

THE #HEALTHGOTH FITNESS BIBLE

BEFORE YOU RUN OUT AND BUY A NEW COMPRESSION SHIRT OR NIKE TRAINERS TO START RUNNING OR WEIGHT LIFTING REMEMBER THE MOST IMPORTANT THING

> **YOUR BODY IS 80% MADE IN THE KITCHEN**

STOP EATING WHATEVER YOU CANNOT MAKE IN YOUR OWN KITCHEN, PERIOD.

I LOST 20 LBS IN 2 MONTHS BY CUTTING OUT CARBS AND REPLACING THEM WITH GREEN VEGETABLES. IT IS BY FAR THE MOST EFFICIENT AND HEALTHY WAY TO LOSE WEIGHT WHILE AT THE SAME TIME MAKING YOU MORE AWARE OF WHAT YOU PUT IN YOUR OWN BODY.

ANOTHER POPULAR MISCONCEPTION IS THAT BY DOING CRUNCHES YOU WILL LOSE BELLY FAT

> **YOU CANNOT SPOT BURN FAT**

YOU LOSE FAT EVENLY, YOU LOSE FAT BY EATING RIGHT AND BY DOING CARDIO CRUNCHES DO NOT BURN BELLY FAT, THEY GIVE YOU AB MUSCLES THAT YOU CANT SEE UNDER THE LAYER OF LARD YOU'RE CARRYING.

WHEN YOU DO FINALLY GO TO THE GYM, DON'T BE "THAT GUY" THAT ONLY WORKS OUT HIS VANITY MUSCLES I.E. CHEST AND BICEPS AND DON'T BE "THAT GIRL" THAT ONLY DOES LEG AND BUTT EXERCISES.

> **EXERCISE YOUR ENTIRE BODY EVENLY**

FOR MEN THIS MEANS:

> **DON'T SKIP LEG DAY**

DON'T NEGLECT ANY MUSCLE IN YOUR BODY, WORKING ONE PART OF YOUR BODY MORE THAN ANY OTHER LEADS TO MUSCLE IMBALANCE THAT CAN CAUSE INJURY.

FOR WOMEN THIS MEANS:

> **DON'T BE AFRAID OF LIFTING WEIGHTS**

GAINING MUSCLE IS DIFFICULT AND TAKES WORK, YOU WILL NOT LOOK LIKE THE YOKED OUT DUDES ON THE COVER OF BODYBUILDER MAGAZINE FROM LIFTING 5 LBS DUMBBELLS ONCE A WEEK.

NOW THAT WE'RE DONE WITH THAT, WE MOVE ONTO WEIGHT TRAINING

> **IF YOU CANNOT LIFT IT WITH PROPER FORM USE A LIGHTER WEIGHT**

WHO ARE YOU TRYING TO IMPRESS? HEALTHGOTH IS NOT ABOUT LIFTING MORE WEIGHT THAN THE PERSON NEXT TO YOU, ITS ABOUT HEALTH, IF YOU TRY TO LIFT MORE THAN YOU'RE ABLE TO, YOU'RE GOING TO HURT YOURSELF, AND THIS IS NOT THE KIND OF SELF HARM GOths ARE FOND OF.

> **DO THE FULL EXERCISE**

TOO OFTEN SOMEONE IS DOING BICEP CURLS AND LETTING THE WEIGHT DROP BACK DOWN AFTER THE LIFT, WHICH IS SKIPPING ON HALF THE EXERCISE— NAMELY, THE NEGATIVE, AND HEALTHGOTH IS ALL ABOUT BEING NEGATIVE.

> **DON'T CHECK YOURSELF OUT IN THE MIRROR**

HEALTHGOTHs WAIT TO GET HOME TO PUT ON THEIR LEATHER HARNESS TO SEE HOW GOOD THEIR LATS LOOK IN IT AFTER A SERIOUS SESSION.

> **WORKOUT TIL YOU FEEL LIKE DEATH**

DO NOT HALF ASS IT AT THE GYM, YOU WILL NOT GET RESULTS BY "TAKING IT EASY" IF WHEN YOU'RE DONE EXERCISING YOU FEEL LIKE YOU CAN KEEP GOING THEN KEEP GOING. NOTHING IS MORE HEALTHGOTH THAN SELF HARMING BY DESTROYING YOUR MUSCLES SO THEY CAN REBUILD THEMSELVES.

> **PRE AND POST WORKOUT NUTRITION ARE IMPORTANT**

PRE-WORKOUT IS BETTER THAN COCAINE, BECAUSE INSTEAD OF TALKING ABOUT BULLSHIT FOR AN HOUR, YOU GET A SICK PUMP, AND EVERYONE LOVES VASCULARITY. POST WORKOUT WITHIN 30 MINUTES ITS VITAL TO CONSUME PROTEIN AND CARBOHYDRATES TO REPLENISH WHAT YOU USED UP KILLING YOURSELF AT THE GYM.

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