

Forum:[Hack Forums](#)

Thread: [How is my body shape? Working on my Upper Body](#)

Zyped - October 30, 2014, 10:34 am

Alright I'm 6 ft 1inches

I weight about 140-150 somewhere inside their.

These are some pictures of my upper body.

Do you think if I kept working at it I could get a decent body shape? I don't want to be super cut but I want abs and my arms a little more muscular.

I used to be fat and my man boobs have turned into pecks, I'm happy about that.

My arms are ehh. They're like chicken legs with a bit of muscle. I'm working on that.

Spoiler [\(Click to View\)](#)

Spoiler [\(Click to View\)](#)

Spoiler [\(Click to View\)](#)

Jester Race - October 30, 2014, 10:36 am

Why bother posting pics like this? Looks like you never worked out in your life. I can just imagine your chicken legs...

SIM-1729678 - October 30, 2014, 10:36 am

Looks like some skinny kid trying to get muscles, sorry.

But for someone that was fat, you look fine.

XTC. - October 30, 2014, 10:37 am

Yeah just start cutting into a caloric deficit everyday and work out all your muscle groups and hit every muscle group at least twice in 1 week

like

Mon-Chest and Bi

Tues- Back and Tri

Wednesday- Legs

Thursday-Shoulders and Abs

Repeat. somethin like that

Ramisme - October 30, 2014, 10:43 am

(Oct 30, 2014 10:37 AM)Crossxtc Wrote: [\[CITE\]](#) Yeah just start cutting into a caloric deficit everyday and work out all your muscle groups and hit every muscle group at least twice in 1 week

like

Mon-Chest and Bi

Tues- Back and Tri
Wednesday- Legs
Thursday-Shoulders and Abs
Repeat. somethin like that
He actually needs to be in a caloric surplus and should be on a routine like SS or SL.

Zyped - October 30, 2014, 10:50 am

(Oct 30, 2014 10:36 AM)ScreemS Wrote: [\[CITE\]](#) Looks like some skinny kid trying to get muscles, sorry.

But for someone that was fat, you look fine.
I don't even care that you called me skinny.
That's pretty much what I was aiming for around this time.

As for someone who said I have chicken legs. I actually have really muscular legs. I skate and run. A lot.

I'm going to be working on my abs a lot lately. Also going to work on my biceps.

Would this help me look like I want to, HF's Exercise experts?

(Oct 30, 2014 10:43 AM)Ramisme Wrote: [\[CITE\]](#) He actually needs to be in a caloric surplus and should be on a routine like SS or SL.

So, eat a lot of calories and what sorta routine should I do?

SS or SL doesn't say much to me.

Frawshy - October 30, 2014, 10:54 am

SL 5x5, google it.

You're skinny as fuck, your body shape is terrible.

Quit worrying about how other people think of you and work on yourself, don't compare yourself to anyone, but the past you.

-You wanted answers, I gave them to you straight forward. Enjoy.

Zyped - October 30, 2014, 10:57 am

(Oct 30, 2014 10:54 AM)Frawshy Wrote: [\[CITE\]](#) SL 5x5, google it.

You're skinny as fuck, your body shape is terrible.

Quit worrying about how other people think of you and work on yourself, don't compare yourself to anyone, but the past you.

-You wanted answers, I gave them to you straight forward. Enjoy.

Is this judging from what I said about my weight or the pictures?

I may weight more than 150. It's been about a month since my last weigh in.

Repeat - October 30, 2014, 11:00 am

You should start hitting the gym.

Like others have said, doesn't look like you've worked out a day in your life.

? Death Disturbance ? - October 30, 2014, 11:04 am

(Oct 30, 2014 10:37 AM)Crossxtc Wrote: [\[CITE\]](#) Yeah just start cutting into a caloric deficit everyday and work out all your muscle groups and hit every muscle group at least twice in 1 week

like

Mon-Chest and Bi
Tues- Back and Tri
Wednesday- Legs
Thursday-Shoulders and Abs
Repeat. somethin like that

Why the fuck would he need to be in a deficit, he wants to gain mass, not lose it.

(Oct 30, 2014 10:50 AM)Zyped Wrote: [\[CITE\]](#) I don't even care that you called me skinny.
That's pretty much what I was aiming for around this time.

As for someone who said I have chicken legs. I actually have really muscular legs. I skate and run.
A lot.

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Would this help me look like I want to, HF's Exercise experts?

So, eat a lot of calories and what sorta routine should I do?

SS or SL doesn't say much to me.

You don't get muscular legs from skating or running, you might of gotten them from being fat since fat people have more muscular legs to carry their own weight, but skating or running doesn't build muscular legs last time I've checked.

XTC. - October 30, 2014, 11:05 am

(Oct 30, 2014 10:43 AM)Ramisme Wrote: [\[CITE\]](#) He actually needs to be in a caloric surplus and should be on a routine like SS or SL.

Eh well it depends i dont think he should immediately start bulking he should cut a little then start on a bulk

? Death Disturbance ? - October 30, 2014, 11:10 am

(Oct 30, 2014 11:05 AM)Crossxxtc Wrote: [\[CITE\]](#) Eh well it depends i dont think he should immediately start bulking he should cut a little then start on a bulk

Please tell me you're joking. ???

XTC. - October 30, 2014, 11:13 am

(Oct 30, 2014 11:10 AM)Death Disturbance Wrote: [\[CITE\]](#) Please tell me you're joking. ???

eh when you're e beginnier and you hear the word "bulk" you think you can go outside and stuff mcdonalds in yo mouth if you know what i mean. xD or at least that's why i thought like a few years back before i started hitting the gym what you do is to cut a little so your mind is on point then start the clean bulk.

Ramisme - October 30, 2014, 11:14 am

(Oct 30, 2014 11:05 AM)Crossxxtc Wrote: [\[CITE\]](#) Eh well it depends i dont think he should immediately start bulking he should cut a little then start on a bulk

He's plenty lean enough to bulk up without gaining much fat especially as a beginner.

(Oct 30, 2014 11:13 AM)Crossxxtc Wrote: [\[CITE\]](#) eh when you're e beginnier and you hear the word "bulk" you think you can go outside and stuff mcdonalds in yo mouth if you know what i mean. xD or at least that's why i thought like a few years back before i started hitting the gym what you do is to cut a little so your mind is on point then start the clean bulk.

Cutting first is just silly if you're already skinny. That's wasted time.

Eating mcdonalds isn't a bad thing at all, just don't over do it. He should look into IIFYM diet principles and track his calorie and macro intake with MyFitnessPal.

Zyped - October 30, 2014, 11:17 am

Alright.

So I should put myself on a high protein diet and work out 3 days a week?

I'll probably do hour sessions at my school weight room.

? Death Disturbance ? - October 30, 2014, 11:17 am

(Oct 30, 2014 11:13 AM)Crossxtc Wrote: [\[CITE\]](#) eh when you're e beginner and you hear the word "bulk" you think you can go outside and stuff mcdonalds in yo mouth if you know what i mean. xD or at least that's why i thought like a few years back before i started hitting the gym what you do is to cut a little so your mind is on point then start the clean bulk.

Well I'm a beginner and when I hear the word "bulk", I think of eating at a caloric surplus, not stuffing my base with McDonalds, but you would still get gains if you did stuff your face with MDs, but it would be expensive, I don't see how cutting will help you bulk afterwards, and OP looks like an Auschwitz survivor, if he were to cut some more he would probably starve to death (no offence OP).

TL;DR

Bulk

(Oct 30, 2014 11:17 AM)Zyped Wrote: [\[CITE\]](#) Alright.

So I should put myself on a high protein diet and work out 3 days a week?

I'll probably do hour sessions at my school weight room.

<http://stronglifts.com/>

^ Read all of that and get the app for your phone.

<http://www.myfitnesspal.com/>

^ Get this app to count your calories

<http://liamrosen.com/fitness.html>

^ Read all of this

XTC. - October 30, 2014, 11:25 am

If you're looking for cardio look up "HIIT" on youtube too. It release's someting called the afterburn effect(the videos will tell you more)

But download the Myfitnesspal app, that helps alot on counting your calories and tells you the nurtrition facts on everything(just track your macros)

and about your question about the high protein thing, it all depends on what you're doing, if you wanna cut make it low carbs, medium/low fat and high protein in all your meals (i recommend eating egg whites alot as they fill out the macros)

? Death Disturbance ? - October 30, 2014, 11:31 am

(Oct 30, 2014 11:25 AM)Crossxtc Wrote: [\[CITE\]](#) If you're looking for cardio look up "HIIT" on youtube too. It release's someting called the afterburn effect(the videos will tell you more)

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Stop giving advice, please, just stop, we don't want any children to with false hopes from your HIIT routines and your high protein things.

Lifting isn't rocket science, you get a routine like StrongLifts 5x5, you eat over a caloric surplus, you make gains.

It's simple enough, all the other crap is common sense or stuff that can be researched easily.

Jester Race - October 30, 2014, 11:32 am

(Oct 30, 2014 11:25 AM)Crossxxtc Wrote: [\[CITE\]](#) If you're looking for cardio look up "HIIT" on youtube too. It release's someting called the afterburn effect(the videos will tell you more)

But download the Myfitnesspal app, that helps alot on counting your calories and tells you the nurtrition facts on everything(just track your macros)

and about your question about the high protein thing, it all depends on what you're doing, if you wanna cut make it low carbs, medium/low fat and high protein in all your meals (i recommend eating egg whites alot as they fill out the macros)Stop recommending him to cut, he should be bulking right now his body looks like he hasnt worked out ever and is very skinny, and yet you say he should cut then bulk. If you havent lifted don't give advice to other people.

And if by 'afterburn' you mean losing calories after workout, it happens with heavy weights aswell, which op should be doing...

Super Saiyan God - October 30, 2014, 1:10 pm

Your a twig a bad generic twig .

Here is me before ever touching weights 5foot 7 13 years old 140lb .

I was bigger than you here pussy <http://s11.postimg.org/yv6xyzwc3/image.jpg>

Jester Race - October 30, 2014, 1:20 pm

(Oct 30, 2014 01:10 PM)Super Saiyan God Wrote: [\[CITE\]](#) Your a twig a bad generic twig .

Here is me before ever touching weights 5foot 7 13 years old 140lb .

I was bigger than you here pussy <http://s11.postimg.org/yv6xyzwc3/image.jpg>Are you holding arms with your boyfriend? ;)

Jokes aside, nice shoulders lol. I would think that u have lifted for some time when u look like that...

Super Saiyan God - October 30, 2014, 1:22 pm

(Oct 30, 2014 01:20 PM)Darctan Wrote: [\[CITE\]](#) Are you holding arms with your boyfriend? ;)

Jokes aside, nice shoulders lol. I would think that u have lifted for some time when u look like that... old family pic with me and my mom . I'm not flexing like you are :)

Ronnie Flex - October 30, 2014, 1:24 pm

Hahahahaha is this guy trolling or is he really asking about his fucking 13 year old small tiny kid body.

The Notorious B.I.G. - October 30, 2014, 1:26 pm

The light in those photos are so bad. Cant see anything

Maradonnie - October 30, 2014, 1:26 pm

(Oct 30, 2014 01:10 PM)Super Saiyan God Wrote: [\[CITE\]](#) Your a twig a bad generic twig .

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I was bigger than you here pussy <http://s11.postimg.org/yv6xyzwc3/image.jpg>

Wow dude you're so fucking cool how can I be like you you're my hero.

OT:

OP, don't react so hard on people that tell you how it is, the real truth. You actually look like you haven't ever worked out, you honestly do. You might want to go to the gym with a fitness teacher or ask a fitness teacher on your school if you have one to train you and give you a diet right for you. We on here can't help you over the internet. We can give you tips and all, but eventually you have to do it. A physical person can help you so much more.

Ronnie Flex - October 30, 2014, 1:31 pm

(Oct 30, 2014 01:10 PM)Super Saiyan God Wrote: [\[CITE\]](#) Your a twig a bad generic twig .

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I was bigger than you here pussy <http://s11.postimg.org/yv6xyzwc3/image.jpg>
13 yr old pussyboy body > your fucking ugly face

Super Saiyan God - October 30, 2014, 1:32 pm

(Oct 30, 2014 01:31 PM)Majin Buu Wrote: [\[CITE\]](#) 13 yr old pussyboy body > your fucking ugly face yet I got a lot of girls when I was 13 and I was bigger than op without lifting .

(Oct 30, 2014 01:24 PM)Majin Buu Wrote: [\[CITE\]](#) Hahahahaha is this guy trolling or is he really asking about his fucking 13 year old small tiny kid body. I'm 20 now moron . I had 30 pounds more muscle than op .

Jester Race - October 30, 2014, 1:53 pm

(Oct 30, 2014 01:26 PM)CHVRCH?S Wrote: [\[CITE\]](#) Wow dude you're so fucking cool how can I be like you you're my hero.

OT:

OP, don't react so hard on people that tell you how it is, the real truth. You actually look like you haven't ever worked out, you honestly do. You might want to go to the gym with a fitness teacher or ask a fitness teacher on your school if you have one to train you and give you a diet right for you. We on here can't help you over the internet. We can give you tips and all, but eventually you have to do it. A physical person can help you so much more. Most fitness teachers/ personal trainers are idiots. Better listen to some educated people in here.

Zyped - October 30, 2014, 2:13 pm

(Oct 30, 2014 01:32 PM)Super Saiyan God Wrote: [\[CITE\]](#) yet I got a lot of girls when I was 13 and I was bigger than op without lifting .

I'm 20 now moron . I had 30 pounds more muscle than op .

That's a pretty high quality picture for 7 years ago.

Considering HD was hardly even heard of back then.

Super Saiyan God - October 30, 2014, 2:20 pm

(Oct 30, 2014 02:13 PM)Zyped Wrote: [\[CITE\]](#) That's a pretty high quality picture for 7 years ago.

Considering HD was hardly even heard of back then. what does that mean . Are you stupid . That was from an album book .

Your trying to tell me that's not me ? Yet I have pics of me now on other threads . Dumb shit .
Swear kids like you with shit genetics make me sick

Clearly that's me at 13 if this is me now <http://s28.postimg.org/d70kvl2jh/image.jpg>

Strayta - October 30, 2014, 2:24 pm

Bro get some protein into you!!! I'm 6 foot 5 and I'm no where near UR shape ha

Lion - October 30, 2014, 2:29 pm

This is weird. We are both 6'1 and have the same body type, lmao.

My brother is absolutely ripped (stocky and muscular as hell).

He tells me I need to eat 3x my current calories for the day, and simply get on a workout regiment.

Also, I don't know if you're lanky like me, but if so it's really hard to get big, muscular arms.

Strayta - October 30, 2014, 2:32 pm

(Oct 30, 2014 02:29 PM)Astral Wrote: [\[CITE\]](#) This is weird. We are both 6'1 and have the same body type, lmao.

My brother is absolutely ripped (stocky and muscular as hell).

He tells me I need to eat 3x my current calories for the day, and simply get on a workout regiment.

Also, I don't know if you're lanky like me, but if so it's really hard to get big, muscular arms.

Your brother is right. It's mostly about what you eat. You want more protein and carbs in your diet. Depending on what you want to make more muscle you should get into a routine. Then all you need is motivation.

Zyped - October 30, 2014, 2:32 pm

(Oct 30, 2014 02:29 PM)Astral Wrote: [\[CITE\]](#) This is weird. We are both 6'1 and have the same body type, lmao.

My brother is absolutely ripped (stocky and muscular as hell).

He tells me I need to eat 3x my current calories for the day, and simply get on a workout regiment.

Also, I don't know if you're lanky like me, but if so it's really hard to get big, muscular arms.

Yeah. My arm's either look like a fat little kid's or a crack head's.

Tbh I still think I'm chubby. I have rolls when I sit down, ect.

But hf is calling me a skinny twig.

I guess I'm going to start eating a lot of calories and working out. But yeah.

At least you have the same body type as me haha