

Why Lift Weights?

Fitness is the foundation of my life. Each morning, I start my day with movement—walking, stretching, and energizing myself through physical fitness. We should lift weights because, ultimately, *the duty of man is to be strong*.

“What does not kill me, makes me stronger.” – Nietzsche

Why Strength Matters in Art

Strength isn't just physical; it's mental, emotional, and ultimately impacts our art. As an artist, I believe that **strength and courage** are interconnected qualities. *Weak artists create weak art, while strong artists create strong art*. Whether you're a photographer, painter, or writer, a strong body leads to a strong mind, and both contribute to better creative output. Physical resilience fosters mental resilience, and this is especially true for street photographers.

When we're walking through life on the streets, our body becomes part of our art. The simple act of moving, interacting with the world, and positioning oneself to capture a moment requires endurance and presence. For street photographers, our **legs are our most valuable tools**—and every step strengthens our resolve, grounds us, and improves the art we make.

The Power of Barefoot Walking

For me, embracing **barefoot shoes** has been a transformative addition. Walking on cobblestone streets, ancient roads, and even rough terrain builds resilience from the ground up, starting with my feet. Each day, I feel my calves, feet, and entire posture adapting to these natural surfaces. Developing calluses and strengthening muscles in this way reinforces the connection between my body and my art.

Keep It Simple

Lifting weights doesn't have to be complicated or require expensive programs. Social media often overcomplicates fitness with trends and endless routines. For me, simplicity and longevity are the ultimate goals. I want to lift weights and stay active until I'm 120 years old.

The real reason we should lift weights? **To increase strength each day.** With each gain, I feel more confident, courageous, and ready to tackle the day. Weightlifting is not only a way to build muscle but a way to break the typical sedentary routine. In contrast to the American way of waking up to TV, social media, and processed breakfasts, prioritizing weightlifting and physical training at the start of the day sets a positive tone for everything that follows.

How to Lift?

The key technique I recommend is the **Farmer's Walk**. Here's why:

- **Grip Strength and Posture:** The Farmer's Walk focuses on grip strength, which I believe is the foundation of strength, and posture, which modern life often destroys. Holding two heavy weights at your sides with your head up and shoulders back trains proper alignment, combating the hunched posture from sitting at computers.
- **Simple and Injury-Free:** Unlike lying flat on a bench, which can lead to injury, the Farmer's Walk is something anyone can do daily without much risk. It's a straightforward, practical exercise that gets you moving while lifting, strengthening your body in a natural way.

Pull-Ups and Accessible Fitness

Fitness can happen *anywhere*. If I don't have gym access, I'll use whatever's available—construction sites, street signs, whatever works—to get in some pull-ups. Making fitness accessible and simple is essential. My go-to routine includes:

- **Farmer's Walk with Dumbbells**
- **Pull-Ups**
- **Pistol Squats**
- **Push-Ups**
- **Dips**
- **Pigeon Pose Stretch**

Longevity and Muscle

Youth is the time to push limits, build strength, and embrace discomfort as the ultimate teacher. I focus on longevity by keeping my routine **simple yet intense**. Typically, I'll perform short, rigorous workouts throughout the day, including:

- **Yoga** to start
- **Farmer's Walk**
- **Push-Ups and Pull-Ups**
- **Deadlifts (occasionally)**

Home gyms are ideal for me—they're accessible and free of monthly fees, giving me complete control over my fitness.

Embracing a Spartan Lifestyle

The **Spartan lifestyle** is about simplicity and removing what doesn't serve you. This means no weed, no alcohol, no porn, no social media addiction. Try a pair of barefoot shoes, like the **Vibram Five Finger ELX** model, for a grounded, minimalist experience.

Live with minimalism in mind:

- Treat every day as a challenge, like *Spartan Agoge training*.
- Walk outside without a shirt.
- Be friendly, spread kindness, and embrace the spirit of play.
- Seek moments of stillness and introspection, especially outdoors, catching the sunrise from an elevated place.
- Detach from basic notions of identity and channel your inner warrior spirit.

The Body Is Democratic

Building a resilient body is accessible to everyone, and it starts with these essentials:

- **Walk more.**
- **Sun exposure.**
- **Sleep 8-12 hours.**
- **Daily lifting:** Farmer's Walk, push-ups, pull-ups.
- **100% red meat carnivore diet.**
- **One meal per day.**
- **Fasting:** No breakfast, no lunch.

Hydration and Sustenance

One of the simplest yet most overlooked aspects of fitness and street photography is hydration. Walking through Rome, I'm constantly thankful for the city's abundance of *free, clean water*. Staying hydrated is critical, especially when you're active, and it fuels both the body and mind for a productive day on the streets.

In the end, lifting weights is more than just physical—it's about cultivating a lifestyle of strength, resilience, and simplicity. **Each day, work on strengthening yourself by just 1%—whether through walking longer distances or lifting heavier weights.** Embrace it, and you'll find a life filled with energy, purpose, and joy. Focus on **health as the supreme foundation** for creating better, cleaner, and ultimately more powerful art.