# Twitter Thread by Oliver Anwar

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**23 lessons learned from 10 years of natural lifting**

**■ THREAD ■**



1. Train your muscles 2x per week. Bro splits are for amateurs.

2. Push, Pull, Legs, Rest, Upper, and Lower is the split that built me the most muscle.

3. "Hardgainer" is a term for someone who needs to lift heavier and eat more.

4. Weight training and a good diet will do more for your physique than hours of mundane cardio.

5. You need a longer time dieting than you think to get the look you want.

Think it's going to take 6 weeks?

You need to diet for 12 weeks.

6. Squat, bench, deadlifts and rows will no doubt build your body.

But you can get just as effective muscle-building results from using machines/supported movements.

7. Your squat sucks because you have tight hips and poor ankle mobility.

Focus on improving these two things.

8. Aside from sleep, creatine is the only muscle-building supplement you need.

Everything else is secondary.

9. The most optimal time for a lifting workout is 45-90 minutes.

Any longer than this and it's the law of diminishing returns for muscle gain.

10. Stretching and sports massages will do more for injury prevention than "rest days."

11. Most people lift too quickly.

Lift with a 3-0-1 tempo.

3-second eccentric (muscle is lengthening)

0-second pause (the muscle is fully lengthened)

1 second concentric (muscle is shortening)

12. You don't have to train to failure to build muscle.

But you'll need to train close to it.

Always lift with 1-2 reps left in the tank.

13. When I'm working out 5-6 days per week, I have next to zero anxiety.

Lifting weights is my stress relief for the brain.

14. Most beginners can make gains with linear progression.

If you're in your first 1-2 years of training, you should be increasing the weight on your compound lifts every week.

15. When it comes to muscle building:

6-12 reps are the ideal rep range for compounds.

10-20 reps are the ideal rep range for isolations.

16. Smaller muscle groups can be trained more frequently as they recover quicker.

Arms, calves and shoulders can be trained 3x per week.

17. Stop rushing your rest periods.

If you want to maximise strength, rest for up to 2-3 minutes between sets.

This reduces fatigue and allows your body hit the next set as hard as possible.

18. Your muscles are made up of 76% water.

Being dehydrated will drastically impair your gym performance.

Drink more H20 if you want to lift big.

19. Stick to the same training program and same exercises for 6-12 months.

Stop changing shit up every week.

This isn't sexy but it gets results.

20. You're 10-15% weaker when you lift in the morning.

If you want to maximise strength, lift in the afternoon after you've consumed 1-2 meals.

21. Glutes are the biggest muscle in the body and you neglect these the most.

More squats, hip thrusts and weighted glute bridges solve this.

22. Your triceps make up 70% of your arms.

Want bigger guns?

Do fewer bicep curls and more tricep pushdowns and close grip bench press.

23. Sitting at a desk daily destroys your posture.

Add in more pull-ups, rear delt flies, dead hangs, face pulls and Romanian deadlifts to combat this.

This will help you stand/sit more upright and fix your back pain.

I hope you found this thread useful!

I'm looking to coach 3 entrepreneurs or high performers into the best shape of their life in just 1-3 hours per week. ■

Want in?

Shoot me a DM & let's chat.■

https://t.co/KUv8QYcUqf