

Kali Muscle is a popular fitness Youtuber and influencer known for his amazingly yet freakish physic which prompted many to speculate about his use of testosterone and other steroids. Born in Oakland, California as Chuck Kirkendall, he excelled in football and sports and had an amazing body even as a teenager.



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Kali Muscle - Wikipedia



Bodybuilding Kali Muscle Says Steroids 'A Waste of Time, 'I'm a Natty Right Now, My Testosterone Level is 280' "It's all trash man. I don't need them no more," Kali Muscle is fully embracing his 'natural' life. Written by Doug Murray Last Updated on July 29, 2023 Kali Muscle (Photo Credit: YouTube: Kali Muscle Instagram: @kalimuscle

Did Kali Muscle Use Steroids? - Muzcle



Kali Muscle believes that bodybuilding can be done naturally. The Men's Open division has become about overall size, as well as conditioning, which is brought upon using different substances. Kali claims that he feels better since becoming a natural bodybuilder. "Steroids is a waste of time, bro. If you started, okay, you feel good."

Kali Muscle Biggest Natural Bodybuilder or Lying? - BroScience



Verdict: Today we're going to be attempting to answer the question of is Kali Muscle on steroids or natural? If you're serious about bodybuilding and getting into shape. You'll know how important it is to be consistent with your diet and with your training.

Kali Muscle Is On Steroids | NattyOrNot



Kali Muscle's Proven Approach to Natural Fitness: How He Stays at His Best. Amid a myriad of bodybuilding fatalities, prominent fitness enthusiast and social media influencer, Kali Muscle, has come out against the use of steroids. In a notable shift, he highlighted not only the dangers of steroids but also the importance of a natural .

Bulking & Cutting (Natural VS Enhanced)| Kali Muscle - YouTube



Kali Muscle like others is a heavy growth hormone and steroid abuser, but he claims he is a natural bodybuilder. Kali Muscle is around 240lbs and 5'9 of hardcore muscle. When we look at Arnold Schwarzenegger and Serge Nubret who are considered as the elite of the bodybuilding world and they also admitted taking steroids are around 230 lbs and .

Kali Muscle's Guide to Building Muscle Naturally: Say No to Steroids



Day 1: Chest and Triceps. Kali Muscle commences his week with an intense chest and triceps routine to build upper body strength. Flat Bench Press: 4 sets, 12-15 reps. Incline Dumbbell Press: 4 sets, 12-15 reps. Dips (Chest Version): 4 sets, 15 reps. Close Grip Bench Press: 4 sets, 15 reps.

The "all natural" Kali Muscle cast as a steroid user. That's 1 part .



Comparison Of Kali Muscle With Arnold Schwarzenegger And Serge Nubret: Arnold Schwarzenegger was 6'2 and 230lbs and Serge Nubret with 6' of height and 200 lbs, both are considered as the super in the bodybuilding world are admitted to using of steroids Whereas Kali muscle has 250lbs and claimed to 100% natural, it makes me wonder.

Kali Muscle Admits To Not Being A Natural Bodybuilder - BroScience



Non-Drug Tested NPC Bodybuilding Shows. Kali has competed in the National Physique Committee's bodybuilding shows, which are strictly for amateurs. There's no information about any drug testing in this competition. If Kali Muscle was really 100% natty, he might compete in the strictest, natural bodybuilding shows available (BNBF/INBA), For those shows, you need to pass blood tests, urine .

Kali Muscle Shares 'Raw Truth' About Steroids: "If You're a Bodybuilder .



CrazyBulk | Legal Steroid Alternatives 4. 8 These are my top-rated legal bodybuilding supplements for explosive muscle growth and rapid fat loss. Find Best Price Read My Review Table of Contents Kali Muscle Stats [instagram/p/CEQMNnnpnA2p/](https://www.instagram.com/p/CEQMNnnpnA2p/) Kali Muscle is 45 years old from America His height is 5'9 (175 cm)

Kali Muscle's Wokrout Routine & Diet (Updated 2023) - Jacked Gorilla

CELEBRITY WORKOUT

KALI MUSCLE WORKOUT ROUTINE

6 DAY WORKOUT

MONDAY- PUSH-UPS

DR WORKOUT

- Wall Push-Ups 5 x (30-50)
- Incline Push-Ups 5 x (10-30)
- Kneeling Push-Ups 5 x (10-40)
- Half Push-Ups 5 x (10-40)
- Full Push-Ups 5 x (10-35)
- Close Push-Ups 5 x (10-30)
- Uneven Push-Ups 3 x (10-30)
- Half One-Arm Push-Ups 3 x (10-30)
- Lever Push-Ups 3 x (10-30)
- One-Arm Push-Ups Ultimate Endurance 1 x 40

TUESDAY- LEG RAISES

- Knee Tucks 4 x (10-40)
- Flat Knee Raises 4 x (10-40)
- Flat Bent Leg Raises 4 x (10-35)
- Flat Frog Raises 4 x (10-35)
- Flat Straight Leg Raises 3 x (15-35)
- Hanging Knee Raises 3 x (15-25)
- Hanging Bent Leg Raises 3 x (15-25)
- Hanging Frog Raises 3 x (15-25)
- Partial Straight Leg Raises 3 x (15-25)
- Hanging Straight Leg Raises 3 x 40

WEDNESDAY- PULL-UPS

- Vertical Pulls 5 x (10-40)
- Horizontal Pulls 5 x (10-40)
- Jackknife Pulls 5 x (10-40)
- Half Pull-Ups 5 x (15-30)
- Full Pull-Ups 4 x (15-30)
- Close Pull-Ups 4 x (10-25)
- Uneven Pull-Ups 4 x (10-25)
- Half One-Arm Pull-Ups 4 x (10-15)
- Assisted One-Arm Pull-Ups 4 x 10
- One-Arm Pull-Ups Ultimate Power 3 x 10

THURSDAY- SQUATS

- Shoulder Stand Squats 5 x (10-50)
- Jackknife Squats 5 x (15-45)
- Supported Squats 5 x (10-40)
- Half Squats 3 x (15-35)
- Full Squats 3 x (20-30)
- Close Squats 3 x (15-35)
- Uneven Squats 3 x (15-20)
- Half One-Leg Squats 3 x (10-15)
- Assisted One-Leg Squats 3 x 10
- One-Leg Squats Ultimate Endurance 1 x 50

FRIDAY- BRIDGES

- Short Bridges 5 x (10-50)
- Straight Bridges 5 x (20-45)
- Angled Bridges 5 x (10-40)
- Head Bridges 3 x (10-35)
- Half Bridges 3 x (20-30)
- Full Bridges 3 x (15-25)
- Wall Walking Bridges 3 x (15-20)
- Wall Walking 3 x 15
- Closing Bridges 3 x 10
- Stand-to-Stand Bridges Ultimate Ability 3 x (10-30)

SATURDAY- HANDSTAND PUSH-UPS

Fact Checked Written By: Jack Parker Table of Contents Kali Muscle's incredible physique has long been a subject of intense debate and fascination. With muscles that seem to defy natural limits, many have speculated whether his bodybuilding success is purely the result of hard work and genetics or if it's been aided by steroids.

Kali Muscle Steroids- Review of Benefits, Effects and Dosage - Watch OTC



Kali went on to share his off-season stack and the regimen he utilized before entering bodybuilding shows. "So that was my off-season stack. Enathate, Tren 1600, sometimes Anidrol, sometimes D-bol, Remedyx, that was my stack. So getting ready for shows, I would do Test, Propofol, Tren, Ace, Winstrol, Anivar, Clenbuterol, T3, and sometimes, well Lasix and water pills if you're getting ready .

STEROIDS! THE RAW TRUTH | KALI MUSCLE - YouTube



Isaac Haynes August 17, 2022 Blog, Legal Steroids Kali Muscle, a forty-one-year-old bodybuilder, has gained a considerable following over time with more than one million followers on YouTube and 1.8 million fans on Facebook. The Californian born bodybuilder spent his early life in Oakland. Why did

Kali Muscle go to Jail? Contents [show]

Kali Muscle Feels At His Best Naturally: "Steroids Is A Waste Of Time"



Kali Muscle Is On Steroids. Kali Muscle is a YouTube sensation. He is big (about 250 lbs/114kg of raw muscle), and his videos have millions of views on YouTube. As expected, the guy is an alleged natural bodybuilder who owes his extraterrestrial musculature to top ramen and tuna - the most anabolic cocktail in the world according to prisoners.

Kali Muscle Steroids Or Natural? | Anabolics Health



Kali Muscle Steroids Or Natural? | Anabolics Health Is Kali Muscle Steroid Free? Steroids Or Natural / By anabolicshealth If you are a keen follower of the bodybuilding community, then you must have come across Kali Muscle. His story is both fascinating but often raises eyebrows.

Kali Muscle Steroids or Natural? | Here's What He Takes - FASTR

Kali's muscles are not because of steroids, but as a result of supplements, workouts, a healthy diet, and some hormonal boosts. The weight of Kali is roughly 230 lbs, which can naturally be attained without steroids. Kali career as a professional bodybuilder has helped him over the years gain more lean muscle mass.

Kali Muscle Says Steroids 'A Waste of Time, 'I'm a Natty Right Now, My .



Greg Doucette Discussed Kali Muscle Steroid Confession. Greg Doucette made a video on Kali Muscle's steroid confession and wonders if anyone believed Kali was a lifetime natural. It turns out the video Greg Doucette made about Kali being a fake natural bodybuilder was correct.

Is Kali Muscle On Steroids Or Natural? - Muscle and Brawn



Kali Muscle said that while everyone had told him it was a bad idea to only eat pineapples, he felt great after 11 days. However, the fitness community wasn't impressed. They bashed the .

Kali Muscle Workout Routine and Diet (Free Meal Plan)



11 [deleted] • 10 yr. ago MansHumanity • 10 yr. ago Excuse my ignorance, but what separates Kali muscle from other steroid users that deny usage. They all have bs reasons for why they're huge, so what makes Kali the scape goat? Is it because his claims of honey buns, hyphy mud and tuna are just that outrageous? 46 Wolfman87 2-5 years • 10 yr. ago

Kali Muscle IS using steroids/PED's right? : r/Fitness - Reddit



Even the "natural bodybuilders" take various PEDs . I'm not saying Kali Muscle was either, but that was his personal decision). And even if someone wishing to go on steroids was the most muscular and lean they could ever get naturally, there is still a lot to consider. Side effects that can include harm to the liver, harm/altering of the .

Is Kali Muscle on Steroids? (The Truth) - Total Shape



#bodybuilding #bodybuilder #fitnessKali Muscle will explain how to eat and if you should take supplements. SUBSCRIBE: KALI & HELENA - [goo. gl/7krA68](https://goo.gl/7krA68) .

Does Kali Muscle Take Steroids or is He Natural? - Target Legal



Chuck Kirkendall (born February 18, 1975). known professionally as Kali Muscle, is an American youtuber, actor, author, bodybuilder, and former adult model who has appeared in commercials for Taco Bell, GEICO, Snickers, Comcast, Honda, and others. Career Kali Muscle has appeared as the bodybuilder in an Geico ad where he directs traffic.

Did Kali Muscle Use Steroids or Is He Natural? - Fitness Donkey



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Is Kali Muscle On Steroids Or Natural? - Supplementoo



Kali Muscle Diet. Kali Muscle follows a high-calorie diet, and he often relies on eating a lot of tuna. He tries to eat 6 meals each day, and sometimes, he eats several huge meals to maintain his mass. He also likes to include many healthy vegetables, fruit, ground turkey, salmon, and chicken breast.

- <https://groups.google.com/g/iron-fusion/c/xOyFrqOEAAAs>
- <https://groups.google.com/g/flex-virtuosos/c/cFWtiB7eQcY>
- <https://gamma.app/public/Anavar-Gold-Pharma-fuyhg9iqgqxz6rr>