

# 2018 > 2017, please



If we're talking about events that are inevitable, let me tell you this: the year 2017 is about to be a thing of the past, and robots are no longer a subject of the future.

This year will not get a nomination for the "This is the best year of my life" award. Thanks to the kind of people we are, and all the other reasons why 2017 sucked – we might as well join in prayer 2018 doesn't get cancelled before things get any better.

On to a totally different topic: I don't really know much about robots. Hallelujah if they get us free food and can be used for the greater good, sacré bleu if otherwise.

For all I care, it's time to binge on some new TV series.  
Happy new year, y'all!

– Kazi Akib Bin Asad, Sub-editor, SHOUT

## MIXTAPE

### ROBOT

KAVINSKY  
Nightcall



DAFT PUNK  
Around the World



JUSTICE  
Genesis



MR. OZIO  
Ham



KRAFTWERK  
Das Model



COM TRUISE

## APP REVIEW

# 5x5

## Lifting strong

MUSHFIQUR RAHMAN

Platforms: iOS, Android

StrongLifts 5x5 is possibly one of the best fitness apps out there. It's not only a pseudo-training journal, but also a built in long term training programme that guides you through your training sessions like a personal trainer.

It's basically a training programme that focuses on strength and muscle building, characterised by performing each exercise for 5 reps and 5 sets, hence the "5x5" in the name. It is primarily comprised of major compound lifts such as Deadlift, Squat, Bench Press and Overhead press alongside a few accessory lifts.

The app asks for your maximum lifts

as input and then generates a list of exercises to perform alongside the starting weights. From there on, the app will continue to tell you the exercises, sets and reps, the resting period and the amount of weight you should use for each training session.

Furthermore, this app will keep track of your progress each session and suggest additional resting, accessory works or when to take a deload week, which means a week of lifting 50-60% of your maximum weights.

StrongLifts 5x5 is simple, easy to operate and aimed at beginners. So if you're a fitness enthusiast, sports athlete or even just a regular person looking to increase strength and put on some muscle mass, this app is the perfect starting point.

## THIS WEEK'S HORRORSCOPE

### ARIES

Country roads, take me home, unless it's in North Bengal because the roads have lost it.



### TAURUS

Hormuz is the name of a strait, most offensives memes you see are bait.



### GEMINI

Return the book you borrowed from a friend 7 years ago because they will never forgive you for keeping it.



### CANCER

Is it worth it? All these moments of hard work, destroyed by one bad decision, you sure you want to do this?



### LEO

State your name and repeat it 5 minutes later, because you're not special and everyone forgets it.



### VIRGO

Tracking yourself on Google Maps on a journey out of town is NOT a good reason to eat up data.



### LIBRA

Most men who don't know about mansplaining will explain to you why it's not real.



### SCORPIO

As a man of old age once told me, "Diabetes is bad."



### SAGITTARIUS

Shouldn't you be studying hard for that exam which is really important but you have no chance of doing well in?



### CAPRICORN

Good things would happen to good people but bad people cut in and have them happen to them.



### AQUARIUS

A floating torso came up to me the other day and said, "Camouflage pants aren't bad."



### PISCES

You either die an unreasonable CNG driver or live long enough to see Tuber and Uthao take over.

