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Dr.BrokenGod - January 14, 2015, 2:06 pm

Well I started to go to gym. Usually my training consisted of running and riding bicycle (150+km a week) but that builds up my cardio and all. About Gym well I am totally new here and when I was there I just don't know what to do so I went and tried all the "machines" there haha.

Well here is the deal I am 21 year old male. I am 183 cm (6 feet) and I am 87 kg (191 lb). So I can go in Gym 3 days a week so me and friends decided on Monday, Wednesday and Friday.

I am a student and most of my day is busy and consists of studying and sitting my ass. So here is the deal I don't want to get any bigger. I want to train for getting as strong as I can without growing my muscles too big. I don't like the buff look. It is winter now so I will do the cardio in gym on bike and that for now but when it gets hotter I will do it by running.

What do you suggest I do to let's say lose those 7 kg extra and just get stronger without getting buff (with buff I mean increasing my muscles too big).

I just need power and to lose belly. One more thing. I know you lose belly with diet I have that taken care of my self. So just give me an idea how my workout program should look like.

Ramisme - January 14, 2015, 2:53 pm

Google stronglifts 5x5 and start doing that while on a caloric surplus.

You won't get "too big." It takes years to get minimal results without steroids so get that stupid thought out of your head.