

Forum:[Hack Forums](#)

Thread: [adsf dfsasdadfs asdfsdfasd](#)

WinRAR™ - August 23, 2014, 2:04 pm

adsf dfsasdadfs asdfsdfasd adsf dfsasdadfs asdfsdfasd

Super Saiyan God - August 23, 2014, 2:22 pm

Pretty good results. Time to bulk though

Ramisme - August 23, 2014, 3:14 pm

You haven't changed at all since [your last thread](#).

Also, top kek at [this](#) thread ?

WinRAR™ - August 23, 2014, 3:26 pm

(Aug 23, 2014 03:14 PM)Ramisme Wrote: [\[CITE\]](#) You haven't changed at all since [your last thread](#).

Also, top kek at [this](#) thread ?

Yeah bra I got some zyzz status since last thread, u mirin?

PAFE - August 23, 2014, 3:31 pm

Your hair looking like you that Oliver motherfucker from Hannah Montana.

Anyway, if I were you, stick to this routine for about another month just to loose a lil' bit more weight. Then start bulking.

Shockley - August 23, 2014, 3:33 pm

It looks like you're just sucking in your chest.

Ramisme - August 23, 2014, 3:59 pm

(Aug 23, 2014 03:26 PM)WinRAR™ Wrote: [\[CITE\]](#) Yeah bra I got some zyzz status since last thread, u mirin?

Yeah, mirin your love handles and 11" biceps

LOVE - August 23, 2014, 4:13 pm

You look sexy now.

Not bad.

Please just train your neck for 4 months straight, I wanna see how it will look like, lol.

Superkawaii - August 23, 2014, 4:51 pm

Very nice cut(no homo)

I'm still converting from my skinny fattness and im finding the fat on lower abs the hardest part to lose

:(

WinRAR™ - August 23, 2014, 5:04 pm

(Aug 23, 2014 03:59 PM)Ramisme Wrote: [\[CITE\]](#) Yeah, mirin your love handles and 11" biceps

Love handles? Thats a V-cut brah, you're obviously new to fitness.

Zotar - August 23, 2014, 5:10 pm

(Aug 23, 2014 05:04 PM)WinRAR™ Wrote: [\[CITE\]](#) Love handles? Thats a V-cut brah, you're obviously new to fitness.

Please stop talking like that. You're definitely no Zyzz. How are you to know if he's new to fitness or not? You lost some weight, but guess what, that was the easy part; losing is 10 times easier than gaining.

Hopsin - August 23, 2014, 5:12 pm

(Aug 23, 2014 05:10 PM)Zotar Wrote: [\[CITE\]](#) Please stop talking like that. You're definitely no Zyzz. How are you to know if he's new to fitness or not? You lost some weight, but guess what, that was the easy part; losing is 10 times easier than gaining.

I have to 101% agree with you. Loss is easy. Gains are not.

WinRAR™ - August 23, 2014, 5:13 pm

(Aug 23, 2014 05:10 PM)Zotar Wrote: [\[CITE\]](#) Please stop talking like that. You're definitely no Zyzz. How are you to know if he's new to fitness or not? You lost some weight, but guess what, that was the easy part; losing is 10 times easier than gaining.

If you can't tell, which I thought I made it obvious, I'm joking. Makes users like the one who said I have love handles? very upset

Zotar - August 23, 2014, 5:15 pm

(Aug 23, 2014 05:13 PM)WinRAR™ Wrote: [\[CITE\]](#) If you can't tell, which I thought I made it obvious, I'm joking. Makes users like the one who said I have love handles? very upset

Still though, it makes you look dumb. Sorry, just being honest. Now find a routine to get you cut the fuck up and gain some lean mass.

LOVE - August 23, 2014, 5:15 pm

(Aug 23, 2014 05:10 PM)Zotar Wrote: [\[CITE\]](#) Please stop talking like that. You're definitely no Zyzz. How are you to know if he's new to fitness or not? You lost some weight, but guess what, that was the easy part; losing is 10 times easier than gaining. That's a bet?

I am fat, I gain weight like nothing, but it takes 7 days of one small meal a day for me to loss 1 kilo.

Hopsin - August 23, 2014, 5:16 pm

(Aug 23, 2014 05:13 PM)WinRAR™ Wrote: [\[CITE\]](#) If you can't tell, which I thought I made it obvious, I'm joking. Makes users like the one who said I have love handles? very upset

I see many people are kinda rude to you. However, don't give up mate!

If you see results, continue. You are doing this for yourself, not for others ;)

ThePsychoActive - August 23, 2014, 5:19 pm

You cuteeeeeee. But I feel like you have an obnoxious personality. Lel.

Zotar - August 23, 2014, 5:19 pm

(Aug 23, 2014 05:15 PM)LOVE Wrote: [\[CITE\]](#) That's a bet?

I am fat, I gain weight like nothing, but it takes 7 days of one small meal a day for me to loss 1 kilo. Dieting is not the whole thing that goes into losing weight....If you train properly and do a lot of cardio and stick to a good diet you WILL lose the weight. I'm telling you, it's easier to lose than to gain. And by gain I am talking about muscle....not fat.

Super Saiyan God - August 23, 2014, 5:21 pm

(Aug 23, 2014 05:10 PM)Zotar Wrote: [\[CITE\]](#) Please stop talking like that. You're definitely no Zyzz. How are you to know if he's new to fitness or not? You lost some weight, but guess what, that was

the easy part; losing is 10 times easier than gaining. lol what ? Funniest shit I heard all day .
It's easier to gain than lose. Bro when i get hungry I eat . When I eat at a surplus of calories my body doesn't signal me .

Op is just like zyzz. Have you seen zyzz before puberty and steroids .

He looked just like op . Once op turns 20 21 he can easily get to zyzz level

(Aug 23, 2014 05:19 PM)Zotar Wrote: [\[CITE\]](#) Dieting is not the whole thing that goes into losing weight....If you train properly and do a lot of cardio and stick to a good diet you WILL lose the weight. I'm telling you, it's easier to lose than to gain. And by gain I am talking about muscle....not fat. also man gaining muscle is fuckin easy .

Zotar - August 23, 2014, 5:22 pm

(Aug 23, 2014 05:21 PM)Super Saiyan God Wrote: [\[CITE\]](#) lol what ? Funniest shit I heard all day .
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By gaining I am talking muscle, not fat.

(Aug 23, 2014 05:21 PM)Super Saiyan God Wrote: [\[CITE\]](#) lol what ? Funniest shit I heard all day .
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Op is just like zyzz. Have you seen zyzz before puberty and steroids .

He looked just like op . Once op turns 20 21 he can easily get to zyzz level

also man gaining muscle is fuckin easy .
It depends on your genetics. If you're a fat guy, then I will tell you it is easier for him to lose weight than some skinny guy (Me 2 months ago) with a metabolism through the roof trying to gain muscle.

Super Saiyan God - August 23, 2014, 5:24 pm

(Aug 23, 2014 05:22 PM)Zotar Wrote: [\[CITE\]](#) By gaining I am talking muscle, not fat.Gaining muscle is easy .

<http://s1.postimg.org/pfadyklyn/image.jpg>

Look at my legs I never work them out

It's all about testosterone and igf levels . Genetics

Zotar - August 23, 2014, 5:24 pm

(Aug 23, 2014 05:24 PM)Super Saiyan God Wrote: [\[CITE\]](#) Gaining muscle is easy .

<http://s1.postimg.org/pfadyklyn/image.jpg>

Look at my legs I never work them out

It's all about testosterone and igf levels . Genetics
Look at my post right before this one.

Super Saiyan God - August 23, 2014, 5:25 pm

Zotar I went to the doctors and they checked my metabolism with a blood test and it was very fast top of the range

(Aug 23, 2014 05:24 PM)Zotar Wrote: [\[CITE\]](#) Look at my post right before this one.all I'm gonna say man is in order to beat the shit genetics is wait till your in your prime mid 20s or use steroids with proper safety

Zotar - August 23, 2014, 5:28 pm

(Aug 23, 2014 05:25 PM)Super Saiyan God Wrote: [\[CITE\]](#) Zotar I went to the doctors and they checked my metabolism with a blood test and it was very fast top of the range

Still though dude, it is SO MUCH easier for a fat person to lose weight. Literally all they have to do is cardio, THAT'S IT. They can literally sit on a bike for hours and watch Netflix and lose weight, that's what my friend did. For some skinny guy who's trying to bulk, they have to do almost the opposite. More lifting, more work is required to gain muscle than to lose.

Super Saiyan God - August 23, 2014, 5:34 pm

(Aug 23, 2014 05:28 PM)Zotar Wrote: [\[CITE\]](#) Still though dude, it is SO MUCH easier for a fat person to lose weight. Literally all they have to do is cardio, THAT'S IT. They can literally sit on a bike for hours and watch Netflix and lose weight, that's what my friend did. For some skinny guy who's trying to bulk, they have to do almost the opposite. More lifting, more work is required to gain muscle than to lose. as a skinny guy you can eat a dozen donuts a day and lift free weights and gain muscle . Real easy not much work . Eat like 120 grams of protein day.

As a fat guy I need to run my ass off sweat like a horse and feel like in gonna die to lose weight. I'm about to run too and I'm not looking forward to it

WinRAR™ - August 23, 2014, 6:17 pm

(Aug 23, 2014 05:19 PM)Twenty One Pilots Wrote: [\[CITE\]](#) You cuteeeeeee. But I feel like you have an obnoxious personality. Lel.

Not at all, I just am messing around with the haters, thats all :).

Ramisme - August 23, 2014, 6:48 pm

(Aug 23, 2014 05:04 PM)WinRAR™ Wrote: [\[CITE\]](#) Love handles? Thats a V-cut brah, you're obviously new to fitness.

Then you have extremely unaesthetic wide hips. Sucks, bro.

(Aug 23, 2014 05:15 PM)LOVE Wrote: [\[CITE\]](#) That's a bet?

I am fat, I gain weight like nothing, but it takes 7 days of one small meal a day for me to loss 1 kilo. That's not even remotely true. If you were to actually count your calories you'd realize how easy it is to lose weight without dropping to one small meal a day. Unless you have a thyroid issue, eating only when you're hungry and only enough to not be hungry anymore would cause you to maintain your weight not gain weight.

(Aug 23, 2014 05:12 PM)Hopsin Wrote: [\[CITE\]](#) I have to 101% agree with you. Loss is easy. Gains are not.

Also not true as long as you count your calories. Eating 500 over your tdee is difficult for a couple weeks, but then you're just hungry as fuck all the time and put weight on really easily. You just have to actually lift heavy and not skip your workouts so you're not just gaining all fat.

(Aug 23, 2014 05:28 PM)Zotar Wrote: [\[CITE\]](#) Still though dude, it is SO MUCH easier for a fat person to lose weight. Literally all they have to do is cardio, THAT'S IT. They can literally sit on a bike for hours and watch Netflix and lose weight, that's what my friend did. For some skinny guy who's trying to bulk, they have to do almost the opposite. More lifting, more work is required to gain muscle than to lose.

Gaining and losing is all about diet. If you wanted to cut weight, all you have to do is eat less. Cardio isn't even necessary. However, I wouldn't say gaining or losing is harder than the other. They're both equally as easy. Eat 500 over or under your tdee and you'll gain weight or lose it. Lift heavy and frequently during both and you'll keep and gain as much muscle mass as possible.

Neither one is hard, it just takes longer to gain a noticeable amount of muscle than it does to lose a noticeable amount of fat.

WinRAR™ - August 23, 2014, 6:56 pm

(Aug 23, 2014 06:48 PM)Ramisme Wrote: [\[CITE\]](#) Then you have extremely unaesthetic wide hips. Sucks, bro.

I think the V-cut's coming in nice, I'm pleased, obviously I'm not going to pay any attention to someone who calls a v-cut a love handle ?. A lot of people can't even get a V taper.

MyLittlePony - August 23, 2014, 7:55 pm

Congrats on loosing the weight, what's your plan to do now?

ayy [\(Click to View\)](#) (Aug 23, 2014 03:14 PM)Ramisme Wrote: [\[CITE\]](#) You haven't changed at all since [your last thread](#).

Also, top kek at [this](#) thread ?Quote:obviously as a slut she was all over me

Ramisme - August 23, 2014, 8:16 pm

(Aug 23, 2014 06:56 PM)WinRAR™ Wrote: [\[CITE\]](#) I think the V-cut's coming in nice, I'm pleased, obviously I'm not going to pay any attention to someone who calls a v-cut a love handle ?. A lot of people can't even get a V taper.

Sorry to tell you, but you're wrong. You have birthing hips and some fat still in that area. That's still love handles and not muscle. You'll need to work hard as fuck on your lats and shoulders to make your hips look less unaesthetic, but you're pretty much fucked.

WinRAR™ - August 23, 2014, 8:48 pm

(Aug 23, 2014 08:16 PM)Ramisme Wrote: [\[CITE\]](#) Sorry to tell you, but you're wrong. You have birthing hips and some fat still in that area. That's still love handles and not muscle. You'll need to work hard as fuck on your lats and shoulders to make your hips look less unaesthetic, but you're pretty much fucked.

You're as dumb as a rock, I'm not listening to your blabber. I'm sure If I saw a picture of you I could point out 1000 things wrong about your body , and all you can point out is "love handles" which you mistakened with my v-cut (took it as a compliment actually) and birthing hits? You may not be familiar but some people workout their legs, like me for example.

Ramisme - August 23, 2014, 8:58 pm

(Aug 23, 2014 08:48 PM)WinRAR™ Wrote: [\[CITE\]](#) You're as dumb as a rock, I'm not listening to your blabber. I'm sure If I saw a picture of you I could point out 1000 things wrong about your body , and all you can point out is "love handles" which you mistakened with my v-cut (took it as a compliment actually) and birthing hits? You may not be familiar but some people workout their legs, like me for example.

Holy shit you're delusional. This is just sad..

WinRAR™ - August 23, 2014, 9:20 pm

(Aug 23, 2014 08:58 PM)Ramisme Wrote: [\[CITE\]](#) Holy shit you're delusional. This is just sad..

You're just some fat fuck who posts in the grieving section all day, it's very obvious you're jealous. Your posts prove how pathetic you are.

Ramisme - August 23, 2014, 9:40 pm

(Aug 23, 2014 09:20 PM)WinRAR™ Wrote: [\[CITE\]](#) You're just some fat fuck who posts in the grieving section all day, it's very obvious you're jealous. Your posts prove how pathetic you are.

Are you 12? Your insults are disgustingly childish. I'm jealous of some kid with 11" biceps and a body image disorder? You think way too highly of yourself, friend.

Hopsin - August 24, 2014, 3:33 am

(Aug 23, 2014 06:48 PM)Ramisme Wrote: [\[CITE\]](#) Then you have extremely unaesthetic wide hips. Sucks, bro.

That's not even remotely true. If you were to actually count your calories you'd realize how easy it is to lose weight without dropping to one small meal a day. Unless you have a thyroid issue, eating only when you're hungry and only enough to not be hungry anymore would cause you to maintain your weight not gain weight.

Also not true as long as you count your calories. Eating 500 over your tdee is difficult for a couple weeks, but then you're just hungry as fuck all the time and put weight on really easily. You just have to actually lift heavy and not skip your workouts so you're not just gaining all fat.

Gaining and losing is all about diet. If you wanted to cut weight, all you have to do is eat less. Cardio isn't even necessary. However, I wouldn't say gaining or losing is harder than the other. They're both equally as easy. Eat 500 over or under your tdee and you'll gain weight or lose it. Lift heavy and frequently during both and you'll keep and gain as much muscle mass as possible.

Neither one is hard, it just takes longer to gain a noticeable amount of muscle than it does to lose a noticeable amount of fat.

I see. But I don't understand why you flame/offend each other with OP so much, is it because of the -reputation you got before? You should help him out, give him advice instead flaming, share your pictures and chill out.

Z?zz - August 24, 2014, 6:42 am

(Aug 23, 2014 08:48 PM)WinRAR™ Wrote: [\[CITE\]](#) You're as dumb as a rock, I'm not listening to your blabber. I'm sure if I saw a picture of you I could point out 1000 things wrong about your body, and all you can point out is "love handles" which you mistook with my v-cut (took it as a compliment actually) and birthing hits? You may not be familiar but some people workout their legs, like me for example.

You realize you're talking about different things? He's talking about the actual width of your hips.

Super Saiyan God - August 24, 2014, 9:28 am

Guys I haven't read all the post, but I'm just wondering why y'all are mad at him.

Yes his shoulder to waist ratio is shit ,but your bones on your shoulders don't stop growing till your 24 .

Example look at clay Matthews at age 18 than age 22.

Or jj watt .

When op figures out a diet and a correct routine he should be fine.

Maybe when he gets a bit older and his testotserone and hgh levels kick in things should be way more easy

Z?zz - August 24, 2014, 9:35 am

(Aug 24, 2014 09:28 AM)Super Saiyan God Wrote: [\[CITE\]](#) Guys I haven't read all the post ,but I'm just wondering why y'all are mad at him .

Yes his shoulder to waist ratio is shit ,but your bones on your shoulders don't stop growing till your 24 .

Example look at clay Matthews at age 18 than age 22.

Or jj watt .

When op figures out a diet and a correct routine he should be fine.

Maybe when he gets a bit older and his testotserone and hgh levels kick in things should be way more easy

Clay Matthews still has a shit shoulder to waist ratio, if his shoulders weren't developed he would almost look like a fridge.

Super Saiyan God - August 24, 2014, 9:37 am

(Aug 24, 2014 09:35 AM)Z?zz Wrote: [\[CITE\]](#) Clay Matthews still has a shit shoulder to waist ratio, if his shoulders weren't developed he would almost look like a fridge. hey maybe true but you have to agree he looks way better than what he looked at age 18

I'm trying to say is some kids develop faster than others . My shoulders bones grew wide when I was 13 that dosent happen to most

<http://s4.postimg.org/n9fankfwd/image.jpg>

Z?zz - August 24, 2014, 9:42 am

(Aug 24, 2014 09:37 AM)Super Saiyan God Wrote: [\[CITE\]](#) hey maybe true but you have to agree he looks way better than what he looked at age 18

I'm not sure what he looked like at 18. I'm sure he looks a lot better though, all anyone with a wide waist and/or hips can do is develop their shoulders and back as much as possible to compensate.

Super Saiyan God - August 24, 2014, 9:43 am

(Aug 24, 2014 09:42 AM)Z?zz Wrote: [\[CITE\]](#) I'm not sure what he looked like at 18. I'm sure he looks a lot better though, all anyone with a wide waist and/or hips can do is develop their shoulders and back as much as possible to compensate. does my shoulder bones look wide at 13

<http://s4.postimg.org/n9fankfwd/image.jpg>

Z?zz - August 24, 2014, 9:46 am

(Aug 24, 2014 09:43 AM)Super Saiyan God Wrote: [\[CITE\]](#) does my shoulder bones look wide at 13 <http://s4.postimg.org/n9fankfwd/image.jpg>

Looks like you have fairly wide shoulders especially for 13

Super Saiyan God - August 24, 2014, 9:49 am

(Aug 24, 2014 09:46 AM)Z?zz Wrote: [\[CITE\]](#) Looks like you have fairly wide shoulders especially for 13 great all I need to do now is lose the love handles now and I should be great.

My shoulders are wider and have way more muscle now
,but since I have love handles shoulder to waist ratio isn't as great as it could be.

Ramisme - August 24, 2014, 10:00 am

(Aug 24, 2014 03:33 AM)Hopsin Wrote: [\[CITE\]](#) I see. But I don't understand why you flame/offend each other with OP so much, is it because of the -reputation you got before? You should help him out, give him advice instead flaming, share your pictures and chill out.

Nah, he gave me a -3 because I was doing the same thing before. And I did try to help in a few posts. Building up his shoulders and lats could make his shoulder to hip ratio look less shitty, but he's too delusional to even realize that has wide hips and still has fat on his hips. Trying to help someone as delusional as OP rarely actually helps anyone.

WinRAR™ - August 24, 2014, 10:39 am

I don't give a fuck if I don't have the perfect physique. All that matters is that I have made significant progress from what I used to be. You guys are fucking idiots I shouldn't of posted this in a hack forum lmao.

Ramisme - August 24, 2014, 10:52 am

(Aug 24, 2014 10:39 AM)WinRAR™ Wrote: [\[CITE\]](#) I don't give a fuck if I don't have the perfect physique. All that matters is that I have made significant progress from what I used to be. You guys are fucking idiots I shouldn't of posted this in a hack forum lmao.

You made great progress, sure. But you're still delusional if you think your hips look like that because of your "v-cut." That's fat and bone structure, not muscle. When you start bulking, focus on getting wide lats and building up your shoulders as much as possible and you'll start to look a lot better.

WinRAR™ - August 24, 2014, 11:37 am

(Aug 24, 2014 10:52 AM)Ramisme Wrote: [\[CITE\]](#) You made great progress, sure. But you're still delusional if you think your hips look like that because of your "v-cut." That's fat and bone structure, not muscle. When you start bulking, focus on getting wide lats and building up your shoulders as much as possible and you'll start to look a lot better.

I was joking, because it was hilarious you were calling them "love handles" when I have 0% body fat on the sides of my stomach, hence the reason you see my hip bone.. and I work lats twice a week and shoulders twice a week, I think I do something called a bro-split or something like that. I don't neglect any muscles, except for calves because mine are already big..

Unique717 - August 24, 2014, 11:52 am

Dude you are doing great progress, don't give a shit about haters :)

Ramisme - August 24, 2014, 11:57 am

(Aug 24, 2014 11:37 AM)WinRAR™ Wrote: [\[CITE\]](#) I was joking, because it was hilarious you were calling them "love handles" when I have 0% body fat on the sides of my stomach, hence the reason you see my hip bone.. and I work lats twice a week and shoulders twice a week, I think I do something called a bro-split or something like that. I don't neglect any muscles, except for calves

because mine are already big..

Most people hold the most fat in their hips, lower abs, and glutes. It's usually the last place that you lose fat as well. You can't honestly tell me that you don't have any fat there at all. I can see it...

There is certainly less than there used to be, but it's still visible.

Regardless, you're lean enough now to start bulking. If I were you I would start now and then start your cut again in January.

Stealth V2 - August 28, 2014, 6:12 pm

I honestly would like to thank you so much for this thread, this thread has given me the urge to want to get better & stronger, and it's actually working.

Thank you so much.

WinRAR™ - August 28, 2014, 6:49 pm

(Aug 28, 2014 06:12 PM)Stealth V2 Wrote: [\[CITE\]](#) I honestly would like to thank you so much for this thread, this thread has given me the urge to want to get better & stronger, and it's actually working.

Thank you so much.

Thank you for this post, I know most of this section is a cesspool but this made me happy I posted ?. I'd love to help you out if you have any questions.

Smyly - August 28, 2014, 8:32 pm

(Aug 23, 2014 05:04 PM)WinRAR™ Wrote: [\[CITE\]](#) Love handles? Thats a V-cut brah, you're obviously new to fitness.

>> Lost 30 pounds

>> Thinks he's zyzz.

You're obviously new. "v-cut" lmao. Obliques, "brah".

WinRAR™ - August 28, 2014, 8:51 pm

(Aug 28, 2014 08:32 PM)Smyly Wrote: [\[CITE\]](#) >> Lost 30 pounds

>> Thinks he's zyzz.

You're obviously new. "v-cut" lmao. Obliques, "brah".

You're obviously new if you can't tell I was trolling.

Smyly - August 28, 2014, 9:09 pm

(Aug 28, 2014 08:51 PM)WinRAR™ Wrote: [\[CITE\]](#) You're obviously new if you can't tell I was trolling.
[img]<http://whitneym49.files.wordpress.com/2014/04/i-dunno-lol.jpg?w=480>[/img]