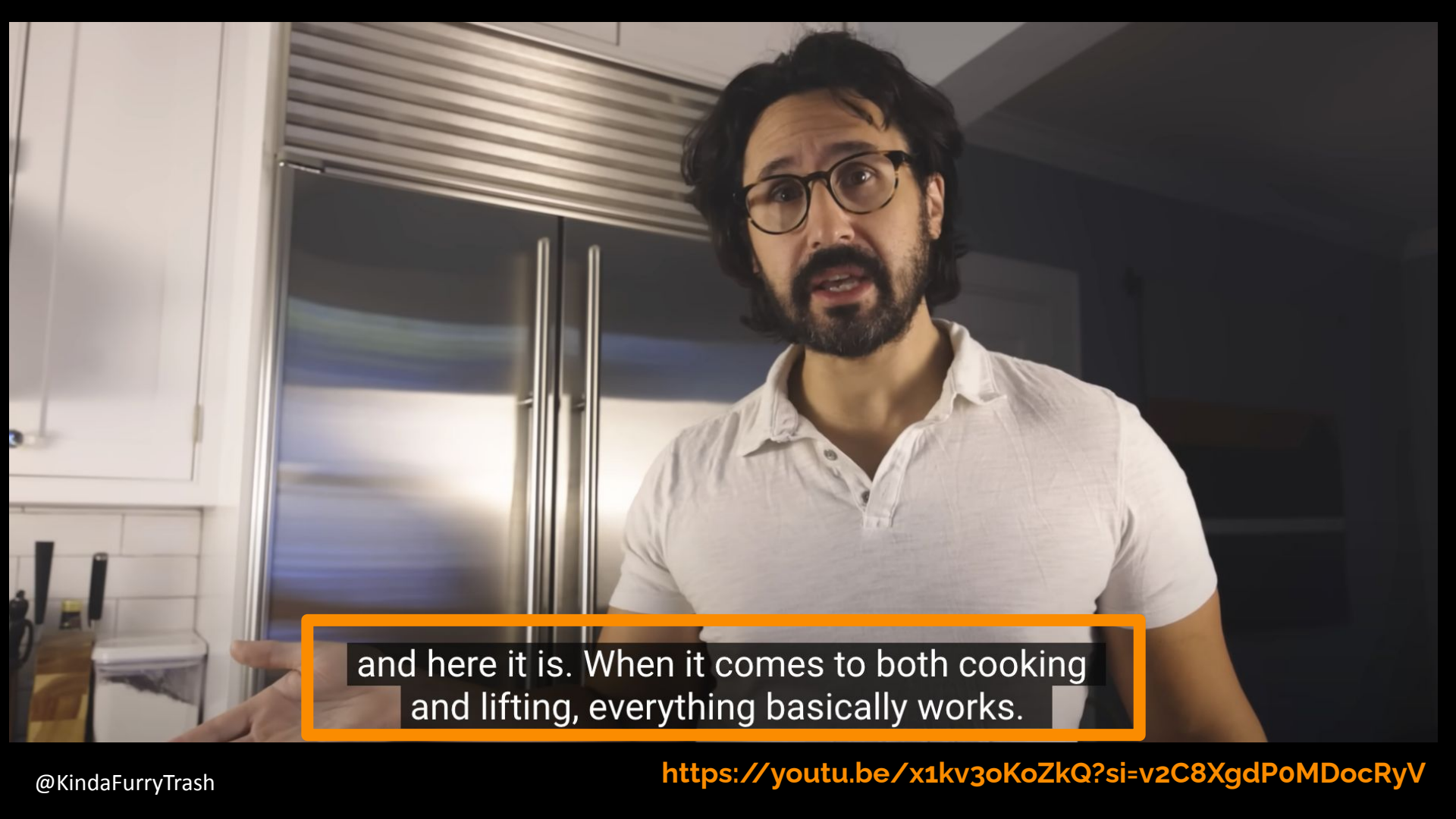
The Complete Strength Training Guide

BY GREG NUCKOLS



LIFTING VS COOKING



A man with dark hair, a beard, and glasses is wearing a white polo shirt. He is standing in a kitchen, with a stainless steel refrigerator behind him. He is gesturing with his right hand towards the left. A text box with an orange border is overlaid on the bottom of the image.

and here it is. When it comes to both cooking
and lifting, everything basically works.

Ok, I get the lifts, how should I structure my training?



Routines!

PPL SPLIT WORKOUT

PPL - Push Pull Legs

Fitnessprogramer.com

3-6 DAY PUSH-PULL-LEG WORKOUT

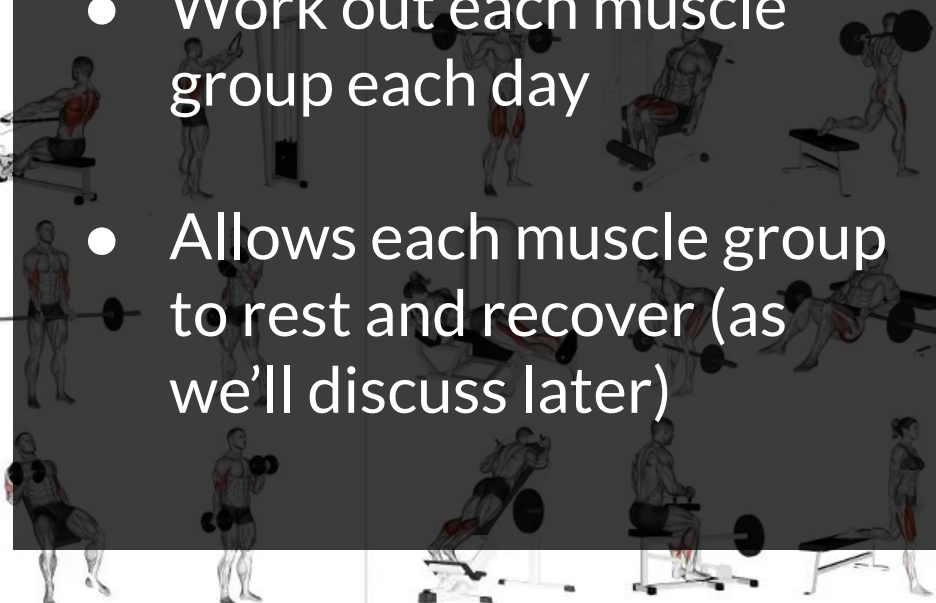
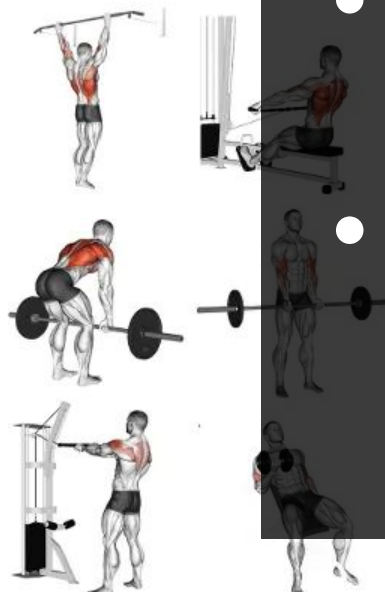
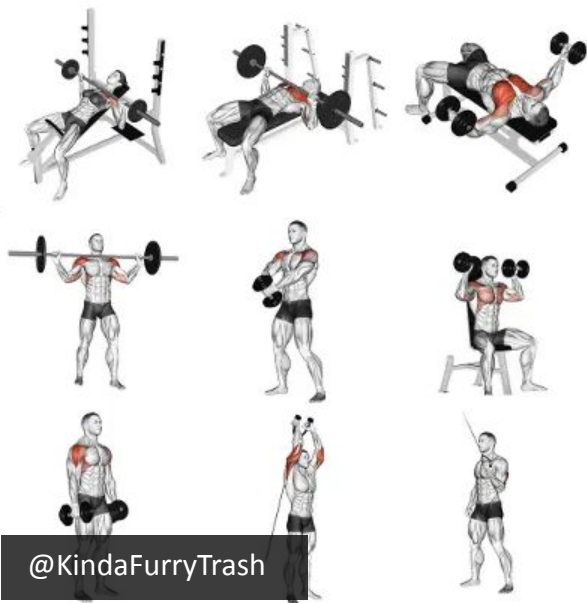
- Known as a “split” routine

Push Day

Pull Day

Leg Day

- Work out each muscle group each day
- Allows each muscle group to rest and recover (as we'll discuss later)



Linear Progression Programs

- Starting Strength, GZCLP, Early Stronglifts, nSuns LP etc.
- Designed to ramp you up until you're no longer making strength gains every week
- Designed for novice lifters

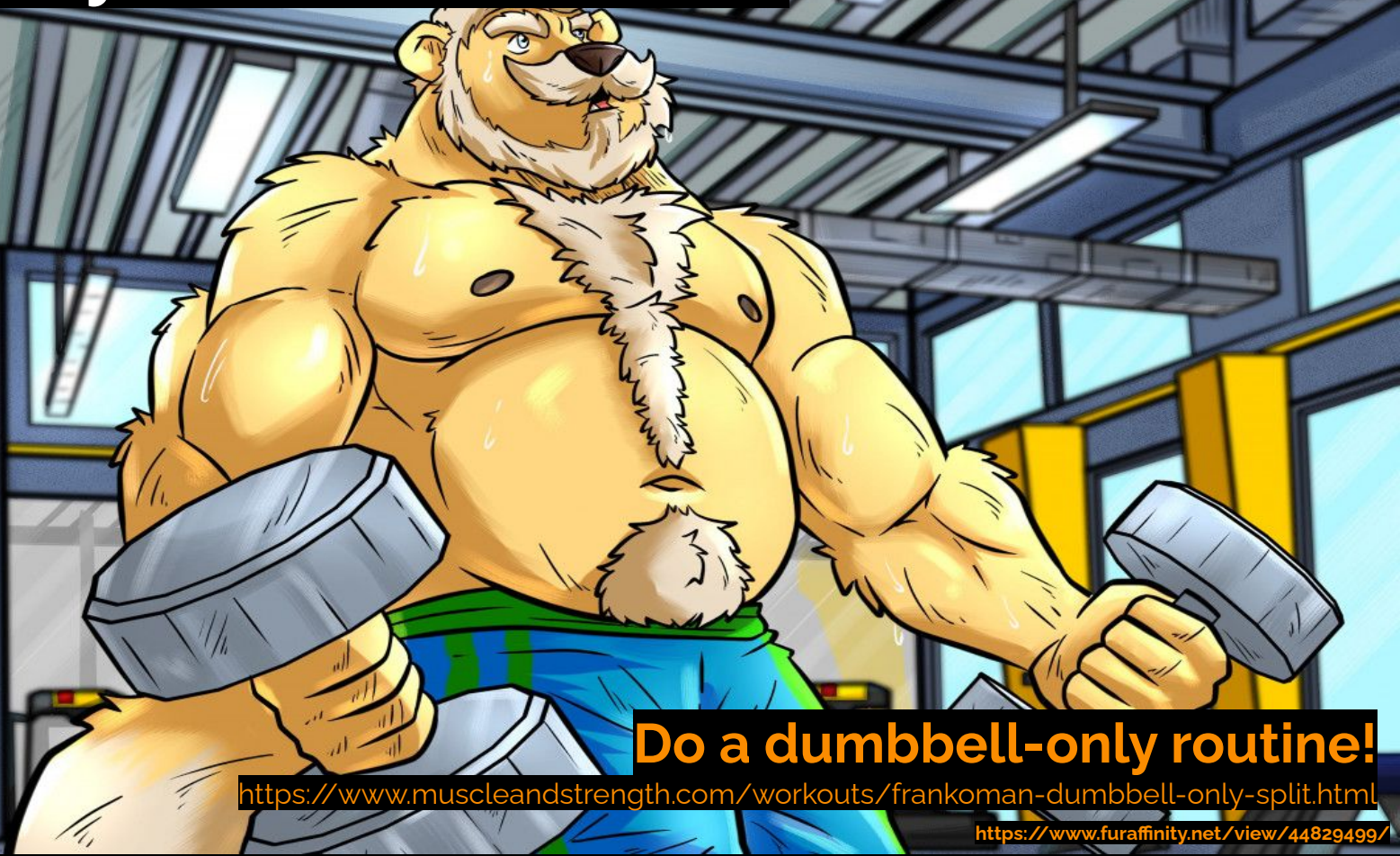
Strength
Barbell Training
3rd Edition



5/3/1

- Well known “simple” routine
- Lots of modifiers to suit your needs (Joker sets, BBB, agility etc)
- Personally been using variations on this for the last decade

“But I only have dumbbells!”



Do a dumbbell-only routine!

<https://www.muscleandstrength.com/workouts/frankoman-dumbbell-only-split.html>

<https://www.furaffinity.net/view/44829499/>

RT

@KindaFurryTrash

“I dont have access to a gym at all!”



@KindaFurryTrash

Do a bodyweight only routine!

<http://www.startbodyweight.com/p/start-bodyweight-basic-routine.html>

<https://www.furaffinity.net/view/51484421>

—

NB: Ultimately, what exercise you want to do is unimportant, just that you do something

30 minutes of something that increases your heart rate is enough:

Walking, gardening, housework can all count!

—

Establish the habit

Continuously improve with it!

Ok, I'm getting stronger... how do I slim down a little?



Weight Loss!

I know this might
shock you but...

**Societies' view on weight
and health is super
messed up!**



Nathan Leeper
High Jump
6' 2", 180 lbs.
© Howard Schatz

King Kamali
Bodybuilding
5' 10", 248 lbs.

Shane Hamman
Weightlifting
5' 9", 370 lbs.

Michael Smedley
Triathlon
5' 11", 155 lbs.

Rulon Gardner
Wrestling
6' 2", 286 lbs.



WHAT IS REAL THEN?
YOUR RELATIONSHIP WITH
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BEING SECURE IN
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(DESPITE MY
MUSCLE FETISH
I LIKE ALL
KINDS OF BODIES
IRL.)

YAMA
2023

With that all in mind...
Here's the 101 of
weight loss...

The way to lose weight
scientifically is very simple in
theory: **CICO**

Calories In < Calories Out

–
**If you consume less calories
than you burn off, you will
lose weight**

**This is 101 Physics: Literally the first law of
thermodynamics**

—
**Of course, this is easier
said than done...**

**And there is more to diet
than just weight loss**

—

**How many calories should
I be consuming?**

And how many am I burning?

Tracking your calories

- MyFitnessPal one of the best tools, but you can do it manually by taking sensible choices and checking nutritional information on packaging
- Makes you more mindful of your food choices throughout the day.
- Strike a balance between avoiding getting too neurotic and ignoring/forgetting snacks and sauces, it all adds up

myfitnesspal

TODAY

Add to Diary

-175
EXERCISE

-175
NET

10,000

≡

Diary

+

◀

TUE | Nov 19, 2013

▶

1,800
GOAL

1,753
FOOD

240
EXERCISE

1,513
NET

287
REMAINING

Dinner

514 cal

Briney Caesar Salad Dressing

1 serving(s)

122

Quinoa Casar Salad

1 serving(s)

274

Wine

Red Table Wine, 5 oz

118

Snacks

260 cal

Aged White Cheddar Puffs

Pirate's Booty, 2 oz. (about 38 pieces)

260

Cardio Exercise

240 cal



Fitbit calorie adjustment

6,996 Steps

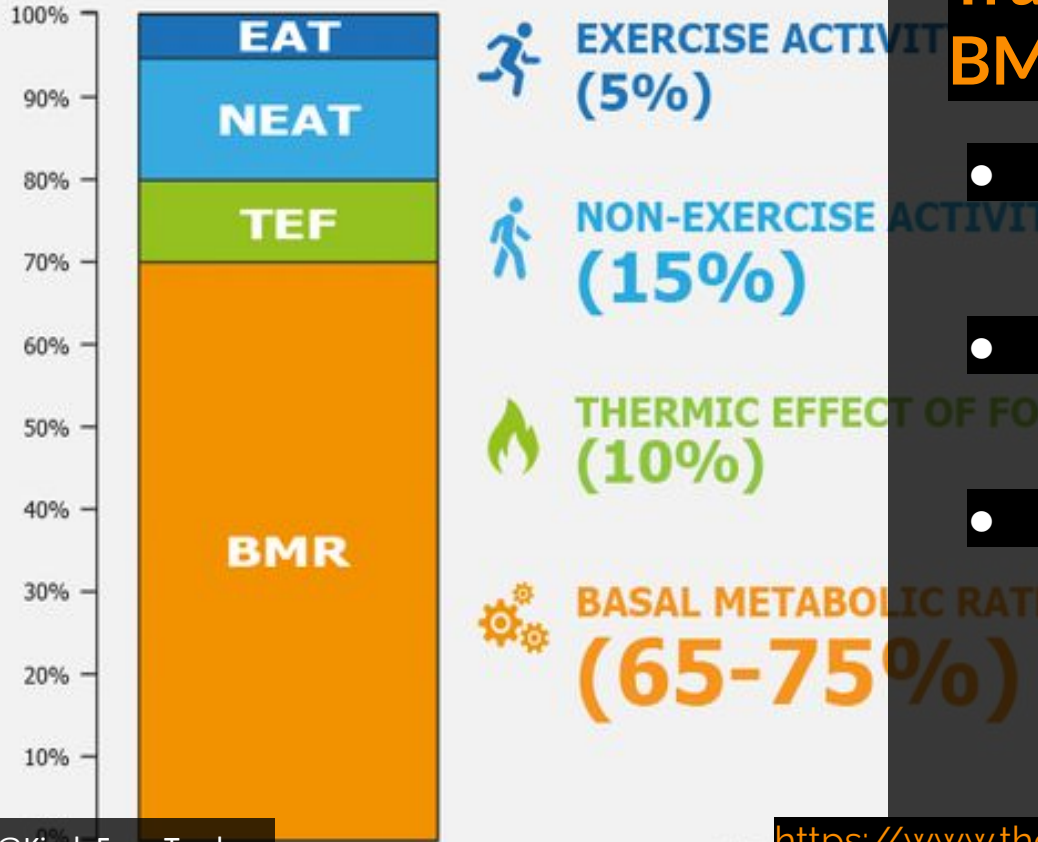
240



Finished logging for today



Total Daily Energy Expenditure (TDEE)



Tracking your burning: BMR & TDEE

- Base Metabolic Rate & Total Daily Energy Expenditure
- A formula to calculate the estimated calories burned in a date
- BMR is based on age and weight, the other elements of TDEE are based on diet, activity level and exercise.

YOUR STATS

Calculate your TDEE

- Use an online calculator
- Err-on-the-side of underestimating your activity level to start with
- Use this number, minus 500 calories or so, this is now your new daily calorie goal

Questions or comments? Email me at rob@tdeecalculator.net

182 cm tall & weighs kg with bodyfat %

optional

You left the body fat percentage field blank. A more accurate formula is used to estimate your TDEE when you know it. To learn your body fat percentage with calipers from Amazon, [click here](#)

Based on your stats, the best estimate for your maintenance calories is **3,251** calories per day based on the Mifflin-St Jeor Formula, which is widely known to be the most accurate. The table below shows the difference if you were to have selected a different activity level.

Basal Metabolic Rate	2,098 calories per day
Sedentary	2,517 calories per day
Light Exercise	2,884 calories per day
Moderate Exercise	3,251 calories per day
Heavy Exercise	3,618 calories per day
Athlete	3,985 calories per day

<https://tdeecalculator.net/>

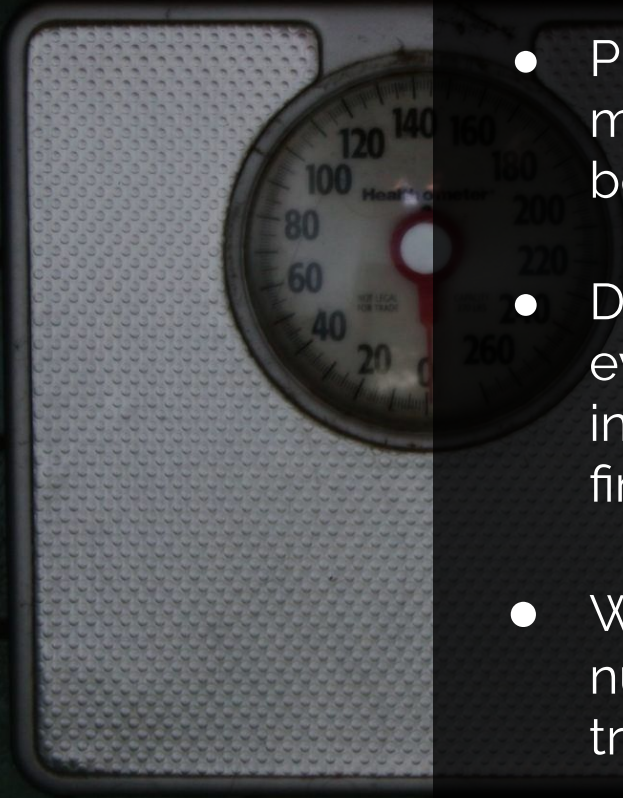
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**NB: TDEE and Calorie Tracking
are not 100% accurate**

So how do we track progress?

Tracking Weight

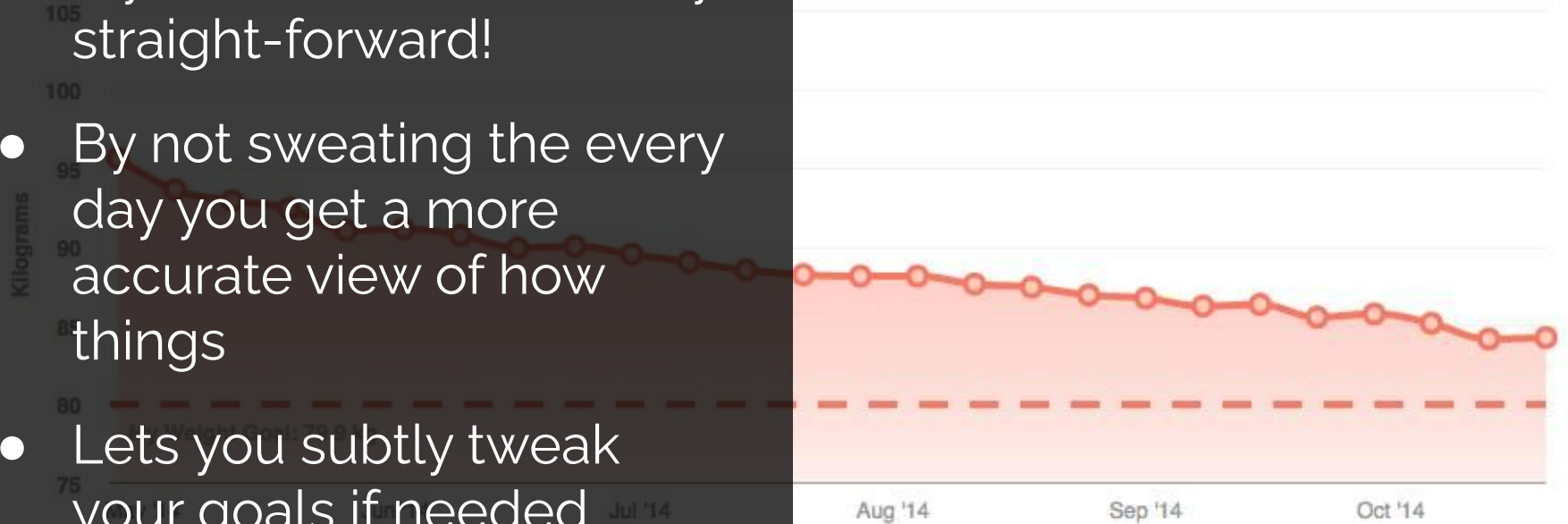
- Pick a consistent time to measure (mornings generally better)
- Don't have to weigh yourself every day, the body fluctuates in weight ~3kg. Every 2-3 day is fine
- We're not looking at the daily number, we're looking at the trend



Watch the Trend

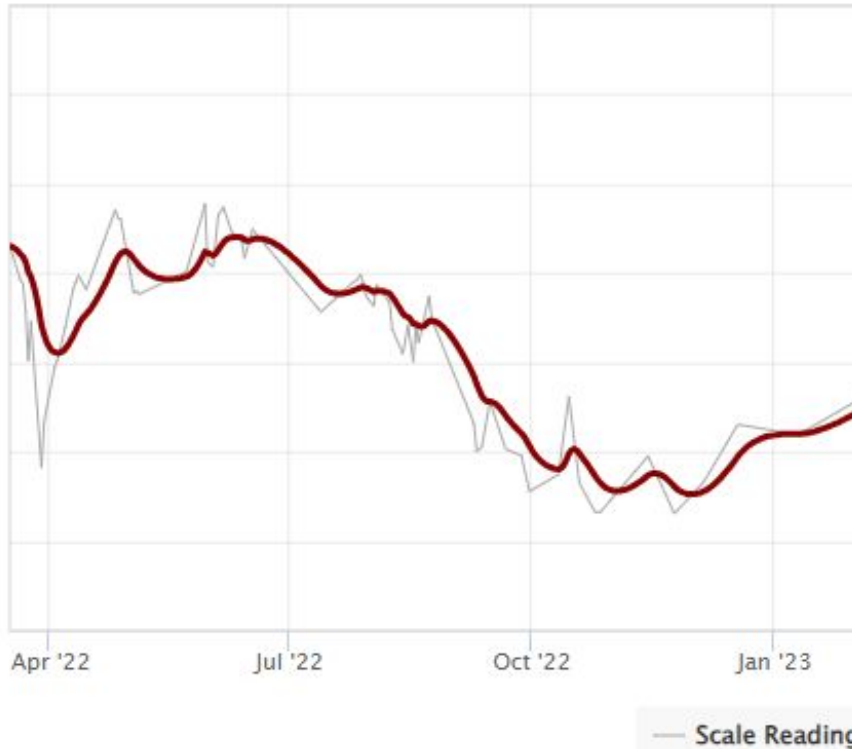
Weight Lean vs Fat BMI Body Measurements

- My trend in 2014 was very straight-forward!
- By not sweating the every day you get a more accurate view of how things
- Lets you subtly tweak your goals if needed





No Progress is Linear!



- My trend in 2022-2023... less positive
- Don't get mad at the trend, it is a fact! You cant get mad at a fact!
- Dust yourself off, and figure out how to fix it!



NB: The Importance of Protein



Amino Acids Are The Building Blocks of The Body...

EAT MOAR PROTEIN!

- 0.7-0.9g/lb or 1.6–2.0g/kg of bodyweight
- If you aren't consuming enough protein, you risk of catabolizing existing muscle
- Especially important if you don't eat meat: only animal protein has a complete Amino Acid profile

Supplements



Supplements

- 90% are snake oil
- The main fitness ones you should really care about and have solid science behind them:
 - Whey Protein
 - BCAA's
 - Fish Oil
 - Caffeine
 - L-carnitine

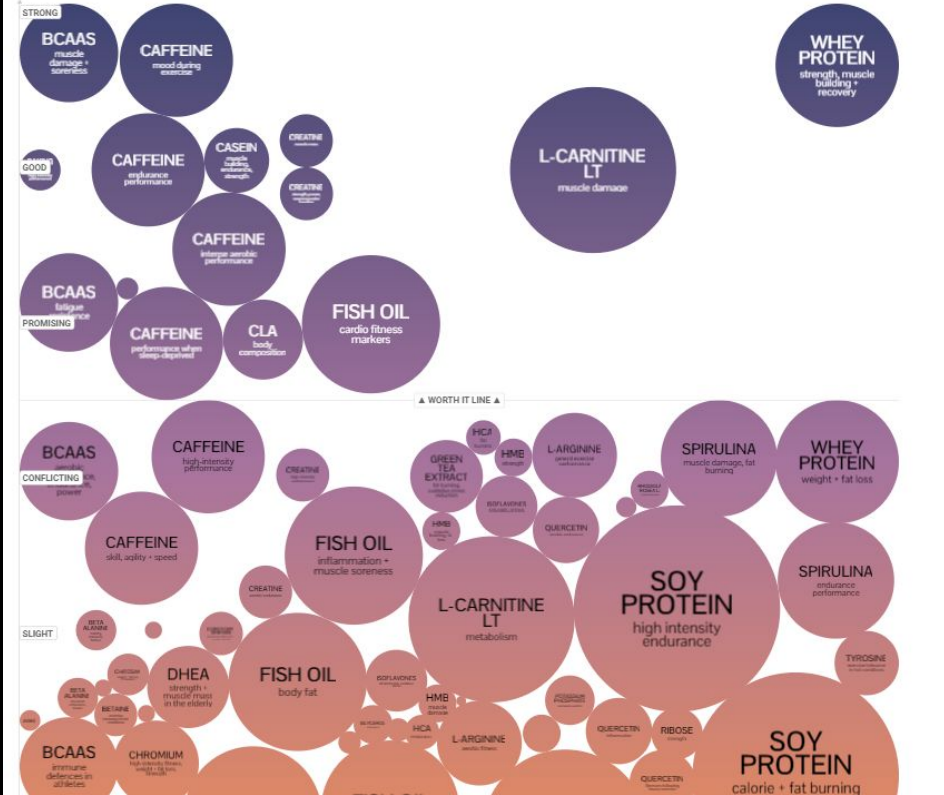
Snake Oil Sports Supplements?

What can you take to actually improve performance, according to science?

UPDATED: NOV 2020

size: popularity filter

evidence level



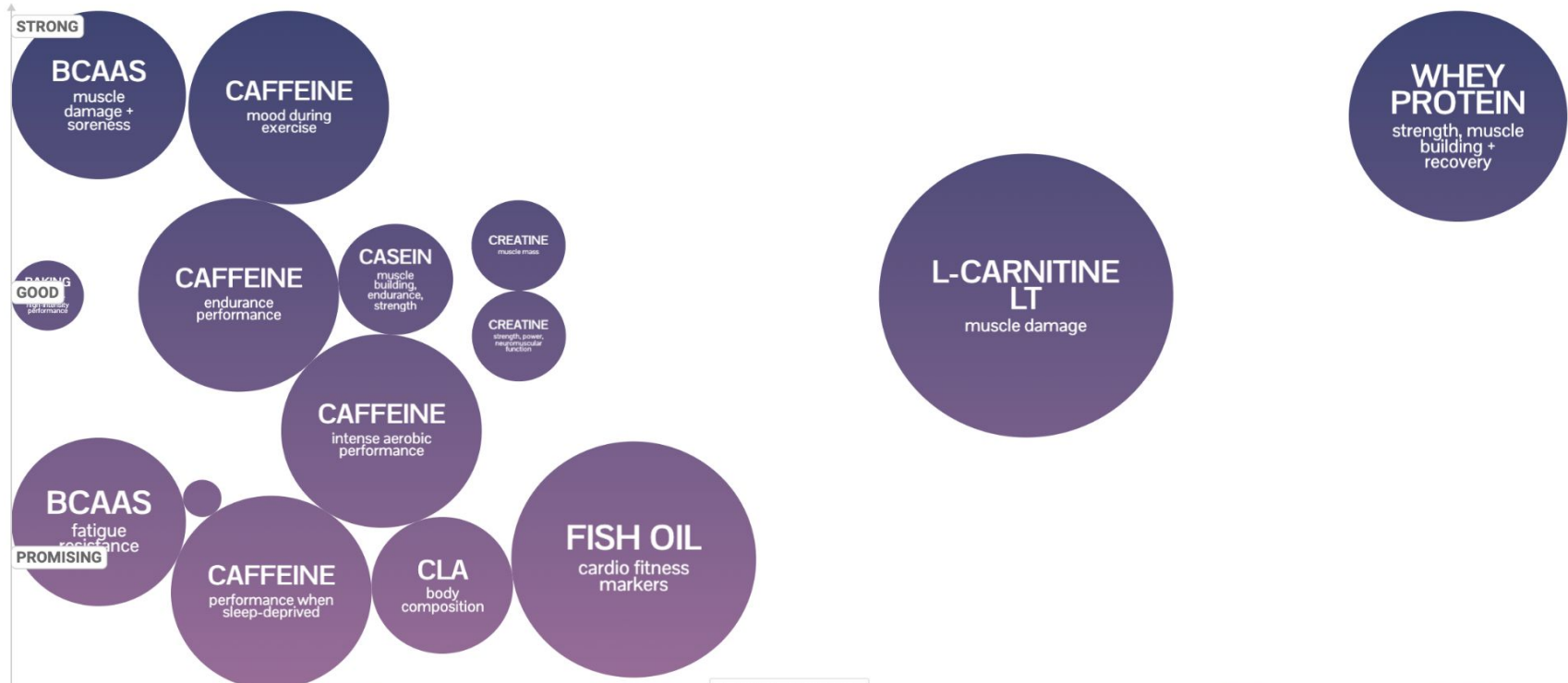
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Pre-Workouts are mostly a grift

- Most of them are just various increments of the main things we just mentioned
- Plus Beta-alanine (which gives you skin tingles!)
- You can probably just drink a coffee/energy drink with some creatine monohydrate

Rest And Recovery



No pain no gain?

—

Important Note:

Pain vs Discomfort

—

Exercise should never be painful
Uncomfortable maybe...

—

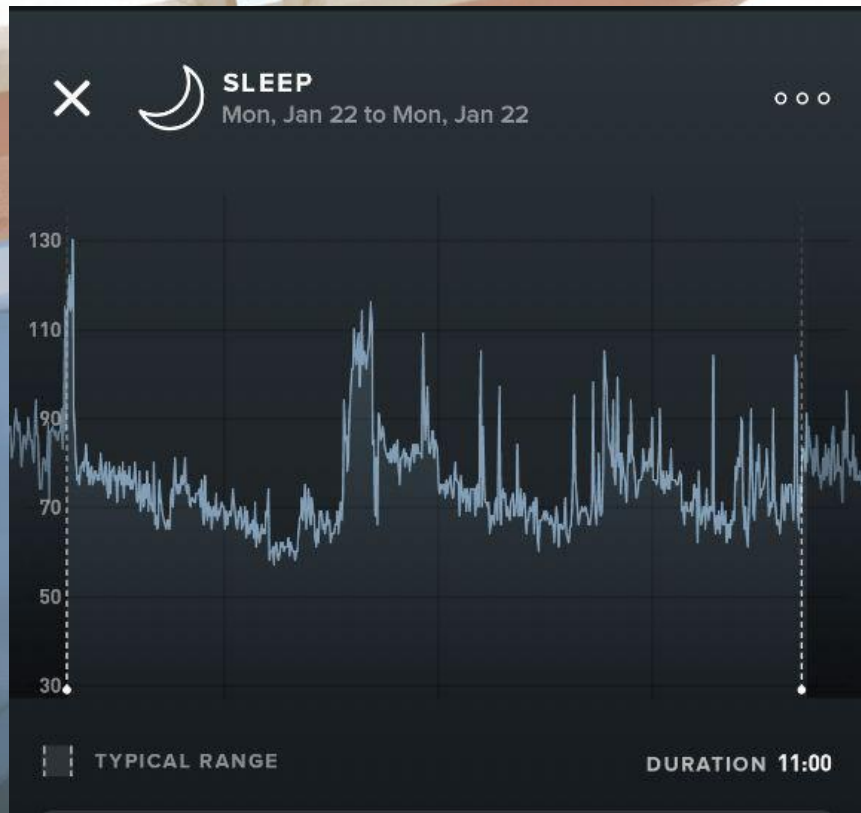
Pain means you should back off or stop the activity until the pain stops!

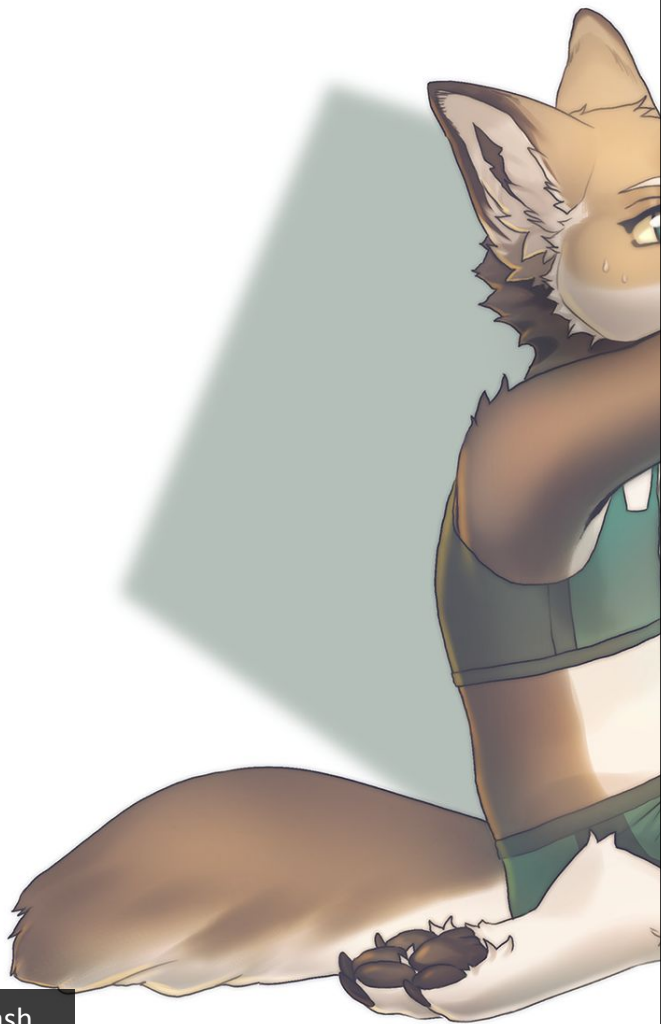
If it persists, seek help from a specialist such as a physiotherapist.

Sleeeeeeeep

- A majority of our body's "repair" process happens during stage 3 of non-REM sleep (SWS - Slow Wave Sleep)
- That means that both quantity and quality sleep are important
- Sleep trackers can help, and talk to a Dr if you're sleeping 8+ hours and still feeling tired







Stretching

- Research shown that warm-ups are best done with dynamic stretches
- Cool downs done with static stretches
- If you're not sure what to do:
 - DeFranco Agile 8
 - Limber 11.

Self-Myofascial Release

- Fancy term for self-massage to release fasciitis tension
- Foam rollers, squash balls, Trigger Point sticks etc
- Gyms will have them but they're good to have around the home





Physios

- GP's generally will say "Leave it for a month, come back if it still hurts"
- Physios are more likely to specialise, offer pre-hab/rehab exercises to do etc
- Can be expensive but worth it for long term issues

BODY
IMAGE

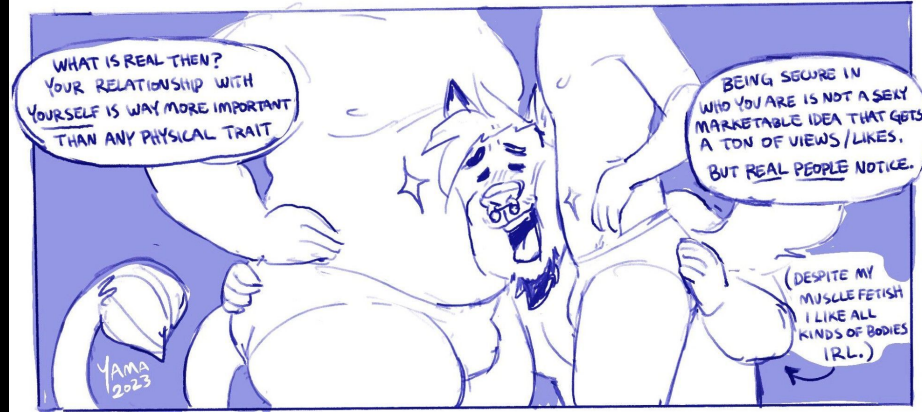


Self-Image and Self-Esteem

YOU DO NOT NEED
TO BE A CERTAIN SHAPE!



EXERCISE? YES! EAT HEALTHY? YES!
PRESSURE YOURSELF TO FIT INTO
WALK BEAUTY STANDARDS? **NO!!**

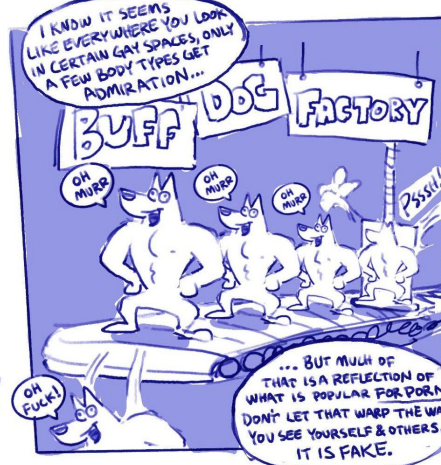


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BUT REAL PEOPLE NOTICE.

(DESPITE MY
MUSCLE FETISH
I LIKE ALL
KINDS OF BODIES
(I.R.L.))

YAMA
2023

I THINK IT'S GREAT AND PLAIN FUN
TO BE A PART OF A SEXUALLY OPEN
AND EXPRESSIVE COMMUNITY BUT...

... A LOT OF ATTENTION GOES
TOWARDS THOSE WHO
ARE VERY MUSCULAR AND
MASCULINE PRESENTING...

... AND LEADS MANY INTO THINKING
THAT THEY ALSO NEED TO FIT
THAT MOLD AT ALL COSTS



ALL I CAN SAY IS, I KNOW DEEP IN MY SOUL
THAT THE STUFF I REGRET ON MY DEATHBED
WILL NOT BE ANYTHING TO DO WITH MY APPEARANCE

I WILL BE THINKING ABOUT SPENDING MORE
TIME WITH LOVED ONES,

ACCOMPLISHING THE WORKS I WANT
TO MAKE

EXPERIENCING MORE OF WHAT THE
WORLD HAS TO OFFER.



So, what have we learnt?



Getting Started and Setting Goals

Gaining Muscle and Getting Stronger





@KindaFurryTrash
@koigiraffe

Weight Loss!

<https://bsky.app/profile/koigiraffe.bsky.social/post/3kjdmt5kbn2f>

Supplements



Rest And Recovery

Z
z



Self-Image and Self-Esteem

Ref Links / My Book

