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Thread: [Help with training program](#)

Dr.BrokenGod - May 1, 2015, 7:20 am

Well I decided to start working on my self. I had gone fat during college and especially over past winters... This winter I decided to do something else.

Since I couldn't be too much active and had no gym and lived in a small apartment where I couldn't even do pushups I decided to lose my weight with diet. So after 6 month of dieting I went from 86 kg to 77kg.

Now I just feel like I need to do something about my body and that is Exercise.
Let me say right away I don't have access to gym. My options are bicycle and doing workouts with what I have at home. So anyone can suggest anything.

My goal is not to get buff I want power not just balloons.

Thanks in advance.

Rooter - May 1, 2015, 7:49 am

I would personally just get on a solid 5x5 program and start bulking. How tall are you?

Dr.BrokenGod - May 1, 2015, 8:02 am

(May 1, 2015 07:49 AM)Rooter Wrote: [\[CITE\]](#) I would personally just get on a solid 5x5 program and start bulking. How tall are you?

Yeah but you need gym equipment for that which I don't really have. I am 183 cm I think about 6 feet (not so good with imperial units).

ic3. - May 1, 2015, 10:02 am

Just go to a park with a swing. You can do push ups there. Training as Calisthenics i've been doing that now.

DELT? - May 1, 2015, 11:26 am

(May 1, 2015 07:20 AM)Dr.BrokenGod Wrote: [\[CITE\]](#) My goal is not to get buff I want power not just balloons.

You won't get "balloons" unless you inject Synthol.