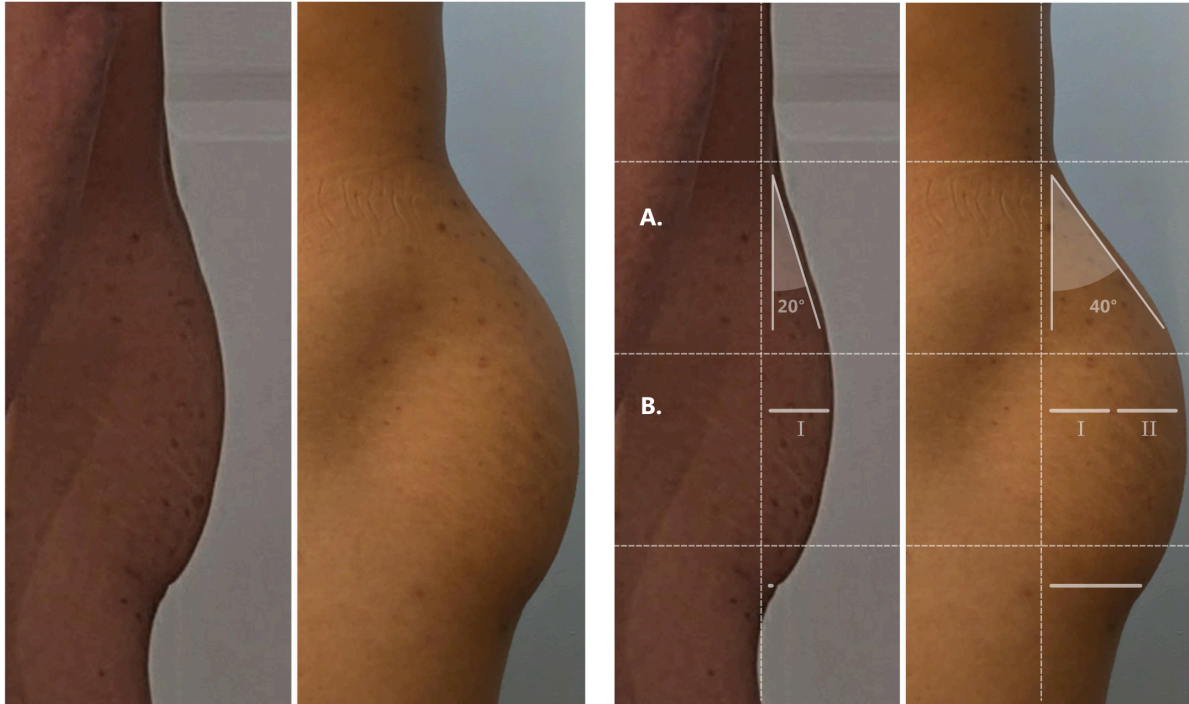


Thicker Rump Master Class, Summer 2024  
Los Angeles, CA

Art Sects, PhD



I worked out consistently for three months, in order to easily lift an averaged-sized woman off of her feet and carry her - hypothetically, that is - or a human body. I didn't know going into it the end results, nor that the end result would take this long, but judging by the gains, it became something like taking about one season to get into this kind of ideal shape - and that, while not exactly easy, could be considered as achieved relatively quickly. The concern was not aesthetically motivated, just to fill out and be able to do extra work, ergogenically speaking. The result, as shown above, none-the-less, was a rounding that was a doubling in the 'lift' angle (A) and thickness (B). Starting at 124 lbs on June 3rd, I ended up at 145 lbs on August 31st. I'm able to lift twice as much with my glutes, going from 180 lbs to 360 lbs (C - it's in the photos there, somewhere), and so this whole thing is centered around fast and efficient posterior improvement. I had a couple previous experiences of working in this time span and for these results, once in 2021 in Phoenix, AZ and again in 2023 in Miami, FL, but did not reach my potential on either go and/or it was curtailed by injury. Now, it's on to the next level. This is for all those that cared but not really about it, and for those who got sucked into the ride this is where all your energy, whether you like it or not, has gone into.

A significant portion was based on lifting for strength and hypertrophy, no cardio. The resistance training involved was periodized, consisting of three one-month mesocycles. Also every day was heavy lifting, progressively overloading, aggressively. Diet and nutrition followed bulking routines of caloric surplus, in the 2500-3500/day range, and high-protein intake, from

120 to 160 grams per day, as well as supplements. Fast recovery was another goal. It started out as getting sore for 5-7 days post-workout to gradually getting back at it the very next day and undergoing higher workloads and volume. Keep in mind that I rode my bicycle to and from the gym and stretched beforehand all throughout the training days. I also vaped daily and threw back a six-pack of beer about a dozen times and frequently had a post-workout beer or two.

The first cycle lasted six weeks, where the first five were training every day of the week, and then resting on the sixth week before starting the second cycle. I tried to do legs, chest, back, arms and core separately for each training session. This way, there were a few days for one muscle group to recover while I worked on another. When I felt I could do more, I went to the gym twice in one day, and this became part of the next two cycles, up to three times a week of double days. My right knee started giving me some trouble towards the fifth week, as I had sprained it quite badly last year, but the rest allowed for it to heal. Going every day for a month is about as stressful and taxing on the joints as it can get, especially at 43 years of age. Supplements were minimal: multivitamins, caffeine/theanine, turmeric, BCAAs, arginine/citrulline, plant protein drinks.

Hip thrusts: 2 45's on each side for 8 reps. 180 lbs.

The second cycle was training for four weeks straight, followed by five days of rest. Here I did legs every day, switching between squats (back squats) and deadlifts (hexbar), and doing either back or chest/shoulders for the remainder of the workout. I'd do isolation exercises for each appendage muscle until they were exhausted, i.e. hitting calves, hamstrings, and quads for legs, and triceps, biceps and delts for arms, cycling through each of them so as to give them their turn in line. Here I was mainly going for the largest muscle groups, and did not spend as much time on arms and did not work out on my core at all. Whenever I found myself standing idly throughout the day, I did air humps, that is, thrusting my hips and squeezing my butt cheeks as if I was having sex in a standing position. I also began walking like a chicken, forcing my legs to mimic the bird's spring-like motions on one leg at a time, keeping the knees bent to apply some resistance.

I ate a great amount of food, up to five meals a day. I didn't worry about eating "healthy", as all macros are macros breaking down to glucose (carbs), amino acid (protein), or stored as adipose fat tissue (fat). My weight got up to 139 lbs, a 15 lbs increase since the beginning, which was over 1.5 lbs per week. I presumed it was 50/50 fat and muscle. Here, supplements played a larger role in stimulation, energy production, focus, recovery and injury prevention. My left knee started acting up, but I got on this stack and it immediately vanished:

Sports drinks, caffeine/theanine, plant protein drinks, Multivitamins, Glucosamine Chondroitin/MSM/Boswellia, Omega-3 fish oil/turmeric, KSM-66 Ashwagandha, BCAAs, HMB, Kre-alkaline Creatine, Arginine, Greens, Tyrosine, Eleuthero, Vitamin C, Magnesium

I had taken glucosamine chondroitin/MSM every day for about a year, to regenerate my spinal disk cartilage, and it alleviated any and all nagging along the posterior chain. Herniated discs are the worst, and this is the best way to avoid them, especially with squats and deadlifts day in

and day out.

At this stage I also added probiotics from kombucha drinks for digestion and glutamine from cabbage in the form of coleslaws and salads for DOMS (delayed onset muscle soreness). The main point however, was to ensure I was in a constant state of anabolism, sparing muscle breakdown while promoting muscle building.

Hip thrusts: 3 45's on each side for 8 reps. 270 lbs

The third cycle lasted only 2 weeks, and the rest was just one day. Here, I continued to lift and eat as in the second cycle, but pushed the big compound lifts (squats, deadlifts, bench press, rows) and tried to do hip thrusts every day. Going twice in a day to do hip thrusts was when I first really started to feel it in the glutes. By now, I was fairly conditioned for the movements of each exercise, and muscle memory assisted in making the form natural instead of awkward or wrong.

I took all the big lifts to failure at the 3-5 rep range and then scaled back the weight and upped the reps steadily until I could break through to 6-8 reps. This is the 'meat', if you will, of the program. For squats, which I made sure to do the low bar back squat version, I topped out at 245 lbs at 4 reps (after 3 sets at lighter weights) before having to drop the bar on the 5th rep. (When it landed on the ground, it spun like tracing around a protractor's edge in a semicircle before running over the girl's stuff in the rack to the right of mine) This is two 45s on each side and some change, which was something I could only barely call my max six years ago. I pulled back the squats to 205 lbs for 8 reps, and eventually climbed up to 235 lbs for 6 reps. For deadlifts, I went first into deficit, standing on a 45 lb plate at the lowest, and then overloaded on the reps at 250 lbs, going from 3 sets of 3 to 3 sets of 4, 5, then 6. Six years ago I maxed out on the hexbar deadlift at 300 lbs for one rep. After doing this, I came out doing 315 lbs for 3 sets of 3 reps. For hip thrusts (using the machine), I got up to 5 reps at 360 lbs, failing on the 6th. The lower back started to do a lot of the work and I pulled back to 320 lbs and worked up to 10 reps, and got up to 350 lbs for 3 sets of 10 reps. I made sure to squeeze at the very top. I suppose going hard at 90% max for more and more is optimal to getting to 110%.

Where I was unable to climb in the big lifts before was evidently not the fault of my legs but in the gluteus maximus. Bringing them up, even if just a little bit, has a large overall impact. Being the largest muscle, this should make sense.

I ate the most here, and it showed on my skin with the extra dairy products, and kept up with the supplements from before until the BCAAs, HMB, Arginine and Creatine ran out. A typical day was usually a big breakfast, gym, another breakfast, lunch, nap, dinner, and sometimes a second trip to the gym. Plant protein shakes would replace or accompany the meals. As expected, I gained more weight, going up to the 145 lb mark, which made it an even 20 lbs over three months. This was after I flushed most of the water out at the end of the cycle. My overall size and shape weren't noticeably different, except where my clothes felt tighter, there it grew. I had packed on a lot of skeletal muscle and I'm guessing my body fat percentage is around 15%. There were no injuries or pains, only a small ache in my right rib cage towards the end for some reason - could've been my stomach's expansion.

Hip thrusts: 4 45's on each side for 8 reps. 360 lbs

I plan to continue the third cycle for another 2 weeks and a rest day, which would complete this variation on the month-long mesocycles. Rather than going for a long time before recovery like in the first and second cycles, the recovery is spread throughout. This time around, I'm doing a lower/upper body split, focusing on the pump and burn and leaving a day of rest in between each half. As for eating, in the first few days so far, I've dialed down the caloric intake, skipping breakfast, and allowing for a 6-8 hour intermittent window of eating to get my waist a little smaller. I also began sprinting again, as a finisher, as the impact on the ground, even if for a split second, requires exertion of quite a bit of force. I've made sure to include a finishing exercise to get the most out of the workout, meaning a full-on assault each time. All in all, this would mean that reaching the 150 lbs mark would have to be a leaner bulk taking a bit more time, but not that much more. Settling at 140-45 lbs with a cutting phase to trim down to 10% body fat would probably complete an entire six month cycle. And I'm pretty sure I'll be able to get to 400 lbs with the hip thrusts at some point in the next mesocycle. And if the entire cycle were done again, a tripling could undoubtedly be on the table. There are obvious advantages to this - effortlessly cracking people's backs, for example. And there are obviously limits, but the rewards of mass and composition attained at this point of surpassing limits should be enjoyed - sitting down feels quite amazingly like plopping onto a soft pillow, while strutting around with a new set of enhanced wheels somehow makes life incredibly easier. Not that it should be taken lightly - not at all - this is, if anything, preparation for the battle(s) ahead. I must warn you, if you try this, your results may vary.

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