

POSTHUMAN FEMALE LIFTING CLUB

VOL. I

BEGINNER'S GUIDE TO
REDUCING FERTILITY
THROUGH BODYBUILDING

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PFLC

WHO WE ARE AND WHY YOU SHOULD JOIN US.



This collective is born with the intention of spreading a new stance on the role of women in society and the importance of establishing control over the environment by regulating fertility and minimizing the consumption of animal protein, all while focusing on nutrition and sports.

Antinatalism is not a new position; it is a philosophical, political, and demographic stance against reproduction and the birth of new human beings, as we believe that overpopulation and mismanagement of resources are destroying the planet. Additionally, we want to assert that as women, we are not obligated to have children and can have many other aspirations in life. We are tired of society viewing us as incubators, so we prefer to do everything possible to reduce our fertility. Humans are a deeply destructive species responsible for the suffering and death of billions of other humans and non-human animals. We are the species that most deserves to disappear from the planet or at least reduce its impact.

Because of all this, and due to sports, we can influence our reproductive capacity. And meanwhile we are training in bodybuilding, we can take responsibility for the consequences we leave as a species. Simultaneously we are fighting against the assumed role we are supposed to fulfill as women, how we should be and how our bodies should be. Society is afraid of us being strong, big, and taking absolute control of our bodies. The world that has been dominated by men for centuries is afraid that we can reach our full potential. That's why through our posts, we want to spread our ideology and create an international movement. It's time to take control and fight for our maximum well-being. Don't be afraid to see the best version of yourself. We are all united alongside the true good people who want to see strong women. It's time to shatter the vision of men with our "monstrous muscular bodies".

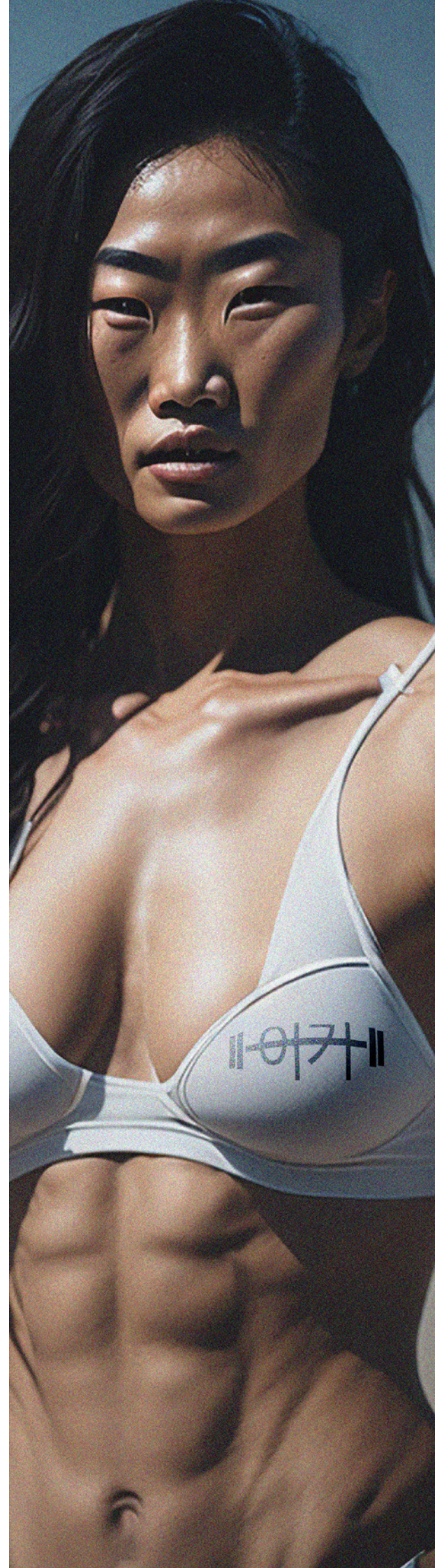
||아카||

In this first volume, you will find the most basic concepts to immerse yourself in the PFLC lifestyle because it is not just a set of ideas, but a decision we make every day. From training to a nutritional plan and getting familiar with gym accessories, all of it is part of our guidance to help you gradually increase your level.

We want to remind you to set long-term goals and keep them in mind. You may start noticing changes in a few years because we strive to make the process as natural as possible for each person. Also, it's important to familiarize yourself with new foods that you may not have consumed before, as they can reduce the likelihood of pregnancy by up to 50%. We also offer our supplements created in collaboration with the brand Posthuman Nutrition.

Before you dive into the content, we want to emphasize the importance of taking ownership of your own health. As mentioned before, the world doesn't necessarily embrace strong women, which means we are socially pressured to conform to a normative body. We want to remind you of the significance of muscle mass, since its absence is one of the main issues related to aging. We are not here to please the male gaze; rather, we are here to be strong and independent throughout our lives.

We have to think about the world we want for tomorrow, whether our decision to bring more children into the world is selfish and what example we want to set for those who will unfortunately still be here. We are heading towards our own destruction, and it is not the best possible scenario for any childhood. Until humanity is able to regulate its greed, we must remain steadfast in this decision. There may be some downsides, but our mission only brings positive consequences to those around us.



WORKOUT MODEL

This is a model to start training, with a minimum of 4 days a week of intense exercise. Dropsets (DS) are included if you are in a cutting phase.

The names in bold are edited with the collective touch to remind us of our goal. If you have any doubts about how to perform any of these exercises, you can consult with the gym instructor or search on YouTube for the one written just below in gray.

Exercise	SETS	REPS	REST
MULAN'S TRAINING SQUATS	5	8-10	90"
MATRIX BREAKER BULGARIAN SQUATS	3	10/LEG	90"
NUTS KICKER QUADRICEPS EXTENSIONS	4	10-12 + FAILURE	90"
MANSPREADING ABDUCTOR	4	15-20	60"
UTERUS TILL FAILURE HIP-THRUST	4	12-10-8-6	90"
THE PERFECT ANKLES CALVES (DSX1)	3	TILL FAILURE	30"

LEG DAY

Exercise	SETS	REPS	REST
LACTATION ANNIHILATOR BENCH PRESS	4	10-12	90"
WIDER THAN A MAN MILITARY PRESS (DSX1)	4	8-10	90"
DISTANCE KEEPER LATERAL RAISES (DSX1)	4	8-10	75"
ANTIMANSPLEANING SHRUGS + BAND PULL APART	4	TILL FAILURE	75"
SKULL CRUSHERS SKULL CRUSHERS	4	10-12	60"
MORNING-AFTER PILL PALLOF PRESS	3	10/SIDE	60"

PUSH DAY



Here are some tips for starting out with hypertrophy training:

Set Clear Goals: Define specific and achievable goals related to muscle hypertrophy. This will help you stay focused and motivated throughout your training journey.

Progressive Overload: Gradually increase the demands on your muscles over time. Continuously challenge yourself by increasing the weight, reps, or sets to stimulate muscle growth.

Compound Exercises: Incorporate compound exercises into your routine. These movements engage multiple muscle groups simultaneously, maximizing efficiency and overall muscle development. Examples include squats, deadlifts, bench presses, and rows.

Proper Form and Technique: Prioritize proper form and technique in every exercise. This ensures optimal muscle activation and minimizes the risk of injury. Consider working with a trainer or coach to learn correct form for each exercise.

Balanced Training: Having a well-rounded training program that targets all major muscle groups. Avoid focusing solely on specific muscles and neglecting others. A balanced approach promotes overall muscular development and symmetry.

Nutrition and Recovery: Pay attention to your nutrition and ensure you're consuming enough protein and calories to support muscle growth. Additionally, prioritize adequate rest and recovery to allow your muscles to repair and grow stronger.

Exercise	SETS	REPS	REST
OVARIES DESTROYER SUMO SQUAT	4	10-12	60"
FEM EXTENSION FEMORAL EXTENSION	4	12-15	90"
MEGACONTRACEPTION DEADLIFT	6	10-12	90"
UTERUS TO FAILURE HIP-THRUST	5	15-12-10-8-6	90"
HEAD CRUSHERS ADDUCTOR (DSX1)	4	15	60"
THE PERFECT ANKLES CALVES (DSX1)	3	TILL FAILURE	60"

Exercise	SETS	REPS	REST
THE REAL WINGS LAT PULLDOWNS	4	8-10	75"
GORILLA GIRLS T-BAR ROW	4	8-10	75"
ULTRASTREIGHT VAGINA ONE ARM DUMBBELL ROW	4	8-10	90"
MY BODY MY CHOICE UNILATERAL LAT PULLDOWN	3	8-10	75"
HUMILITY 6 WAYS	2	8-10	75"
EGOLIFTER'S DESTRUCTION BICEPS CURL	3	8-10	75"
INCEL SLAYER SCOTT BENCH BICEPS CURL	2	8-10	75"
MORNING-AFTER PILL PALLOF PRESS	3	10/SIDE	60"

Consistency: Consistency is key. Stick to your training program and schedule regular workout sessions. Results take time, and consistent effort over the long term is crucial for hypertrophy.

Track Progress: Keep a training journal or use a fitness app to track your workouts, weights, and progress. This allows you to monitor your performance, identify areas for improvement, and celebrate your achievements.

Listen to Your Body: Pay attention to your body's signals. If you experience pain or excessive fatigue, take a break or modify your workouts accordingly. It's important to find the balance between pushing yourself and avoiding overtraining or injury.

Stay Motivated: Find sources of motivation that inspire you to keep going. This could include setting new goals, working out with a training partner, or following fitness influencers who share valuable tips and inspiration.

Remember that we are providing you with information in this magazine that can be useful for getting started, but from here on, you need to tailor it to your personal preferences. Each woman is completely different!

LEG DAY

PULL DAY

**POSTHUMAN
NUTRITION:
THE FUTURE IS
IN YOUR HANDS**

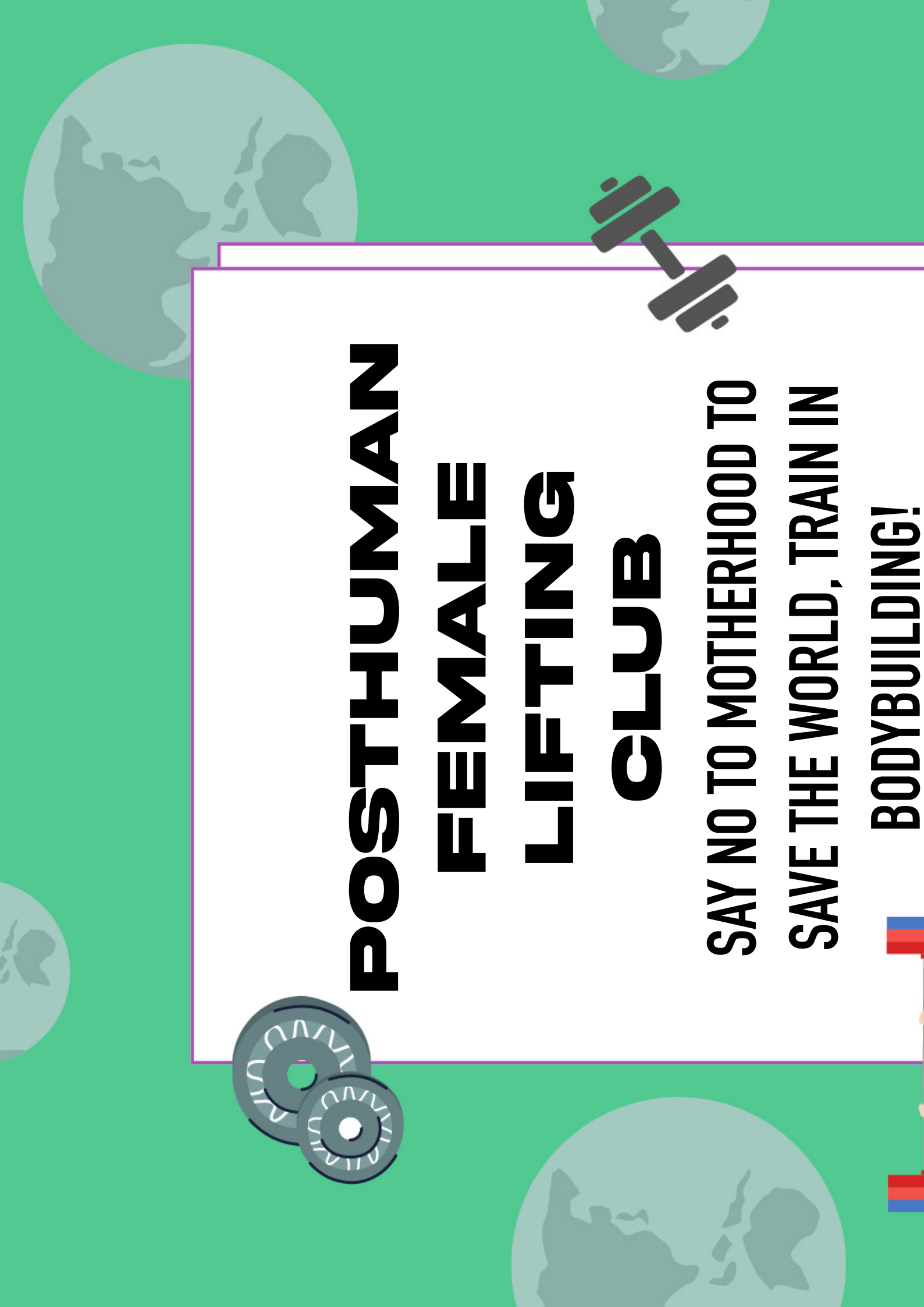
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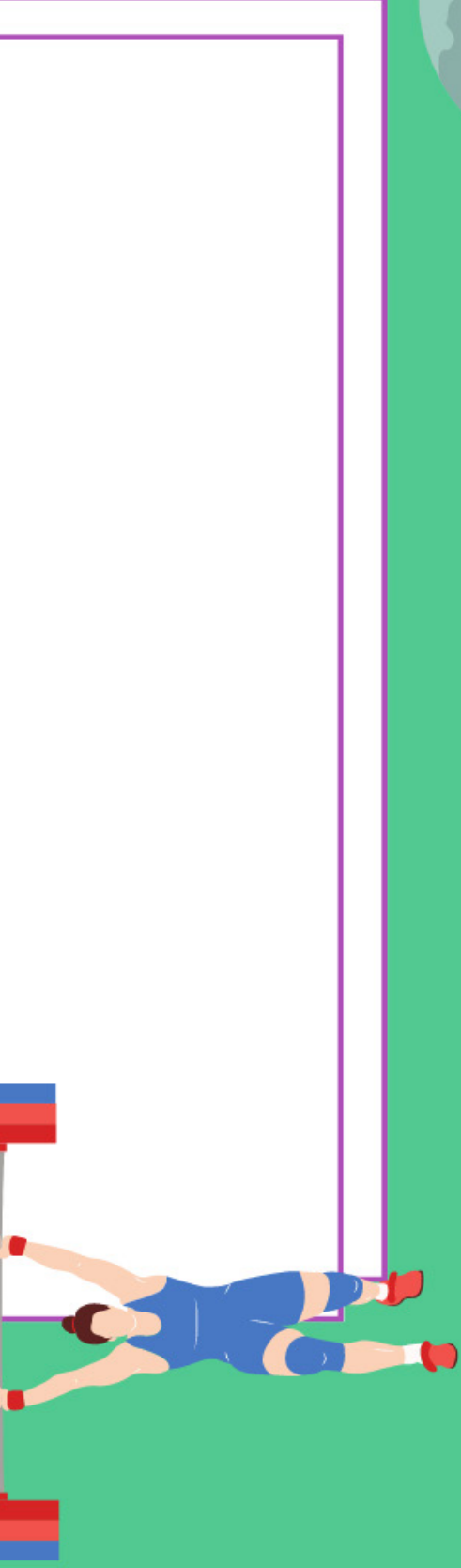
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**POSTHUMAN
FEMALE
LIFTING
CLUB**

**SAY NO TO MOTHERHOOD TO
SAVE THE WORLD, TRAIN IN
BODYBUILDING!**



**JOIN US, TRAIN WITH US! YOU CAN FIND OUR
INFORMATION THROUGH OUR WEBSITE. DISCOVER IF
WE ARE IN YOUR CITY, OR IF NOT, YOU CAN CREATE
YOUR OWN GROUP.**



PFLL

FITNESS ACCESSORIES: A BRIEF USER'S GUIDE

A weightlifting belt is a supportive tool commonly used in the gym during heavy lifting exercises. Its primary purpose is to provide stability and support to the core and lower back, reducing the risk of injury and improving performance. Here's how to properly use a weightlifting belt:

1. Positioning: Place the belt around your waist, just above your hip bones. Ensure that the belt is centered and sits snugly but comfortably.
2. Tightening: Fasten the buckle or closure mechanism securely. The belt should be snug enough to provide support but not excessively tight, allowing for proper breathing and movement.
3. Technique: Engage your core muscles by actively pushing against the belt during exercises. This helps create intra-abdominal pressure, which further supports your spine and stabilizes your torso.
4. Exercises: Weightlifting belts are commonly used during heavy compound exercises like squats, deadlifts, overhead presses, and similar movements that involve significant load or spinal loading.
5. Safety and Limitations: While a weightlifting belt can enhance stability and safety during lifting, it is not a substitute for proper technique and training. It's essential to learn and practice correct form and gradually increase weights. The belt should not be relied upon as a crutch but rather as a tool to supplement your training.



Lifting Straps are a common accessory used in the gym to enhance grip strength and assist in heavy weightlifting exercises. They are primarily used when performing pulling movements such as deadlifts, rows, and pull-ups. The purpose of straps is to provide a secure and strong grip on the bar or weight, allowing you to lift heavier loads and focus more on the targeted muscles without your grip strength being a limiting factor. They can be especially useful if you find that your grip gives out before your muscles during exercises. Here's how to properly use the Lifting Straps:

1. Start by placing the strap around your wrist. Ensure that the loop of the strap is on the palm side of your hand.
2. Wrap the loose end of the strap around the bar or weight you're lifting. Make sure it is secured tightly.
3. Once the strap is wrapped around the bar, grab the bar with your hand and hold it firmly.
4. Now, twist your hand inward, wrapping the strap around the bar even more and creating a secure grip.
5. Repeat the same steps for the other hand, ensuring that both straps are tightened evenly.
6. Proceed with your exercise, focusing on the targeted muscles and using the straps to maintain a secure grip on the weight.

It's essential to also work on improving your grip strength through exercises such as farmer's walks, wrist curls, and grip-specific exercises to develop well-rounded strength. Additionally, it's crucial to use lifting straps with proper technique and not as a substitute for weak grip strength. They should be seen as a tool to assist you in specific circumstances rather than a crutch for every exercise.



HOW TO CALCULATE MACROS

For newcomers in this field, 'macros' is short for 'macronutrients,' which are the nutrients found in food in large quantities that provide us with energy. The three main macronutrients are proteins, carbohydrates, and fats. They should not be confused with micronutrients, which are present in food in small quantities: vitamins, minerals, and trace elements, they not provide energy but are also necessary for the functioning of the body.

The first thing to do is calculate your maintenance calories, regardless of your goal. This will help you determine your daily caloric intake to maintain your weight. Each person has a different amount of maintenance calories, as it can be different with age, sex, level of physical activity, and other factors.

First, calculate your **Basal Metabolic Rate (BMR)**, which is the amount of energy (calories) your body spends at rest during a 24-hour period. We use for this the Mifflin-St Jeor Equation:

- 1. **Multiply your weight (kg) by 10**
- 2. **Multiply your height (cm) by 6.25**
- 3. **Multiply your age (years) by 5**
- 4. **TOTAL AMOUNT**
- 5. **Women should subtract 161 from the total**

Example calculation for a Bulking phase:

$$\text{BMR} = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$$

$$\text{BMR} = 10 \times 64 + 6.25 \times 170 - 5 \times 23 - 161 = 640 + 1062,5 + 115 - 161 = \mathbf{1806.5 \text{ Kcals}}$$

$$\text{BMR} \times 1.55 \text{ (Exercise 5 days a week)}$$

$$1806.5 \times 1.55 = 2800 \text{ Kcals}$$

$$\mathbf{2800 + 500 \text{ (Bulking phase)} = 3300 \text{ Kcals}}$$

Now we need to calculate the **Total daily energy expenditure (TDEE)**, this is the amount of calories you need daily, including physical activity (this includes any daily activity, from brushing your teeth to running a marathon).

The next step is to multiply your BMR by one of these constants, depending on your physical activity. As a collective, we recommend engaging in a minimum of 4 days of intense exercise to achieve the goals we have set:

Sedentary = 1.2
Light exercise (1-3 days per week) = 1.375
Moderate exercise (3-5 days per week) = 1.55
Intense exercise (6-7 days per week) = 1.725
Very intense exercise (twice a day) = 1.9

Depending on whether you're in the phase where you need to do **Bulking** or **Cutting**, you should adjust approximately +500 kcal to gain muscle during the bulking phase or -500 kcal if you need to do cutting. It's important to have a proper bulking phase for at least 5 months to gain significant muscle mass and then create a caloric deficit to subsequently gain muscle in a cleaner manner.

Keep track of your progress in the following weeks and adjust your calories as needed, depending on how fast or slow you are losing or gaining weight. Try to avoid severe calorie restriction, as it can lead to loss of muscle mass instead of fat.

CALCULATING PROTEIN INTAKE

Protein is an important macronutrient that contributes to muscle maintenance and growth, as well as keeping you satiated for longer. For gaining muscle mass, an approximate intake of 2 g of protein per kilogram of body weight is recommended. For weight loss or maintaining muscle mass, recent studies suggest a protein intake of 3 g per kilogram of body weight.

BULKING = 25-35%

CUTTING = 40-50%

MAINTENANCE = 25-35%

CALCULATING FAT INTAKE

It is important to consume an adequate amount of fat in the diet as it serves many beneficial functions, including regulating hormone levels and maintaining joint health, which overall help improve body composition.

BULKING = 15-25%

CUTTING = 30-40%

MAINTENANCE = 25-35%

CALCULATING CARBS INTAKE

Carbohydrates are the most important macronutrient in providing energy and replenishing muscle glycogen stores during post-workout recovery. Once you have calculated the intake of proteins and fats, it's time to calculate the amount of carbohydrates you should consume per day, subtracting the calories from proteins and fats from the total caloric intake.

BULKING = 40-60%

CUTTING = 10-30%

MAINTENANCE = 30-50%

VEGETABLE FOODS WITH HIGHER PROTEIN CONTENT.

PER 100g

LEGUMES (cooked)

Soya	38g
Tempeh	21g
Tofu	15g
Lentils	9g
Beans	9g
Chickpeas	8g
Peas	8g
White Beans	7g

CEREALS (cooked)

Seitan	26g
Buckwheat	12g
Spelt	5g
Wheat	5g
Quinoa	4g
Oat	3g

OTHERS

Spirulina	57g
Pumpkin seeds	30g
Hemp seeds	24g
Peanut	23g
Pistachio	21g
Sunflower seeds	20g
Almonds	20g
Flaxseed	18g
Chia	16g
Nuts	15g
Chestnut	15g



MEAL PLAN EXAMPLE

13

BREAKFAST 1

___g White or wholemeal Bread
___g Hummus
250 mL plant milk

SNACK

___g Weetabix
___g Nuts
250 mL plant milk

LUNCH

___g Rice
___g Seitan
___g Avocado
150g Veggies

AFTERNOON SNACK

___g Cocoa Cream
___g White or wholemeal Bread
___g Nuts
___g High Protein Vegan Yogurt

DINNER

1 Veggie Burguer
1 Burguer Bread
___g Avocado
150g Veggies
150g Fruits

* After calculating your macros and determining whether you are in a bulking or cutting phase, you can distribute the quantity of each ingredient as you prefer, according to the example.

POSTHUMAN FEMALE LIFTING CLUB: CHAPTER 1

In the bustling city of Seoul, amidst the fervor of the 2020 fitness movement, a group of determined women forged their path in the world of bodybuilding. Frustrated by the lack of female representation and the prevailing stereotypes surrounding the sport, maternity and gender binary, they decided to create a supportive community that celebrated strength, empowerment, and individuality.

If you have made it this far, you probably already know the motivations of the women of PFLC for creating this collective. But the important thing about this article is the story behind it. It was Eun Ji, who was training to compete at the time, that was considering opening her own gym. Given the context of the time, she wanted to establish a safe space for other women who also wanted to inspire change in society.

Shortly after they began training in a run-down facility with the limited equipment they could afford, they also started taking to the streets during feminist protests to advocate for their cause. The outfits they wore made such an impact that many other women became interested in the collective, thus creating a new community and support network among women. They also started offering classes in feminist self-defense, nutrition, and physical preparation to promote women's development and independence in Korea.

With their diverse backgrounds and experiences, the PFLC challenged the pre-conceived notions of femininity and athleticism prevalent in Korean society. They embraced their muscular physiques, defying the notion that strength equated to masculinity. Through their training sessions and public appearances, they aimed to inspire other women to embrace their own strength and redefine the meaning of beauty.



As news of their empowering movement spread, the PFLC gained recognition beyond the borders of South Korea. They became role models for women worldwide, sparking a global shift in the perception of female bodybuilders. Through their perseverance, the PFLC shattered glass ceilings and paved the way for future generations of women in the sport.

Today, their legacy continues to thrive as the PFLC inspire countless women to embrace their strength, pursue their passions, and challenge societal norms. Their journey stands as a testament to the power of unity, determination, and the transformative potential of embracing one's true self.

YOUR TURN TO TAKE THE ACTION



The stickers that come as a gift with this magazine are an action strategy that we want to make accessible to people from other countries. For centuries, women have only been portrayed as “muses,” but what about our representation as female athletes, scientists, theorists... In recent years, we have gained more recognition and research in the history of humanity. However, simple things like finding exercise machines with a body closer to the physiology of the female sex are unlikely to be found in any gym around the world. That’s why with this simple gesture of replacing a sticker instead of a male figure, we are making it clear that women also have strong bodies and that the difference in body representation is not so distinct between the two sexes. Just because there is suddenly a drawing of a female doesn’t mean we won’t understand which muscle group we are working on. Therefore, if you find yourself in a mixed-gender gym in your city, we encourage you to make this change.

And secondly, the center pages can be detached so you can place the poster wherever you want, so that at least our name and existence can reach more people. Our wish is for those who feel curious to search for us on the internet and find us, to get to know us and open their minds, and in the case that there is someone interested in, they can join us. This way, we will grow in different parts of the world.

**YOUR BODY IS
A TEMPLE.**

PFLC

후원사:

POSTHUMAN NUTRITION™

후원사, 편집 및 배포: ~의 구성원들에 의해 스폰서되었습니다:

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