

Mark Rippetoe

Quotes

Exercise, People, Strong, Workout, Bad Ass, Squat, Training, Want, Stress, Bars, Mean, Pussy, Ass, Jesus, Community, Guy, Responsibility, Stronger, Athlete, Important

You can't make people smarter. You can expose them to information, but your responsibility stops there.

~Mark Rippetoe

There is never an absolute answer to everything, except of course that you have to do your squats.

~Mark Rippetoe

There are no shortcuts. The fact that a shortcut is important to you means that you are a pussy.

~Mark Rippetoe

There are few things graven in stone, except that you have to squat or you're a pussy.

~Mark Rippetoe

Strong people are harder to kill than weak people and more useful in general.

~Mark Rippetoe

An adult male weighs at least 200 pounds

~Mark Rippetoe

If you insist on wearing gloves, make sure they match your purse.

~Mark Rippetoe

A squat cannot be performed on a Smith machine any more than it can be performed in a small closet with a hamster.

~Mark Rippetoe

You don't get big and strong from lifting weights - you get big and strong from recovering from lifting weights

~Mark Rippetoe

Accumulating injuries are the price we pay for the thrill of not having sat around on our asses.

~Mark Rippetoe

You are right to be wary. There is much bullshit. Be wary of me too, because I may be wrong. Make up your own mind after you evaluate all the evidence and the logic.

~Mark Rippetoe

I welcome you to the community of people who have decided that EASY will no longer suffice!

~Mark Rippetoe

Mediocre athletes that tried like hell to get good are the best coaches.

~Mark Rippetoe

There is no such thing as "firming and toning." There is only stronger and weaker.

~Mark Rippetoe

The deadlift also serves as a way to train the mind to do things that are hard.

~Mark Rippetoe

Your muscles cannot get "longer" without some rather radical orthopedic surgery.

~Mark Rippetoe

Any idiot can get on a treadmill and watch TV and then take great pride in the fact they've exercised.

~Mark Rippetoe

Poor form in the gym is caused by insufficient yelling.

~Mark Rippetoe

There is simply no other exercise, and certainly no machine, that produces the level of muscular stimulation and growth than the correctly performed full squat.

~Mark Rippetoe

I like musicianship, and it's quite lacking in most modern popular music. You're always safe with old Chicago, the Allman Brothers, Gov't Mule, or Tower of Power.

~Mark Rippetoe

Stronger people are harder to kill

~Mark Rippetoe

The full-range-of-motion exercise known as the squat is the single most useful exercise in the weight room, and our most valuable tool for building strength, power, and size.

~Mark Rippetoe

Trust me, if you do an honest 20 rep program, at some point Jesus will talk to you. On the last day of the program, he asked if he could work in.

~Mark Rippetoe

The BEST training program in the entire world will be a DISMAL FAILURE if people fail to hold up their end of the deal. The success of ANY training program is ultimately the trainee's responsibility.

~Mark Rippetoe

Humans are not physically normal in the absence of hard physical effort.

~Mark Rippetoe

But then again, those who argue against squatting and deadlifting on the same day may just be pussies.

~Mark Rippetoe

If every day of your life you are told by authority figures that the Earth is flat, you will be scared of falling off the edge whether you want to be or not.

~Mark Rippetoe

Exercise is not a thing we do to fix a problem - it is a thing we must do anyway, a thing without which there will always be problems

~Mark Rippetoe

Physical strength is the most important thing in life. This is true whether we want it to be or not.

~Mark Rippetoe

But a hot gym is where most of us have trained before. Learn to deal with it: more water, more minerals, bigger balls.

~Mark Rippetoe

I don't even like Greg Glassman. I don't have a cult like allegiance to the guy. I really don't like him. He's too hard to get on the phone and he doesn't drink my kind of scotch.

~Mark Rippetoe

There is no substitute for milk. Sorry.

~Mark Rippetoe

The spine is best at bearing a load in an arch

~Mark Rippetoe

I recommend that you change colleges.

~Mark Rippetoe

Opinions are like phasers - everybody ought to have one.

~Mark Rippetoe

Big arms are fun, and if their training doesn't interfere with the rest of the program, wait till everybody's gone, like I do.

~Mark Rippetoe

What we're trying to do is get things fixed, not allow them to stay broke.

~Mark Rippetoe

Your ideal body weight as an ectomorph at 6' 0" will be 214.378 lbs. There. Happy? And if you lose or gain a pound, I will have you killed. It is important to be ideal.

~Mark Rippetoe

I recommend against a wooden squat rack, for much the same reason that I recommend against a wooden car.

~Mark Rippetoe

Women who do look like men have taken some rather drastic steps in that direction that have little to do with their exercise program.

~Mark Rippetoe

Since the trainee is both inefficient and unadapted, only a few basic exercises should be used, and they should be repeated frequently to establish the basic motor pathways and basic strength.

~Mark Rippetoe

I can teach idiots to squat in ten minutes.

~Mark Rippetoe

History tells us what works in the gym, and everything else walks down the road with a carrot in its ass.

~Mark Rippetoe

If you are so inflamed that you can't train, and ibuprofen and fish oil help with inflammation, maybe you'd better take the ibuprofen and fish oil.

~Mark Rippetoe

The Olympic Snatch is gymnastics with a bar

~Mark Rippetoe

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