
Subject: Re: The Avengers *Spoilers Maybe*
Posted by [Wallywood](#) on Mon, 25 Jun 2012 16:52:07 GMT
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Major-Payne wrote on Mon, 25 June 2012 00:26Wallywood wrote on Sun, 24 June 2012 19:32Yeah, I was a C2 maybe when I was 12. Also lifting weights isn't a big part of my training. With MMA and being in my weight class, weight lifting isn't big on the training part. They want you to be more flexible to avoid submissions.

Crimeson is pretty much a C4, because dat bitch BLEW UP LOL

Also darlin, I would remove my hand from my junk...but I really wouldn't want to show off my tiny penis.

P.S Wouldn't trust that scale pic. you can't tell body/muscle from a visual. That takes a fold test.

- >Post GAY AS HELL pic of skinny body, thinking you're buff as hell
- >Someone points out that you're skinny as fuck
- >Spout delusional bullshit
- >Someone provides reference to show you how skinny you are
- >Spout even more bullshit

You really are special.

If you had any kind of muscle, really, just a little bit of muscle, you'd have a 6pack with all that supposed cardio and MMA, a full 6pack. If you do THAT much cardio and you still don't have a 6pack and an at least solid chest, you really have shit for muscle or you're doing your cardio VERY VERY much the wrong way.

Either way, keep deluding yourself I'm sure other people as ignorant as you are will think you are ripped as fuck

Actually I'm not sure what MMA you've been watching but MMA isn't about how you look.

Examples:
Roy Nelson

Does over 35 hours of cardio, but refuses you change his current Diet

Bj Penn

One of the few men to hold titles in two weight classes at the same time. No real chest or AB definition trains under 35 hours of cardio a week. Also refuses to change his current diet.

Forrest Griffin

Great AB definition, lack of chest definition. Direct quote "I do watch what I eat, but you'll never

see me turn down a good cheese burger"

Point, if you knew anything at all about training, fitness, cardio. Then you would know that your diet makes up huge part in your BMI and if you know anything about the subject then I shouldn't have to tell you what BMI means . I'm also a "jumper" meaning I jump weight classes on a regular basis. Jumping from 135 to 155 and then 160 to 180. That pic. was when I fighting for ECB in the 155 class.

Here I am at 170, with my old dog Riley

Here I am training one of my old students. Who ended up going 5-1 in her first novice Judo met.

But yeah, your probably right. I'm just some guy taking "gay pics" of myself for no other reason then to show them off to you on the interwebz. Its not like I had to take these pics to give to my Nutritionist so she could access my water wait or anything.

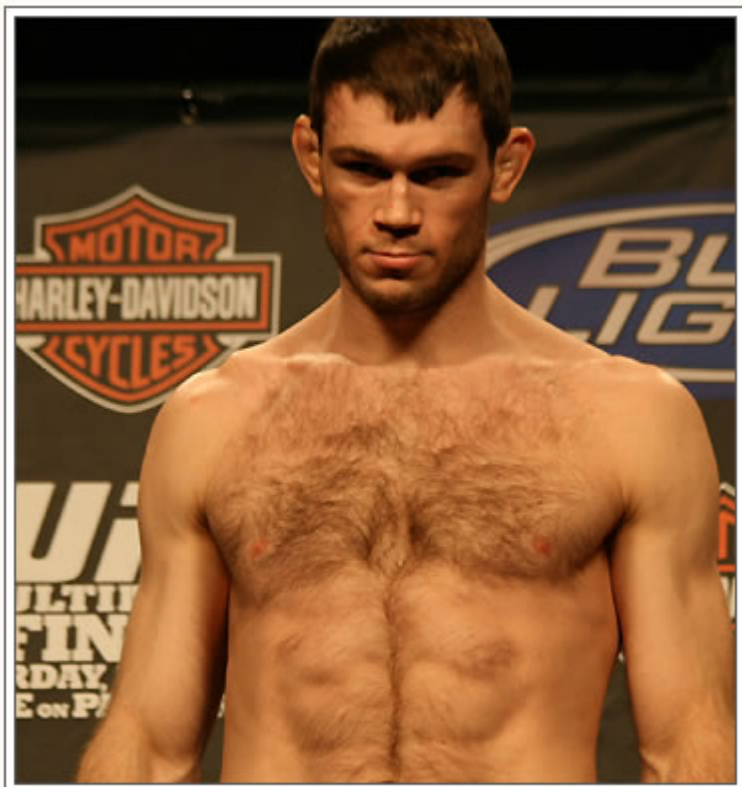
Hope you enjoyed your schooling. Have fun on Redit.

File Attachments

1) [roy-nelson-2.jpg](#), downloaded 559 times



2) [forrest_griffin.jpg](#), downloaded 571 times

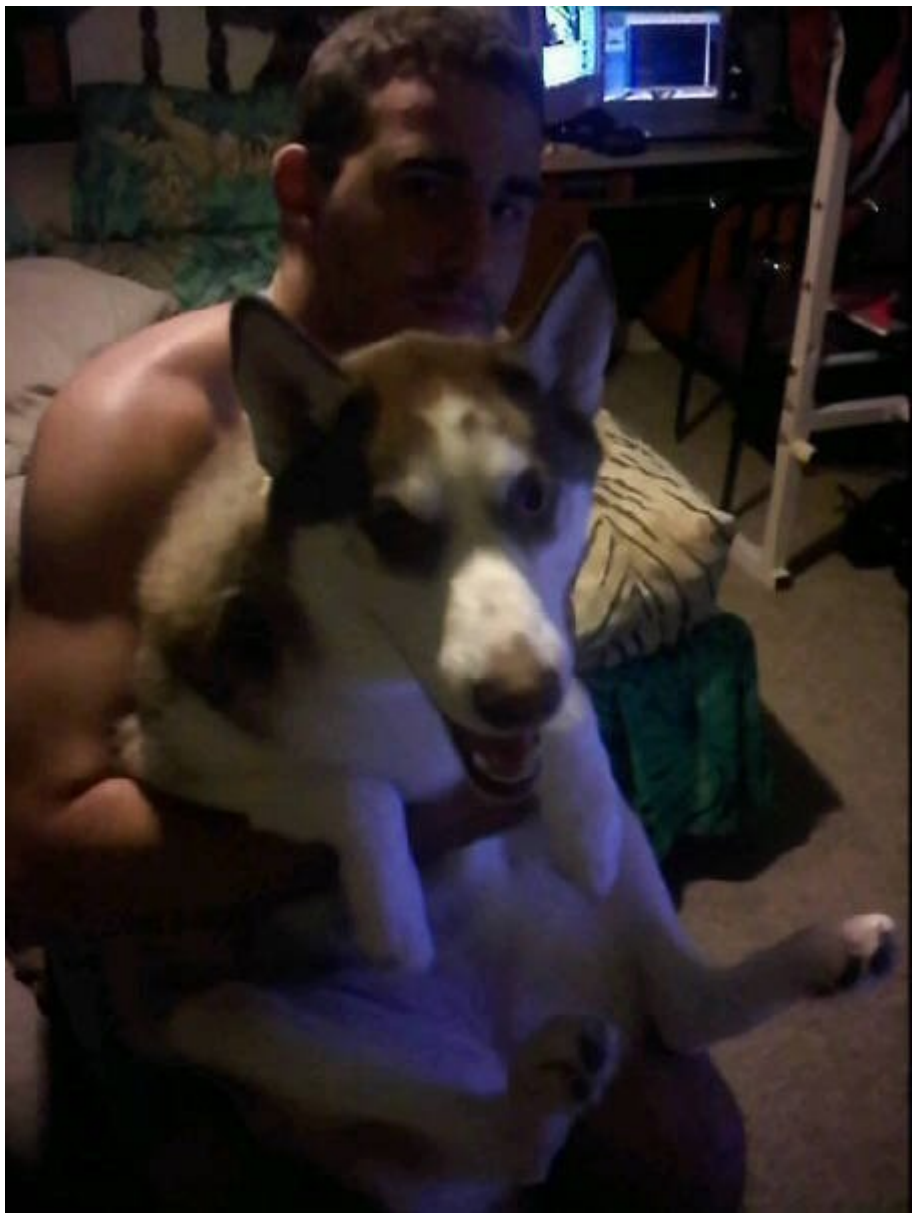


“ Forrest Griffin's enormous ears are scary...” ”

3) [bjpenn2.jpg](#), downloaded 549 times



4) [7326_1219978306740_1447383512_30635616_8332056_n.jpg](#),
downloaded 544 times



5) [4480_97477716568_503196568_1961662_8041599_n.jpg](#),
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