

Forum:[Hack Forums](#)

Thread: [Auction's General Fitness Help Desk | Routines | Nutrition | Advice](#)

Scymo - May 18, 2015, 5:29 pm

Scymo's General Fitness Help Desk

*Now Gladly Featuring The Help Of [tornmage](#)

[img=400x200]http://terminalcityfitnessclub.com/images/logo.png[/img]

Hello, and welcome to the official Scymo General Fitness Support Thread

This thread will be aimed towards you; the community of HF who may be suffering from a wide variety of problems, complications, or other real life obstacles in regards to fitness routines, injuries, meal plans, general advice and more.

There include but are not limited to:

- Workout Routines
- Meal Plans
- Losing Fat
- Supplementation
- Steroids (i might need help with this one)
- Motivation
- Bulk or Cut
- Form Checks
- Injuries/Recovery
- Stretches

We will try our best to genuinely attempt, to the best of our ability, to help, guide, mentor, assist, and/or resolve your problem, question, complication, obstacle, or other.

Truth - May 18, 2015, 5:30 pm

whats the best diet to stay lean long term without calorie restriction?

Scymo - May 18, 2015, 5:32 pm

(May 18, 2015 05:30 PM)TryAgain Wrote: [\[CITE\]](#) whats the best diet to stay lean long term without calorie restriction?

staying lean while building muscle or just staying lean without any muscular progression?

Ishmel - May 18, 2015, 5:34 pm

Hey I am a large 13 year old (for my age, and I mean size, not fatness)

I have a resistance weight training set.

I am thinking this for a plan:

Monday: Arms, chest, back

Tuesday: Leg day, core
Wednesday: Rest
Thursday: Arms, chest, back
Friday: Leg day, core
Saturday & Sunday: Calisthenics, more stretching than usual, rest
Again and again.
What do you think?
By the way I'd be at the pool for many hours a day 5/7 days. I also do other sports, and lots of biking (no running except for sports).

Truth - May 18, 2015, 5:36 pm

(May 18, 2015 05:32 PM)Auction Wrote: [\[CITE\]](#) staying lean while building muscle or just staying lean without any muscular progression?
I would like a answer for both

Scymo - May 18, 2015, 5:38 pm

(May 18, 2015 05:34 PM)Ishmel Wrote: [\[CITE\]](#) Hey I am a large 13 year old (for my age, and I mean size, not fatness)
I have a resistance weight training set.
I am thinking this for a plan:
Monday: Arms, chest, back
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Saturday & Sunday: Calisthenics, more stretching than usual, rest
Again and again.
What do you think?
By the way I'd be at the pool for many hours a day 5/7 days. I also do other sports, and lots of biking (no running except for sports).
you're only 13 so the resistance training was a smart move, you don't want to be lifting heavy at your age. It looks good the plan itself, as long as you are doing this frequent swimming and biking you don't need cardio in there. If you're looking to gain muscle make sure you're eating a ton because swimming/biking + excersizing burns calories fast

Ishmel - May 18, 2015, 5:40 pm

(May 18, 2015 05:38 PM)Auction Wrote: [\[CITE\]](#) you're only 13 so the resistance training was a smart move, you don't want to be lifting heavy at your age. It looks good the plan itself, as long as you are doing this frequent swimming and biking you don't need cardio in there. If you're looking to gain muscle make sure you're eating a ton because swimming/biking + excersizing burns calories fast
Yeah I eat like a fucking horse, usually have lean chicken, rice and green shit (my mom calls them vegetables?) for lunch, once I have summer off I can actually cook proper egg and pancake breakfasts.

Trillberto - May 18, 2015, 5:45 pm

So I've been wanting to workout but I'm not really sure where to start. I want a routine that's easy to follow but I don't want to be at the gym everyday. Also, I'm a vegetarian so are there anything I should watch out for nutrients wise for exercising?

Scymo - May 18, 2015, 5:54 pm

(May 18, 2015 05:45 PM)Rilyx Wrote: [\[CITE\]](#) So I've been wanting to workout but I'm not really sure where to start. I want a routine that's easy to follow but I don't want to be at the gym everyday. Also, I'm a vegetarian so are there anything I should watch out for nutrients wise for exercising?

<http://stronglifts.com/5x5/>

3 days a week starting routine to gain serious size
vegetarian huh? Well you're going to need a different protein supplementation than the norm. I
recommend this one:

<http://www.bodybuilding.com/store/opt/egg.html>

Brak - May 18, 2015, 6:06 pm

Hey I am 13 and have been taking creatine for a year now. My friend was telling me that I need to
cycle it on and off because of my creatine receptors being overloaded, should I?

Scymo - May 18, 2015, 6:08 pm

(May 18, 2015 06:06 PM)Brak Wrote: [\[CITE\]](#) Hey I am 13 and have been taking creatine for a year
now. My friend was telling me that I need to cycle it on and off because of my creatine receptors
being overloaded, should I?

I wouldn't recommend taking creatine because it's mostly water retention, but Yes of course you
should be cycling on and off, there's times you need 5g a day for maintaining cycle and then 20g a
day for overloading cycle

Ishmel - May 18, 2015, 6:09 pm

(May 18, 2015 06:06 PM)Brak Wrote: [\[CITE\]](#) Hey I am 13 and have been taking creatine for a year
now. My friend was telling me that I need to cycle it on and off because of my creatine receptors
being overloaded, should I?

hey i am 7 as well

Creatine = steroid

steroid mak u liek spodermen he is su cuol dont stoap creatin is gud fur u

Brak - May 18, 2015, 6:12 pm

(May 18, 2015 06:09 PM)Ishmel Wrote: [\[CITE\]](#) hey i am 7 as well

Creatine = steroid

steroid mak u liek spodermen he is su cuol dont stoap creatin is gud fur u

yeah, he told me it was a steroid too! im fked.

CCHrambo - May 18, 2015, 6:13 pm

Becoming a supple leopard

ida - May 18, 2015, 6:19 pm

(May 18, 2015 06:08 PM)Auction Wrote: [\[CITE\]](#) I wouldn't recommend taking creatine because it's
mostly water retention, but Yes of course you should be cycling on and off, there's times you need
5g a day for maintaining cycle and then 20g a day for overloading cycle

Any sources to back up this suggestion? The only loading part for creatine is the first few days. In
addition, there is no scientific evidence that shows that creatine should be cycled. Consuming
5g/day of creatine is fine, as your body produces its own and it is found in meat.

Brak - May 18, 2015, 6:20 pm

(May 18, 2015 06:19 PM)Lani Wrote: [\[CITE\]](#) Any sources to back up this suggestion? The only
loading part for creatine is the first few days. In addition, there is no scientific evidence that shows
that creatine should be cycled. Consuming 5g/day of creatine is fine, as your body produces its own
and it is found in meat.

Yeah i dont know where these clowns all of a sudden get the idea that you should cycle your
protein powder and creatine, blows my mind

ida - May 18, 2015, 6:36 pm

(May 18, 2015 05:54 PM)Auction Wrote: [\[CITE\]](#) <http://stronglifts.com/5x5/>

3 days a week starting routine to gain serious size vegetarian huh? Well you're going to need a different protein supplementation than the norm. I recommend this one:

<http://www.bodybuilding.com/store/opt/egg.html>

I will have to disagree. He "has been wanting to work out. Go for 10-12 reps on all exercises to work on your form for the first 1-2 months. Otherwise you will end up fucking up your shoulders or worse.

Ramisme - May 18, 2015, 6:56 pm

(May 18, 2015 06:36 PM)Lani Wrote: [\[CITE\]](#) I will have to disagree. He "has been wanting to work out. Go for 10-12 reps on all exercises to work on your form for the first 1-2 months. Otherwise you will end up fucking up your shoulders or worse.

5x5 3 days a week is plenty of form practice and you start light enough anyway. There's no reason to do anything else first.

Scymo - May 18, 2015, 6:58 pm

(May 18, 2015 06:36 PM)Lani Wrote: [\[CITE\]](#) I will have to disagree. He "has been wanting to work out. Go for 10-12 reps on all exercises to work on your form for the first 1-2 months. Otherwise you will end up fucking up your shoulders or worse.

Totally disagreeing with you on that sir. 5x5 starts you off light with emphasis on maintaining that good form.

(May 18, 2015 06:20 PM)Brak Wrote: [\[CITE\]](#) Yeah i dont know where these clowns all of a sudden get the idea that you should cycle your protein powder and creatine, blows my mind who the fuck said anything about cycling protein powder lmao

and i personally recommend cycling creatine because if you're like the many people who aren't hitting that target water intake daily, you're giving your kidneys a bit of a rest in between cycles

Ramisme - May 18, 2015, 7:52 pm

(May 18, 2015 06:58 PM)Auction Wrote: [\[CITE\]](#) who the fuck said anything about cycling protein powder lmao

and i personally recommend cycling creatine because if you're like the many people who aren't hitting that target water intake daily, you're giving your kidneys a bit of a rest in between cycles

5g of creatine isn't going to fuck up your kidneys even if you aren't getting the amount of water that you always should be regardless of the supplements you're taking. Creatine is simple as fuck and almost overly studied. You don't need to cycle it, you don't need to load it, you don't need to do anything fancy with it. 5g a day whenever you have the chance and you're good to go.

Durham - May 19, 2015, 1:55 am

Hey, how can I get a better posture? I have forward ration on my shoulders :(

ida - May 19, 2015, 3:58 am

(May 18, 2015 06:56 PM)Ramisme Wrote: [\[CITE\]](#) 5x5 3 days a week is plenty of form practice and you start light enough anyway. There's no reason to do anything else first.

No. If you are attempting to lift a weight that you can only lift for 5 times, it requires good form from experience. If you are new, this is impossible. 5x5 is a good program, but everyone should start with higher repetitions for at least the first month of lifting.

(May 18, 2015 06:58 PM)Auction Wrote: [\[CITE\]](#) and i personally recommend cycling creatine because if you're like the many people who aren't hitting that target water intake daily, you're giving your kidneys a bit of a rest in between cycles

No. Your kidneys do not need rest from creatine.

Scymo - May 19, 2015, 4:05 am

(May 19, 2015 03:58 AM)Lani Wrote: [\[CITE\]](#) No. If you are attempting to lift a weight that you can only lift for 5 times, it requires good form from experience. If you are new, this is impossible. 5x5 is a good program, but everyone should start with higher repetitions for at least the first month of lifting.

No. Your kidneys do not need rest from creatine.
if you're not hitting you're target water intake yes it will help.

ida - May 19, 2015, 4:07 am

(May 19, 2015 04:05 AM)Auction Wrote: [\[CITE\]](#) if you're not hitting you're target water intake yes it will help.

You need a lot of water whether you are taking creatine or not. About a gallon a day should be fine for everyone.

Also, that is not what I said. I said that your kidneys do not need to rest from creatine. I did not say anything about water.

Ramisme - May 19, 2015, 6:14 am

(May 19, 2015 03:58 AM)Lani Wrote: [\[CITE\]](#) No. If you are attempting to lift a weight that you can only lift for 5 times, it requires good form from experience. If you are new, this is impossible. 5x5 is a good program, but everyone should start with higher repetitions for at least the first month of lifting.

No, that's not how it works at all. When you're determining your starting weight, you start with the bar and add weight until your form starts to break down. If it breaks down after just the bar, you start with just the bar. This isn't a brosplit bs bb.com workout, you don't just pick an arbitrary weight and try to hit 5 reps with it. 5x5 is fine for people who have never stepped foot in a gym before.

Scymo - May 19, 2015, 2:37 pm

(May 19, 2015 06:14 AM)Ramisme Wrote: [\[CITE\]](#) No, that's not how it works at all. When you're determining your starting weight, you start with the bar and add weight until your form starts to break down. If it breaks down after just the bar, you start with just the bar. This isn't a brosplit bs bb.com workout, you don't just pick an arbitrary weight and try to hit 5 reps with it. 5x5 is fine for people who have never stepped foot in a gym before.

thank you ramisme for helping me explain that to him ?

Szeretlek - May 19, 2015, 2:52 pm

Hey, I was just wondering if you knew anything about the following - but first, I'll give you an insight on me.

I'm 17, 5 ft 11 (or 6 foot I have no clue) and weigh 167 pounds (11 stone 7 pounds - 74kg) I am currently training for a half marathon which will be next March.

Currently I go to the gym six times a week, four of these days are for cardio, where I will either go on the treadmill (incline 1.0 default as the half marathon is set on flat ground) or spin bikes. I will spend about 90 minutes a day doing cardio on these four days, mainly alternating from different speeds on the treadmill - from walking speed for 5 minutes to a run for 5. On the other two days I do legs, ranging from leg presses, leg extensions, leg curls and calf presses.

I eat like a complete idiot, I still eat a lot of junk and to put this into perspective, yesterday I ate 12 custard slices, along side with a whole load of awful food.

Basically I was just wondering if you could suggest any improvements to my dietary needs/schedule. Also if you had any tips on being able to improve my stamina. Furthermore I am pretty motivated to hit targets, but adding in some motivation can't hurt. I am not looking to take

steroids or any form of protein supplements.

I am in dire need to improve my stamina though, and obviously running 13 miles will be a toll on my legs. I am not looking to hit sub 2 hours or anything immaculate, sub 2:30 will do be fine, even 3.

Thanks.

Scymo - May 19, 2015, 2:55 pm

(May 19, 2015 02:52 PM)Szeretlek Wrote: [\[CITE\]](#) Hey, I was just wondering if you knew anything about the following - but first, I'll give you an insight on me.

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Thanks.For your diet, I would calculate your IIFYM (<http://iifym.com/iifym-calculator/>) and go low on the fats, high on the carbs and protein to give you energy to train. Cut out the soft drinks and junk food out of your diet.

Eric Schneider - May 19, 2015, 2:57 pm

Could you help me here please, I'm really worried.

<https://hackforums.net/showthread.php?tid=4828462&pid=46204429#pid46204429>

Scymo - May 19, 2015, 3:16 pm

(May 19, 2015 02:57 PM)Eric Schneider Wrote: [\[CITE\]](#) Could you help me here please, I'm really worried.

<https://hackforums.net/showthread.php?tid=4828462&pid=46204429#pid46204429>

yea your levels are really low this could be a sign of:

Growth hormone deficiency

Hypopituitarism (low function of the pituitary gland)

Eric Schneider - May 19, 2015, 4:03 pm

(May 19, 2015 03:16 PM)Auction Wrote: [\[CITE\]](#) yea your levels are really low this could be a sign of:

Growth hormone deficiency

Hypopituitarism (low function of the pituitary gland)

I've injected a lot of HGH and most probably they were fake.

Could this be the reason ?

Scymo - May 19, 2015, 7:11 pm

(May 19, 2015 04:03 PM)Eric Schneider Wrote: [\[CITE\]](#) I've injected a lot of HGH and most probably they were fake.

Could this be the reason ?

wait why would you buy fake cheap HGH

lequinox - May 19, 2015, 8:11 pm

(May 19, 2015 07:11 PM)Auction Wrote: [\[CITE\]](#) wait why would you buy fake cheap HGH
He obviously wouldn't have bought it fake intentionally. It's just like buying acid from shady blokes: you're hoping for good stuff, but every once in a while it's going to be fake.

In the case of HGH, it's very often fake.

(May 19, 2015 03:16 PM)Auction Wrote: [\[CITE\]](#) yea your levels are really low this could be a sign of:

Growth hormone deficiency

Hypopituitarism (low function of the pituitary gland)

Basically you're saying: "low growth hormone levels could be a sign of growth hormone deficiency"
- wut.

You completely jumped over all the other causes of growth hormone deficiency.

I have a strange feeling that his low GH levels are due to AAS abuse (particularly if he's running a cycle at the time), it could also be due to sleep apnea (a very common problem for large (muscular) athletes) or just general sleep problems.

Eating too much and too often, and too little exercise (especially cardio) may also have some contribution to it.

It also could be something to do with the pituitary, but at a young age it's highly unlikely.

To make more accurate assumptions though it would be best to see results of your GHRH and IGF-1.

JulioCrazy - May 20, 2015, 11:31 am

hi mate

im new into gym section

im 18 Years old

have 5'9"

around 160lbs

and never before has been on gym

did you recommend me a protein or whey protein or something?

any diet?

i have some fat in my abs section and want to have mass and lose abs fat!!

i dont know if you understand what i mean mate!!!

Durham - May 20, 2015, 11:46 am

Hey idk if you missed my last comment or ignoring it so Ill post again :p how can I get a better posture? I have forward ration on my shoulders :(

Scymo - May 20, 2015, 12:06 pm

(May 20, 2015 11:46 AM)Durham Wrote: [\[CITE\]](#) Hey idk if you missed my last comment or ignoring it so Ill post again :p how can I get a better posture? I have forward ration on my shoulders :(sorry i must have missed it! When you say forward ration on your shoulders, what do you mean like you lean forward?

Durham - May 20, 2015, 12:12 pm

(May 20, 2015 12:06 PM)Auction Wrote: [\[CITE\]](#) sorry i must have missed it! When you say forward ration on your shoulders, what do you mean like you lean forward?

Just did a fast research. Its looks like this, but havent got it so much yet but feels like I get worse and worse posture.

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

Scymo - May 20, 2015, 12:26 pm

(May 20, 2015 12:12 PM)Durham Wrote: [\[CITE\]](#) Just did a fast research. Its looks like this, but havent got it so much yet but feels like I get worse and worse posture.

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

here's a quote from a guy maresf16 who experienced the same problem as you. Full guide on how to cure this problem:

Quote: Here's what you have to do:

Stretch your pecs out 2 - 3 times a day, and make sure one is upon waking.

Roll up a towel and lay down with it traveling lengthwise on your spine. Let gravity pull your shoulders back. You can even sleep like this if you can set it up to where you're comfortable enough.

Do rotator cuff strengthening exercises. There are some pretty good articles here on bb.com for that.

Do lower trap work. My favorite is the hitchhiker. Lay on your stomach on the ground and make sure you have plenty of room. Now put your arms out to your side so you look like a T. Then, externally rotate your hands so your thumbs are pointing at the ceiling. Now, squeeze your shoulder blades together, lift your arms up off the ground and move them towards each other. Stop when you resemble a Y. Now hold for a second or two and move back. Very easy and you should feel this pain start pretty quickly in between your shoulder blades.

You should try to squeeze your scapulae together when you walk or sit. It's really hard at first and it caused me to cramp up but I personally believe it accelerated my healing from a month to a week. In any case, even if you can't do it now you'll have to progress to it because having proper posture involves active muscle usage. Think about it: you always suck your abs in to tighten them when you walk...at first it was something you consciously did but now it's subconscious. It will take a while, but you will soon subconsciously pull your shoulders back.

Finally, exercise GREAT care in using perfect form on exercises that use your shoulders. For

benching and other pressing movements be absolutely sure that you are pulling your shoulders back and keeping them back, even at the top of the motion. For shoulder presses, keep the weight just far enough back that they won't hit you in the face (imagine a bar between your hands, or do military press). Watch out for exercises that place undue stress on your rotator cuffs too - chins/lat pulls behind the head, presses behind the head and narrow-grip upright rows are bad for some people.

Good luck...I hope that helps you out. Trust me: once you fix rounded shoulders you'll look 100% more confident and feel much better through your back.

UNDERWIRE - May 20, 2015, 2:19 pm

(May 20, 2015 12:12 PM)Durham Wrote: [\[CITE\]](#) Just did a fast research. Its looks like this, but havent got it so much yet but feels like I get worse and worse posture.

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

If that's a picture of you, your problem comes from an anterior pelvic tilt. Your upper back might curve a bit to try to compensate

[img]<http://www.somastruct.com/wp-content/uploads/2012/07/APTcomponents.jpg>[/img]

Although what you're describing sounded more like mild kyphosis, but that might just be from a lack of back mass.

Durham - May 20, 2015, 2:22 pm

(May 20, 2015 02:19 PM)UNDERWIRE Wrote: [\[CITE\]](#) If that's a picture of you, your problem comes from an anterior pelvic tilt. Your upper back might curve a bit to try to compensate

[img]<http://www.somastruct.com/wp-content/uploads/2012/07/APTcomponents.jpg>[/img]

Although what you're describing sounded more like mild kyphosis, but that might just be from a lack of back mass.

Okey, what do you recommend me to do so its looks better?

UNDERWIRE - May 20, 2015, 2:25 pm

(May 19, 2015 02:55 PM)Auction Wrote: [\[CITE\]](#) For your diet, I would calculate your IIFYM (<http://iifym.com/iifym-calculator/>) and go low on the fats, high on the carbs and protein to give you energy to train. Cut out the soft drinks and junk food out of your diet. There's pretty much no reason to lower fat intake, but plenty of reasons to raise it.

(May 20, 2015 02:22 PM)Durham Wrote: [\[CITE\]](#) Okey, what do you recommend me to do so its looks better? Does your butt actually curve up like that? If it does, that's your main problem.

Read through these I suppose. Plenty of different fixes and suggestions on it. Most come down to doing various stretches and bodyweight moments.

http://www.reddit.com/r/Fitness/comments/1prg6b/update_to_the_anterior_pelvic_tilt_fixing_thread/

<http://www.swolept.com/posts/fixing-anterior-pelvic-tilt-posture-tricks-to-make-your-butt-and-gut-smaller#.VVz8iUZGQlo>

Don't try lifting squatting, rowing, or deadlifting too heavy until you get it fixed. It could drastically effect your form. When you start to correct your posture, you'll notice your waist will look slightly smaller and your chest will look larger.

daymon - May 20, 2015, 6:30 pm

Looking for a diet plan for muscle growth. Been working out for around 3 months now, going pretty well, been just keeping my calories low. Looking for a better diet plan though, something more specific. If you can help me out ?

Cyaddd - May 21, 2015, 12:07 pm

Currently slowly gaining weight, I have very high metabolism, but how can I speed up the process

without supplements, and how many days a week do you recommend I go to the gym?
When I go to the gym I do a full body workout.

iloominati - May 21, 2015, 12:41 pm

(May 18, 2015 06:06 PM)Brak Wrote: [\[CITE\]](#) Hey I am 13 and have been taking creatine for a year now. My friend was telling me that I need to cycle it on and off because of my creatine receptors being overloaded, should I?
you joined in 2012 and your 13 NOW?

LMFAO YOU JOINED WHEN YOU WERE NINE?

ItsATumor - May 21, 2015, 12:46 pm

I lift with my sports team during the off season directly after school. How do I make and store a pre-workout protein+creatine shake without pre-making it?(Which would go bad) How do I mix it without a blender, or is there an alternative to a shake. Thanks.

Scymo - May 21, 2015, 12:47 pm

(May 21, 2015 12:46 PM)ItsATumor Wrote: [\[CITE\]](#) I lift with my sports team during the off season directly after school. How do I make and store a pre-workout protein+creatine shake without pre-making it?(Which would go bad) How do I mix it without a blender, or is there an alternative to a shake. Thanks.

i rarely use a blender i usually use this at the gym

<http://www.blenderbottle.com/blenderbottle-classic?landing=true>

SIM-2005107 - May 21, 2015, 12:47 pm

(May 21, 2015 12:41 PM)iloominati Wrote: [\[CITE\]](#) you joined in 2012 and your 13 NOW?

LMFAO YOU JOINED WHEN YOU WERE NINE?

Lol, this generation is fucked up. Joining a internet community when you are fucking nine.

ItsATumor - May 21, 2015, 12:49 pm

(May 21, 2015 12:47 PM)Auction Wrote: [\[CITE\]](#) i rarely use a blender i usually use this at the gym
<http://www.blenderbottle.com/blenderbottle-classic?landing=true>

Do I just toss the right about of whey and creatine in the morning? I normally put strawberries in my shakes, so what could I substitute that's more portable?

Scymo - May 21, 2015, 12:51 pm

(May 21, 2015 12:49 PM)ItsATumor Wrote: [\[CITE\]](#) Do I just toss the right about of whey and creatine in the morning? I normally put strawberries in my shakes, so what could I substitute that's more portable?

you could with oats, honey or my favorite is powdered peanut butter

daymon - May 22, 2015, 7:30 am

(May 22, 2015 06:43 AM)Vascular Wrote: [\[CITE\]](#) You're not going to promote muscle growth by eating low calories (deficit). You need to be eating in a surplus. Calculate your TDEE and eat 500 over that daily.

Ah, exactly what I needed. Never even heard of TDEE, and just looked into it. Thanks ?

CALIFORNIAN - May 22, 2015, 10:23 pm

(May 21, 2015 12:51 PM)Auction Wrote: [\[CITE\]](#) you could with oats, honey or my favorite is powdered peanut butter

Dude. Oatmeal is simply the best.

Scymo - May 26, 2015, 1:03 pm

(May 22, 2015 10:23 PM)CALIFORNIAN Wrote: [\[CITE\]](#) Dude. Oatmeal is simply the best. Oatmeal is amazing bro especially with some berries/panut butter/ nuts in it mmm

Jet??? - May 28, 2015, 1:49 am

I switched gyms and no longer have a pull down bar for my lats. I really hate the machine they have at my new gym and am looking for an alternative workout to really burn my lats like pull downs did. Any suggestions?

Also, need a good (roughly, all around) shoulder workout. These are my two weekest workout routines right now and really need to change that.

Scymo - May 28, 2015, 6:20 am

(May 28, 2015 01:49 AM)Jet??? Wrote: [\[CITE\]](#) I switched gyms and no longer have a pull down bar for my lats. I really hate the machine they have at my new gym and am looking for an alternative workout to really burn my lats like pull downs did. Any suggestions?

Also, need a good (roughly, all around) shoulder workout. These are my two weekest workout routines right now and really need to change that. Pull ups and barbell pullovers can substitute for your lats.

A solid shoulder workout I used to run:

Seated or Standing Military Press: Warm up and 3 sets of 4 – 6 reps

Dumbbell Side Lateral : 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

Rear Dumbbell Raise: 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

Optional (if you feel like you have some juice left): Dumbbell Front Raise: 3 sets of 4 – 6 reps or 6 – 8 reps if you can't maintain proper form with 4 – 6

Jmw - May 29, 2015, 8:12 am

I'm 18 years old, been going for the gym for just over a year, I have gained some strength since I started but not really put on any muscle. My main aim is for my arms to fill my t-shirt sleeves! I'm 6ft2 and weigh 73kg. I'm looking for a good workout routine to gain size more than gain strength and also some ideas for healthy snacks to have as I currently eat a lot of chocolate, crisps, biscuits etc. My breakfast and dinners are usually good just need some advice for the lunch and snacking throughout the day. I have access to a gym with all equipment needed and I know a lot of exercises just need a good routine. I have been going 5 days a week, doing chest, back, legs, shoulders, arms, one of these each day. I have read articles that this split is not effective for natural people and that it would be more beneficial to do a full body workout where each muscle is worked twice a week. Any tips would be greatly appreciated!

Forgot to add that I have creatine and have just started taking this.

Ramisme - May 29, 2015, 8:45 am

(May 29, 2015 08:12 AM)Jmw Wrote: [\[CITE\]](#) I'm 18 years old, been going for the gym for just over a year, I have gained some strength since I started but not really put on any muscle. My main aim is for my arms to fill my t-shirt sleeves! I'm 6ft2 and weigh 73kg. I'm looking for a good workout routine to gain size more than gain strength and also some ideas for healthy snacks to have as I currently eat a lot of chocolate, crisps, biscuits etc. My breakfast and dinners are usually good just need some advice for the lunch and snacking throughout the day. I have access to a gym with all equipment

needed and I know a lot of exercises just need a good routine. I have been going 5 days a week, doing chest, back, legs, shoulders, arms, one of these each day. I have read articles that this split is not effective for natural people and that it would be more beneficial to do a full body workout where each muscle is worked twice a week. Any tips would be greatly appreciated!

Forgot to add that I have creatine and have just started taking this.

Get your diet in check. If you're gaining strength then you would be gaining size if you were eating enough.

Scymo - May 29, 2015, 12:45 pm

(May 29, 2015 08:12 AM)Jmw Wrote: [\[CITE\]](#) I'm 18 years old, been going for the gym for just over a year, I have gained some strength since I started but not really put on any muscle. My main aim is for my arms to fill my t-shirt sleeves! I'm 6ft2 and weigh 73kg. I'm looking for a good workout routine to gain size more than gain strength and also some ideas for healthy snacks to have as I currently eat a lot of chocolate, crisps, biscuits etc. My breakfast and dinners are usually good just need some advice for the lunch and snacking throughout the day. I have access to a gym with all equipment needed and I know a lot of exercises just need a good routine. I have been going 5 days a week, doing chest, back, legs, shoulders, arms, one of these each day. I have read articles that this split is not effective for natural people and that it would be more beneficial to do a full body workout where each muscle is worked twice a week. Any tips would be greatly appreciated!

Forgot to add that I have creatine and have just started taking this.

Ok your routine i would recommend this split:

day one: Chest/back

Bench Press 4 sets 6-8 reps

Incline bench press or dumbbell inclines 4 sets 6-8 reps

Weighted dips 4 sets 6-8 reps

Pec Deck 4 sets 8-10reps

Lat pulldowns or weighted chin ups 4 sets 6-8 reps

seated row machine 4 sets 6-8 reps

Narrow pulldowns 4 sets 6-8 reps

dumbbell rows 4 sets 6-8 reps

Day two : legs/abs

Situps on incline board- 3 sets

Squats 4 sets 6-10reps

Leg press 4 sets 6-10

Hack squats 4 sets 6-10

leg ext 4 sets 10-15 reps

leg curls 4 sets 10-15 reps

seated calf machine 3 sets 15-20

standing calf on smith machine 3 sets 15-20_____

Day three: shoulders/arms

situps on incline board/leg raises

smith machine press behind the head 4x 6-8

upright rows 4x 6-8

dumbbell lateral raises front/side/rear 3 sets of each done continuously

barbell curls 4 sets 6-8 reps
alternate db curls 4 sets 6-8 reps
cable preacher curls 4 sets 6-8 reps

skull crushers 4x 6-10
overhead db extensions 4x6-10
pushdowns 4x 6-10

reverse curls 3 x 10-15
wrist curls 3x 10-15
reverse wrist curls 3x 10-15

Also your diet sounds like shit, get on track with MyFitnessPal and be sure to hit at least like 3300 cals a day to gain more size

ditch the creatine btw that stuff blows once you're off it you shrink

ida - May 29, 2015, 6:10 pm

(May 29, 2015 12:45 PM)Auction Wrote: [\[CITE\]](#) smith machine press behind the head 4x 6-8
I would not recommend doing shoulder presses behind the head. It has been proven to be bad for your shoulders/rotator cuffs, especially if you have poor shoulder flexibility.

Scymo - May 29, 2015, 6:20 pm

(May 29, 2015 06:10 PM)Lani Wrote: [\[CITE\]](#) I would not recommend doing shoulder presses behind the head. It has been proven to be bad for your shoulders/rotator cuffs, especially if you have poor shoulder flexibility.

been doing it consistently for 3 months haven't seen any problems

can you link this proof?

ida - May 29, 2015, 6:46 pm

(May 29, 2015 06:20 PM)Auction Wrote: [\[CITE\]](#) been doing it consistently for 3 months haven't seen any problems

can you link this proof?

I went too far when I said "proven", as I do not have any professional sources. However, it is logic sense that you put your shoulders/rotator cuffs in a more vulnerable position.

Do a Google search on it, and you will see tons of data criticizing the movement. I saw a video by a professional trainer who also criticized the movement for larger risks of possible shoulder injuries. This was a long time ago, and I do not have the link.

Scymo - May 29, 2015, 6:56 pm

Everyone please welcome our newest assistant to the thread, tornmage!

<https://hackforums.net/member.php?action=profile&uid=1481636>

tornmage - May 29, 2015, 6:57 pm

Starting now I'll be helping out with this thread! Keep the questions coming and I hope I can help!

Scymo - May 29, 2015, 8:43 pm

(May 29, 2015 06:46 PM)Lani Wrote: [\[CITE\]](#) I went too far when I said "proven", as I do not have any professional sources. However, it is logic sense that you put your shoulders/rotator cuffs in a more

vulnerable position.

Do a Google search on it, and you will see tons of data criticizing the movement. I saw a video by a professional trainer who also criticized the movement for larger risks of possible shoulder injuries. This was a long time ago, and I do not have the link.

i'll look it up but if you stretch properly prior like i do there should be very minimal percents of chance of injury

tornmage - May 29, 2015, 8:55 pm

(May 29, 2015 06:46 PM)Lani Wrote: [\[CITE\]](#) I went too far when I said "proven", as I do not have any professional sources. However, it is logic sense that you put your shoulders/rotator cuffs in a more vulnerable position.

Do a Google search on it, and you will see tons of data criticizing the movement. I saw a video by a professional trainer who also criticized the movement for larger risks of possible shoulder injuries. This was a long time ago, and I do not have the link.

Lani, you are not completely mistaken. You are probably thinking of behind the neck shoulder presses. The problem with behind the neck shoulder presses is that it places the glenohumeral joint in an awkward position for pressing specifically (not pulling such as a behind the neck lat pulldown). While it is a better and much more natural movement to press from the scapular plane, the same can not be said for behind the neck pull downs. If you are skeptical about doing behind the neck lat pull downs, simply do them in front. Hope this helps in some way! :)

madara3 - May 29, 2015, 9:01 pm

So I'm 17, weigh 167lbs, and been lifting weights for around 1 year now. I'm getting more toned than I used to be in every area except my stomach because I rarely do cardio/abs. My stomach is still flabby as that's where my fat goes so I'm wondering in order to get abs, do I just need to work my abs/cardio a lot more or do I need to lose weight..etc. Thanks!

tornmage - May 29, 2015, 9:10 pm

(May 29, 2015 09:01 PM)madara3 Wrote: [\[CITE\]](#) So I'm 17, weigh 167lbs, and been lifting weights for around 1 year now. I'm getting more toned than I used to be in every area except my stomach because I rarely do cardio/abs. My stomach is still flabby as that's where my fat goes so I'm wondering in order to get abs, do I just need to work my abs/cardio a lot more or do I need to lose weight..etc. Thanks!

In order for your abs to start showing you are going to need to get down to roughly 10% body fat. You can do this by being in a caloric deficit while maintaining your training. You can use an app called [myfitnesspal](#) and log everything you eat for a week or two. (The app makes it easy, you can just scan a barcode.) After some time, determine roughly how many calories you eat a day on average. After you do this, I suggest selecting to lose half a pound a week (assuming that you are pretty close to 10% body fat) until your abs start to appear. If you are unsure how to measure your body fat, the most accurate and affordable way to do this is to buy a [body fat caliper](#).

madara3 - May 29, 2015, 9:21 pm

Would losing that weight to lower my body fat percentage get rid of the muscle I've gained so far?

tornmage - May 29, 2015, 9:24 pm

(May 29, 2015 09:21 PM)madara3 Wrote: [\[CITE\]](#) Would losing that weight to lower my body fat percentage get rid of the muscle I've gained so far?

Ideally you would just be losing fat, but it is nearly impossible not to lose muscle during a cut. This is a dilemma that all guys face. Big and Strong vs. Lean and Ripped. Do your cut and get to your desired body fat level, enjoy it for some time and then bulk again. Repeat the process.

madara3 - May 29, 2015, 9:43 pm

A few more quesitons:

Is this a good routine?

Spoiler ([Click to View](#))

Chest & Triceps

Legs

Back & Biceps

Shoulders

When should I incorporate some cardio and abs in there also?

My ultimate goal for the gym is to just tone my body, so how exactly should I accomplish this? Should I be focused on getting my body fat percentage down while still lifting or should I just focus on lifting and not think about the body fat percentage and using the app to count calories? For protein shakes after working out, is [this](#) a good protein powder? Sorry for all the questions and if the last part doesn't make sense, but I do really appreciate all the help.

Ramisme - May 29, 2015, 10:23 pm

(May 29, 2015 09:43 PM)madara3 Wrote: [\[CITE\]](#) A few more quesitons:

Is this a good routine?

Spoiler ([Click to View](#))

Chest & Triceps

Legs

Back & Biceps

Shoulders

When should I incorporate some cardio and abs in there also?

My ultimate goal for the gym is to just tone my body, so how exactly should I accomplish this? Should I be focused on getting my body fat percentage down while still lifting or should I just focus on lifting and not think about the body fat percentage and using the app to count calories? For protein shakes after working out, is [this](#) a good protein powder? Sorry for all the questions and if the last part doesn't make sense, but I do really appreciate all the help.

That's basically a push/pull/legs routine with a second push day. I'd just do p/p/l twice a week and alternate bench and OHP for your push days. Do abs on your leg days. Work them for strength to avoid pelvic tilt issues and other imbalances (shit like an ab wheel, planks, leg raises, etc. is fine). You'll have visible abs when your body fat is lower, so don't think of ab training so much as hypertrophy work. You literally just want to be doing it so you don't end up with a weak core and terrible posture issues. I'd do HIIT cardio on push and maybe pull days if you're feeling up to it while you're cutting weight.

If you want to "tone," you need to lose body fat. You can't expect to actually get any bigger right now, but you'll at least maintain whatever muscle you have so far.

tornmage - May 30, 2015, 8:37 am

(May 29, 2015 09:43 PM)madara3 Wrote: [\[CITE\]](#) A few more quesitons:

Is this a good routine?

Spoiler ([Click to View](#))

Chest & Triceps

Legs

Back & Biceps

Shoulders

When should I incorporate some cardio and abs in there also?

My ultimate goal for the gym is to just tone my body, so how exactly should I accomplish this?

Should I be focused on getting my body fat percentage down while still lifting or should I just focus on lifting and not think about the body fat percentage and using the app to count calories? For protein shakes after working out, is [this](#) a good protein powder? Sorry for all the questions and if the last part doesn't make sense, but I do really appreciate all the help.

Your split looks great! Friday could be an optional leg day if you are feeling up to it. Your legs can definitely recover fully in 48 hours, but just use your head. As to when you could do cardio, I personally warm up about 15 minutes of cardio before I workout. You could also do your cardio first thing in the morning when you wake up. The protein supplement I am currently using is [Animal Whey](#). It's great tasting, high quality, and pretty affordable. Hope this helps!

Scymo - May 31, 2015, 11:28 am

(May 30, 2015 08:37 AM)tornmage Wrote: [\[CITE\]](#) Your split looks great! Friday could be an optional leg day if you are feeling up to it. Your legs can definitely recover fully in 48 hours, but just use your head. As to when you could do cardio, I personally warm up about 15 minutes of cardio before I workout. You could also do your cardio first thing in the morning when you wake up. The protein supplement I am currently using is [Animal Whey](#). It's great tasting, high quality, and pretty affordable. Hope this helps!

The protein powder the OP recommended is perfectly fine as well
<http://www.a1supplements.com/optimum-nutrition-100-whey-protein-gold>

Freddy Kru?ger - May 31, 2015, 5:37 pm

(May 31, 2015 11:28 AM)Auction Wrote: [\[CITE\]](#) The protein powder the OP recommended is perfectly fine as well <http://www.a1supplements.com/optimum-nutrition-100-whey-protein-gold>
Seconding how good ON is, a bit on the expensive side but worth it.

~HF~ - June 1, 2015, 3:36 pm

Hey man, so I'm 17 and just started to notice fat building up around my stomach and neck. I haven't been gym in around 2-3 month because of exams and college taking up my life, and in spare time I go out with my mates. I'm going back to gym and going out more and being active next week once my exams are over. Was just wondering if you could maybe give me a cutting routine/Cadio workout for me to lose weight in 2 months for August time ? Also maybe a quick diet of what I should be eating!

Thanks a lot mate!

Scymo - June 1, 2015, 3:40 pm

(Jun 1, 2015 03:36 PM)~HF~ Wrote: [\[CITE\]](#) Hey man, so I'm 17 and just started to notice fat building up around my stomach and neck. I haven't been gym in around 2-3 month because of exams and college taking up my life, and in spare time I go out with my mates. I'm going back to gym and going out more and being active next week once my exams are over. Was just wondering if you could maybe give me a cutting routine/Cadio workout for me to lose weight in 2 months for August time ? Also maybe a quick diet of what I should be eating!

Thanks a lot mate!
sample cutting diet:
Breakfast, 8:00 a.m.

3 egg whites
Two small sirloin steak cuts wrapped in whole wheat bread
Whey protein shake
Mid-morning, 10:00 a.m.

Protein shake

Lunch, 12:00 Noon

Grilled, seasoned chicken breast with spicy mustard
Serving of brown rice
Grilled vegetables
Glass of skim milk
Afternoon, 3:00 p.m.

Beef jerky
Triscuits
Smoked almonds
Glass of skim milk or water
Mid-afternoon, 5:00 p.m.

Protein shake
Pre-workout, 7:00 p.m.

Ultra Lean Pocket
Small whey protein shake
Post workout, 9:30 p.m.

Large whey protein shake
Dinner, 10:00 p.m.

Grilled fish
Brown rice
Steamed vegetables
Glass of milk
Before bed, 10:45 p.m.

Casein protein shake

sample cutting routine:
<https://gyazo.com/6e6a261b5ef3bc44332d2966907ac77b>

~HF~ - June 1, 2015, 4:08 pm

Thanks a lot ^^ looks good, hopefully I will be able to stick to it!

Btw for cutting do I do a lower weight and higher reps?

kipjeNL - June 6, 2015, 11:37 am

I have been going to the gym for about 2/3 months, I started with 253.5 lb and im now at 218, but my goal is 182 lbs.

I go to the gym on mon,tues,thurs,fri and sunday

Other wednesday and saturday I go hiking outside around a lake or I walk/run stairs (there is a giant hill nearby and it has around 500 steps)

I also use whey protein and c4 pre-workout.

I really want to drop more weight but cant seem to find a good eating schematic, would you be so kind for me to make one?

Thanks a lot already.

tornmage - June 9, 2015, 11:44 am

(Jun 6, 2015 11:37 AM)kipjeNL Wrote: [\[CITE\]](#) I have been going to the gym for about 2/3 months, I started with 253.5 lb and im now at 218, but my goal is 182 lbs.

I go to the gym on mon,tues,thurs,fri and sunday

Other wednesday and saturday I go hiking outside around a lake or I walk/run stairs (there is a giant hill nearby and it has around 500 steps)

I also use whey protein and c4 pre-workout.

I really want to drop more weight but cant seem to find a good eating schematic, would you be so kind for me to make one?

Thanks a lot already.

You are losing weight fast enough in my opinion. One of the biggest mistakes fitness junkies make is looking for instant gratification. Good results take time. That is just how our bodies work. Keep up the good work! :)

Liquhfy - June 9, 2015, 11:59 pm

Need a good protein power! Please pm me one if you can I am trying to lose fat while gaining muscle as I am slightly overweight.

Also I need a eating plan I am a school student with not much money so it doesnt need to be hardcore I just want to know what to eat and what not to eat. also maby even a schedule..I know im asking for alot but if you could help I would be intensely grateful

tornmage - June 10, 2015, 8:18 am

(Jun 9, 2015 11:59 PM)Liquhfy Wrote: [\[CITE\]](#) Need a good protein power! Please pm me one if you can I am trying to lose fat while gaining muscle as I am slightly overweight.

Also I need a eating plan I am a school student with not much money so it doesnt need to be hardcore I just want to know what to eat and what not to eat. also maby even a schedule..I know im asking for alot but if you could help I would be intensely grateful

I will be PMing you promptly.

Rask0 - June 12, 2015, 8:55 pm

I want to start working out to lose fat but don't know where to start I'm hoping you can help me with that. I'm mainly looking to just lose weight not build muscle until I get some weights. I have a treadmill and a pool it would be cool if I could get a routine and implement those into that.

Thanks ?

Autocorrect - June 15, 2015, 12:58 am

(Jun 12, 2015 08:55 PM)Jiro Wrote: [\[CITE\]](#) I want to start working out to lose fat but don't know where to start I'm hoping you can help me with that. I'm mainly looking to just lose weight not build muscle until I get some weights. I have a treadmill and a pool it would be cool if I could get a routine and implement those into that.

Thanks ?

I'm not on this support team but if you want to lose weight then follow this.

The steps:

[Calculate your TDEE](#)

Take 500 calories from your TDEE

Use a calorie counter like MyFitnessPal and stick to your new TDEE

The maths:

3500 calories = 1lb/0.5kg

-500 calories/day = -3500 calories/week

Therefore you will lose 1lb/0.5kg per week

No diets.

That'll help you lose weight generally. If you want to become more fit and healthy as well then you can use your treadmill to start running if you don't feel comfortable outside, which by the way is a much more rewarding experience. Try out interval training where you walk for one minute, run for one minute, walk for one minute, run for two minutes, and keep going until you can't do it anymore. Do that often and your fitness will improve. Good luck there's really not much else to it other than not eating shit food. When you pick up some weights or get a gym membership is that day that you can start incorporating weight training which means that when you get to the weight you are looking for, you can start bulking up faster and looking a bit more fit.

Suboptimal - June 15, 2015, 3:53 am

How the fuck do I loose my belly fat?

I need to build up some strength for the beach.

I already cut soda and fast-food!

1MPERATOR - June 15, 2015, 3:55 am

I am far below my daily need. Have 2564 kcal, with around 200gram protain.

I workout 6 times a week, next week i will repick my cardiosessions, 30min before breakfast and 30min after workout.

What is your advise to lose fat faster and what is your opinion about low carb

Autocorrect - June 15, 2015, 3:56 am

(Jun 15, 2015 03:53 AM)Suboptimal Wrote: [\[CITE\]](#) How the fuck do I loose my belly fat?

I need to build up some strength for the beach.

I already cut soda and fast-food!

Just follow my post above, but you can't spot eliminate the fat.

The body will choose which fat to use as energy through the deficit.

Then when you're down to a weight that you want, just reverse it:

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

The steps:

[Calculate your TDEE](#)

Add 500 calories to your TDEE

Use a calorie counter like MyFitnessPal and stick to your new TDEE

The maths:

$3500 \text{ calories} = 1\text{lb}/0.5\text{kg}$

$+500 \text{ calories/day} = +3500 \text{ calories/week}$

Therefore you will gain 1lb/0.5kg per week

Stay away from soft drinks obviously just eat healthy if you can.

Protein shakes obviously help a lot also creatine if you want faster gains.

Obviously you'll want to lose weight first so focus on a calorie deficit first.

(Jun 15, 2015 03:55 AM)1MPERATOR Wrote: [\[CITE\]](#) I am far below my daily need. Have 2564 kcal, with around 200gram protain.

I workout 6 times a week, next week i will repick my cardiosessions, 30min before breakfast and

30min after workout.

What is your advise to lose fat faster and what is your opinion about low carb

The only way you'll lose fat faster is by increasing the deficit, either through exercise or eating less. Not sure about carbohydrates though.

Suboptimal - June 15, 2015, 7:24 am

BMR is: 1848 Calories/Day

Your TDEE is: 2540 Calories/Day + 500 = 3040

But I'm pretty tall and have no strength at all.

Autocorrect - June 15, 2015, 3:15 pm

(Jun 15, 2015 07:24 AM)Suboptimal Wrote: [\[CITE\]](#) BMR is: 1848 Calories/Day

Your TDEE is: 2540 Calories/Day + 500 = 3040

But I'm pretty tall and have no strength at all.

You should be eating 500 calories less not more.

The idea is to give the body less energy than it needs so fat is used for energy instead.

tornmage - June 15, 2015, 6:57 pm

Sorry for not being able to answer questions these past couple of days! I have been busy with stuff in my personal life! Back online now though!

raimiska - July 17, 2015, 7:24 am

Im looking for a meal plan that is meant for gaining weight and is cheap. i cant afford to spend hundreds per week for food

Scymo - July 17, 2015, 11:48 am

(Jul 17, 2015 07:24 AM)raimiska Wrote: [\[CITE\]](#) Im looking for a meal plan that is meant for gaining weight and is cheap. i cant afford to spend hundreds per week for food

are you looking to gain weight really fast or over time controlled

Sicarius - July 18, 2015, 2:13 pm

I am 17, about 5 foot 5 and have no idea how much I weigh, I can't imagine I weigh more than 80kg. I am assuming about 80kg. I have a high metabolism and my whole family is generally skinny, I have put a bit of weight on my stomach etc lately and want to lose it as well as making myself a little fitter, I am really unfit and generally weak for my age. I own an exercise bike and have just ordered these

http://www.amazon.co.uk/gp/product/B004ELB550?psc=1&redirect=true&ref_=oh_aui_detailpage_o00_s00 and was wondering if there are any routines I can do at home to lose a little fat and just generally make myself a little fitter?

Jester Race - July 18, 2015, 2:35 pm

(Jul 18, 2015 02:13 PM)Sicarius Wrote: [\[CITE\]](#) I am 17, about 5 foot 5 and have no idea how much I weigh, I can't imagine I weigh more than 80kg. I am assuming about 80kg. I have a high metabolism and my whole family is generally skinny, I have put a bit of weight on my stomach etc lately and want to lose it as well as making myself a little fitter, I am really unfit and generally weak for my age. I own an exercise bike and have just ordered these

http://www.amazon.co.uk/gp/product/B004ELB550?psc=1&redirect=true&ref_=oh_aui_detailpage_o00_s00 and was wondering if there are any routines I can do at home to lose a little fat and just generally make myself a little fitter?Losing fat is all about eating less calories than you consume. You can lift heavy while being on calorie deficit to preserve muscle, but those dumbbells wont be

enough. If you really want to exercise, sign up for a gym.

Scymo - July 18, 2015, 4:50 pm

(Jul 18, 2015 02:13 PM)Sicarius Wrote: [\[CITE\]](#) I am 17, about 5 foot 5 and have no idea how much I weigh, I can't imagine I weigh more than 80kg. I am assuming about 80kg. I have a high metabolism and my whole family is generally skinny, I have put a bit of weight on my stomach etc lately and want to lose it as well as making myself a little fitter, I am really unfit and generally weak for my age. I own an exercise bike and have just ordered these http://www.amazon.co.uk/gp/product/B004ELB550?psc=1&redirect=true&ref_=oh_aui_detailpage_o00_s00 and was wondering if there are any routines I can do at home to lose a little fat and just generally make myself a little fitter?
you could look into doing calisthenics for home workouts and to lose fat just eat at a calorie deficit(500 less than normal)

xXxAlphaxXx - July 19, 2015, 2:01 am

Can you help with calisthenics and suggest me nice routine and give some tips?

sinmar - July 19, 2015, 6:02 am

you seem like the type of person to get health advice from the disney channel and bodybuilding.com

Scymo - July 19, 2015, 7:44 am

(Jul 19, 2015 06:02 AM)sinmar Wrote: [\[CITE\]](#) you seem like the type of person to get health advice from the disney channel and bodybuilding.com
you got me this is me

[img]http://www.bodybuilding.com/fun/images/2015/duval94-transformation-before-7_16_2014.jpg[img]

Sicarius - July 19, 2015, 11:43 am

(Jul 18, 2015 04:50 PM)Auction Wrote: [\[CITE\]](#) you could look into doing calisthenics for home workouts and to lose fat just eat at a calorie deficit(500 less than normal)
Awsome. I am not fat or anything, just starting to put more weight on than I am used to is all. Also any recommended calisthenics workouts for me to try?

xXxAlphaxXx - July 19, 2015, 12:05 pm

(Jul 19, 2015 11:43 AM)Sicarius Wrote: [\[CITE\]](#) Awsome. I am not fat or anything, just starting to put more weight on than I am used to is all. Also any recommended calisthenics workouts for me to try?
<http://www.barbrothersgroningen.com/calisthenics-workout-plan/>

And there is reddit page for calisthenics. And MadBarz app is great

(sry if i stole the thread but you dont seem to answer calisthenics questions?)

Sicarius - July 19, 2015, 3:57 pm

(Jul 19, 2015 12:05 PM)xXxAlphaxXx Wrote: [\[CITE\]](#)
<http://www.barbrothersgroningen.com/calisthenics-workout-plan/>

And there is reddit page for calisthenics. And MadBarz app is great

(sry if i stole the thread but you dont seem to answer calisthenics questions?)

Thanks, is there anything i can replace the pull ups with as I lack a bar to use? Would use dumbbells not work the same muscle?

Scymo - July 19, 2015, 9:33 pm

(Jul 19, 2015 03:57 PM)Sicarius Wrote: [\[CITE\]](#) Thanks, is there anything i can replace the pull ups with as I lack a bar to use? Would use dumbbells not work the same muscle?
you'd have to substitute with a couple things, because the pull ups/chin ups is working back and bis , so replace it with curls and dumbbell rows

xXxAlphaxXx - July 20, 2015, 1:24 am

(Jul 19, 2015 09:33 PM)Auction Wrote: [\[CITE\]](#) you'd have to substitute with a couple things, because the pull ups/chin ups is working back and bis , so replace it with curls and dumbbell rows
If you want to start serious calisthenics you have to be able to do pullups.... Advancing for muscle ups, chin ups, one handed pullups etc. is kinda necessary if you want to be serious. The bars for door frame dont cost so much and if you cant afford that go find a park, tree or something where you could do them

Sicarius - July 20, 2015, 4:36 am

(Jul 19, 2015 09:33 PM)Auction Wrote: [\[CITE\]](#) you'd have to substitute with a couple things, because the pull ups/chin ups is working back and bis , so replace it with curls and dumbbell rows
I see, thanks I'll look into that.

(Jul 20, 2015 01:24 AM)xXxAlphaxXx Wrote: [\[CITE\]](#) If you want to start serious calisthenics you have to be able to do pullups.... Advancing for muscle ups, chin ups, one handed pullups etc. is kinda necessary if you want to be serious. The bars for door frame dont cost so much and if you cant afford that go find a park, tree or something where you could do them

I will have a look at the bars, if I have spent £30 on some dumbbells I am sure I can spend some more on a bar.

Romario - July 20, 2015, 9:10 am

I'm thinking to use Whey Proteins do you suggest to use I'm 19 yrs old ?

Infobesity - July 20, 2015, 10:07 am

(Jul 20, 2015 09:10 AM)Romario Wrote: [\[CITE\]](#) I'm thinking to use Whey Proteins do you suggest to use I'm 19 yrs old ?

Can't go wrong with ON Gold Standard Whey.

FnJ

King Enlight - July 20, 2015, 11:21 am

What's Up

I'm a 16 Years old Im underweight due to a diseases called Crohn's disease and I barely have any muscle I'm like 5'7 you can probably picture how unattractive that looks to female. Usually its the other way around were people have are having a hard time losing weight, I need to gain weight.

Can you please Pm

-Times ex (8:00 Am Cereal) Ect for the rest of the day and foods i should eat

-Also Workouts I can do to build muscle since I have slim to none probably going to be more body resistance since of my weight I have no clue you know better then I do

I really do need help thanks Cheers

Scymo - July 20, 2015, 1:13 pm

(Jul 20, 2015 09:10 AM)Romario Wrote: [\[CITE\]](#) I'm thinking to use Whey Proteins do you suggest to

use I'm 19 yrs old ?

Gold Standard is perfectly fine, you could even take creatine too if you wanted to add size.

Getsuga - July 26, 2015, 6:32 pm

Im going a little out of shape. So Im gonna order order mike chang's six pack shortcuts energy drinks and program.

Scymo - July 26, 2015, 7:46 pm

(Jul 26, 2015 06:32 PM)GroveStKiller Wrote: [\[CITE\]](#) Im going a little out of shape. So Im gonna order order mike chang's six pack shortcuts energy drinks and program.
best joke of the night there 10/10

Zuse - July 28, 2015, 12:16 am

Hey just a quick question, I'm using a mass gainer to really help get my intake on calories, is that bad? My daily goal is 4000 calories, I'm 6,4 -- 195 pounds and that's about how much I need to gain muscle, I've read before that it's bad to drink gainers to reach your daily calorie goal and that you won't see great results. Is this true?

My protein shake is a mass gainer with 2 scoops of the powder.

Milk, coconut oil, olive oil, banana, grounded up almonds and oats, peanut butter, honey, and sometimes Greek yogurt or ice cream.

The shake I make usually ranges from 2800 - 3200 Calories depends on if I put everything in or not.

EDIT: Just a side note I don't drink the shake all at once, I make it and drink it 1/3. I drink part of it in the morning, part in the afternoon and the rest right before bed.

REASONS: So I don't poop it all out, and so I can get my protein intake correctly without wasting any protein.

Jester Race - July 28, 2015, 2:01 am

(Jul 28, 2015 12:16 AM)Tetelestai Wrote: [\[CITE\]](#) Hey just a quick question, I'm using a mass gainer to really help get my intake on calories, is that bad? My daily goal is 4000 calories, I'm 6,4 -- 195 pounds and that's about how much I need to gain muscle, I've read before that it's bad to drink gainers to reach your daily calorie goal and that you won't see great results. Is this true?

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REASONS: So I don't poop it all out, and so I can get my protein intake correctly without wasting any protein.No mass gainers wont give you bad results as long as you hit your macros aswell. Although they're expensive and i'd use that money on food but whatever.

About 'wasting protein' <http://examine.com/fag/how-much-protein-can-i-eat-in-one-sitting/>

BinaryWho - July 30, 2015, 5:03 pm

I don't want to write a huge story. But maybe a few pointers and tips would be nice. For the past two years I have been trying to eat better and eat more lean and greens. I try my best to do cardio and small weight training like pushups, crunches, and dumbbells. However. I am still 160 pounds, and around 5' 5" ish I believe. So I'm kind of husky. What should I do?

Scymo - July 30, 2015, 5:34 pm

(Jul 30, 2015 05:03 PM)TheAsianGamerHD Wrote: [\[CITE\]](#) I don't want to write a huge story. But maybe a few pointers and tips would be nice. For the past two years I have been trying to eat better and eat more lean and greens. I try my best to do cardio and small weight training like pushups, crunches, and dumbbells. However. I am still 160 pounds, and around 5' 5" ish I believe. So I'm kind of husky. What should I do?

well what's your goal right now, lose weight or gain muscle?

The Scarabian - July 30, 2015, 6:13 pm

What would be a good workout plan for core strength, running longer, and a bit of upper body strength? I play goalkeeper, so the core is a must for me, but I feel like what I've been doing lately isn't working well for how much effort I'm putting into the workout.

I am 13, and I weigh 155 pounds, with no visible fat.

Also, I have no equipment.

Scymo - July 30, 2015, 6:14 pm

(Jul 30, 2015 06:13 PM)Manuel Neuer Wrote: [\[CITE\]](#) What would be a good workout plan for core strength, running longer, and a bit of upper body strength? I play goalkeeper, so the core is a must for me, but I feel like what I've been doing lately isn't working well for how much effort I'm putting into the workout.

I am 13, and I weigh 155 pounds, with no visible fat.

when i used to play soccer during season we would do runs of insanity in our school gymnasium (its like a harder p90x)

http://www.beachbody.com/product/fitness_programs/insanity.do

if you're interested i can probably link you a copy so cheap its practically free (wink)

The Scarabian - July 30, 2015, 6:17 pm

(Jul 30, 2015 06:14 PM)Auction Wrote: [\[CITE\]](#) when i used to play soccer during season we would do runs of insanity in our school gymnasium (its like a harder p90x)

http://www.beachbody.com/product/fitness_programs/insanity.do

if you're interested i can probably link you a copy so cheap its practically free (wink)

This seems very interesting, I would definitely be interested trying this out.

Scymo - July 30, 2015, 6:17 pm

(Jul 30, 2015 06:17 PM)Manuel Neuer Wrote: [\[CITE\]](#) This seems very interesting, I would definitely be interested trying this out.

i'll shoot you a pm boss, glad you're interested

tornmage - July 30, 2015, 7:14 pm

I'm still able to help on this thread if anyone has any questions for me!

Generative Principle - July 30, 2015, 7:58 pm

Anyway this is just one of those is this even possible theoretical questions?

is it possible to be say 30 years old bench 315 for 3 sets of 5 and be equally well rounded in all other muscle groups (this is just to set the level of lifting capability).

Almost forgot your 6ft. and not black or Kenyan or some shit like that half black tops.

and also to run(from rest on a different day) say 17-18 MPH for 400m without stopping and weight less than say 225 or 250

You'd clearly have to be a power lifter to even lift that high all around while weighing so little so you wouldn't even look big but then to also be able to run at 17-18mph for 400m just seems like it might be impossible.

I just wanna see what HF has to say on this if needed the age can be dropped to 26.

Ramisme - July 30, 2015, 8:24 pm

(Jul 30, 2015 07:58 PM)Ghostly Chaos Wrote: [\[CITE\]](#) Anyway this is just one of those is this even possible theoretical questions?

is it possible to be say 30 years old bench 315 for 3 sets of 5 and be equally well rounded in all other muscle groups (this is just to set the level of lifting capability).

Almost forgot your 6ft. and not black or Kenyan or some shit like that half black tops.

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I just wanna see what HF has to say on this if needed the age can be dropped to 26.

17-18mph for 400m is roughly a 7.825m/s pace, putting you at a 51 second 400m run. That's decent, but not impossible.

315lbs for one set of 5 at 225lbs is just under 1.5x bodyweight. That's decent, sure, but wouldn't even put your max above 2x bodyweight so 3x5x315 is also not impossible.

Plenty doable, but don't expect it to be done quickly. If you're 26 now and hoping to do this by the time you're 30, I seriously doubt you'd have any issues with that.

Felnuts - July 30, 2015, 10:16 pm

Best 5 day work out routine?

Ramisme - July 30, 2015, 11:22 pm

(Jul 30, 2015 10:16 PM)Poudii Wrote: [\[CITE\]](#) Best 5 day work out routine?

None, why do you need to workout 5 days a week?

Felnuts - July 31, 2015, 5:25 am

(Jul 30, 2015 11:22 PM)Ramisme Wrote: [\[CITE\]](#) None, why do you need to workout 5 days a week?

Why not? Lol is that to little?

Scymo - July 31, 2015, 7:45 am

(Jul 31, 2015 05:25 AM)Poudii Wrote: [\[CITE\]](#) Why not? Lol is that to little?
he's saying 5 days is a lot for someone that is not that advanced

Ramisme - July 31, 2015, 10:03 am

(Jul 31, 2015 05:25 AM)Poudii Wrote: [\[CITE\]](#) Why not? Lol is that to little?
Honestly, more than 3 isn't necessary if you're training properly.

If you have time to workout 5 days a week, lift heavy 3 of those days and focus on recovery, mobility, and injury prevention on the other days.

Scymo - July 31, 2015, 10:28 am

(Jul 31, 2015 10:03 AM)Ramisme Wrote: [\[CITE\]](#) Honestly, more than 3 isn't necessary if you're training properly.

If you have time to workout 5 days a week, lift heavy 3 of those days and focus on recovery, mobility, and injury prevention on the other days.
this^^^

3-4 days of heavy lifting and rest of the days are focused on abs,cardio, and minor technique improvements

dawid17 - August 4, 2015, 6:39 am

Im 60kg and 16 yr old, im going to drink mass gainers, but dont know proper time. And before workout, should i take creatine or whey, and what with?

Ramisme - August 4, 2015, 9:56 am

(Aug 4, 2015 06:39 AM)dawid17 Wrote: [\[CITE\]](#) Im 60kg and 16 yr old, im going to drink mass gainers, but dont know proper time. And before workout, should i take creatine or whey, and what with?

Doesn't matter when you drink them

Freddy Kru?ger - August 4, 2015, 9:58 am

(Aug 4, 2015 06:39 AM)dawid17 Wrote: [\[CITE\]](#) Im 60kg and 16 yr old, im going to drink mass gainers, but dont know proper time. And before workout, should i take creatine or whey, and what with?

wow wow wow hold up before you take "mass gainers", think if you really need them.

Scymo - August 4, 2015, 9:59 am

(Aug 4, 2015 06:39 AM)dawid17 Wrote: [\[CITE\]](#) Im 60kg and 16 yr old, im going to drink mass gainers, but dont know proper time. And before workout, should i take creatine or whey, and what with?

take both creatine and whey, doesn't matter when.

Scymo - August 7, 2015, 8:59 pm

(Jul 30, 2015 10:16 PM)Poudii Wrote: [\[CITE\]](#) Best 5 day work out routine?
are you a beginner or more advanced? beginners dont need 5 day routines

Ramisme - August 7, 2015, 10:40 pm

(Aug 7, 2015 08:59 PM)Auction Wrote: [\[CITE\]](#) are you a beginner or more advanced? beginners dont need 5 day routines

Neither do advanced trainees tbh.

ZYZZ BRAHHH - August 8, 2015, 1:48 am

What's a good body fat percentage to start a 12 month bulk? Or let's say it's your first bulk how long and what body fat percentage should you start it at if your going for aesthetics.

Scymo - August 8, 2015, 6:08 am

(Aug 8, 2015 01:48 AM)FCKING ZYZZ Wrote: [\[CITE\]](#) What's a good body fat percentage to start a 12 month bulk? Or let's say it's your first bulk how long and what body fat percentage should you start it at if your going for aesthetics.

If you're looking for those zzz/seid aesthetics I'd start a clean bulk at 9-11% until you've put on a decent amount of weight, then cut down to 7%

dawid17 - August 8, 2015, 9:16 am

Hi, I want to get ripped but i only weight 60kg and can't lift much.

What supplements should I take and exercises? Also I don't have really much time for diet since Im attending school everyday.

Scymo - August 8, 2015, 10:55 am

(Aug 8, 2015 09:16 AM)dawid17 Wrote: [\[CITE\]](#) Hi, I want to get ripped but i only weight 60kg and can't lift much.

What supplements should I take and exercises? Also I don't have really much time for diet since Im attending school everyday.

thats like 130 lbs

if you want to get "ripped" and lean, diet is essential. You can't get around it. I recommend for you to eat more (bulk) until you put on muscle, then really focus on your diet to slim out

ZYZZ BRAHHH - August 8, 2015, 8:33 pm

You think its possible for a natty to get 7 or 8 % bodyfat, is it realistic or maintainable? Im whiling to go to any extent.

DemonCorp - August 9, 2015, 4:19 am

(Aug 7, 2015 10:40 PM)Ramisme Wrote: [\[CITE\]](#) Neither do advanced trainees tbh.

Yes, most bodybuilders will work out at least 5 times a week. Split will look like: legs, back, chest, arms, shoulders+traps. Traps can be done with back or shoulders, doesn't really matter. 5 is the minimum for bodybuilding though. A lot of people do push pull legs rest push pull legs rest push pull legs etc. That means you hit every group twice per week.

I'm doing 6 weight sessions, as I'm hitting legs twice right now. Along with 4x45 minute fasted cardio as I'm on cut.

(Aug 8, 2015 08:33 PM)FCKING ZYZZ Wrote: [\[CITE\]](#) You think its possible for a natty to get 7 or 8 % bodyfat, is it realistic or maintainable? Im whiling to go to any extent.

Yes, but you will feel like shit, look depleted as hell as you will have to be on practically 0 carb. You will lose any size you do have. If you're serious about 7-8% and want to look good need to jump on gear, not that I would recommend it, just a fact. Zzz is around 10-12% in that picture, not 7-8.

(Aug 4, 2015 06:39 AM)dawid17 Wrote: [\[CITE\]](#) Im 60kg and 16 yr old, im going to drink mass gainers, but dont know proper time. And before workout, should i take creatine or whey, and what with?

No, you don't need either.

First step is sorting out your diet. Calculate your TDEE, eat in a 500 cal surplus and eat 1g protein per 1lb bodyweight. that will be around 130g. Split the rest equal carbs and fats.

Split your meals into at least 5 per day, that's 26g protein per meal, around 100g of chicken breast. You do not need whey to meet your protein requirements at that weight. even 4 meals it's less than 35g protein, which is around a chicken breast. Save your money you're literally throwing it away on whey/weight gainers. Sort out your diet first and start making progress.

Creatine is pointless. You get enough in your everyday diet, especially for your weight.

Scymo - August 9, 2015, 5:55 am

(Aug 8, 2015 08:33 PM)FCKING ZYZZ Wrote: [\[CITE\]](#) You think its possible for a natty to get 7 or 8 % bodyfat, is it realistic or maintainable? Im whiling to go to any extent.
if you're going for that zyzzy physique, it's going to be almost impossible. That low of a carb intake will always make you feel like shit.

Ramisme - August 9, 2015, 9:44 am

(Aug 9, 2015 04:19 AM)DemonCorp Wrote: [\[CITE\]](#) Yes, most bodybuilders will work out at least 5 times a week. Split will look like: legs, back, chest, arms, shoulders+traps. Traps can be done with back or shoulders, doesn't really matter. 5 is the minimum for bodybuilding though. A lot of people do push pull legs rest push pull legs rest push pull legs etc. That means you hit every group twice per week.

I'm doing 6 weight sessions, as I'm hitting legs twice right now. Along with 4x45 minute fasted cardio as I'm on cut.

Yeah, no. No natural lifter will have respectable results past the beginner stage if they train like that.

(Aug 8, 2015 08:33 PM)FCKING ZYZZ Wrote: [\[CITE\]](#) You think its possible for a natty to get 7 or 8 % bodyfat, is it realistic or maintainable? Im whiling to go to any extent.

Sure it's realistic, but you'll look flat as fuck and lose a ton of muscle mass. It's also not maintainable without roids, so you'll just end up disappointed.

DemonCorp - August 9, 2015, 9:51 am

(Aug 9, 2015 09:44 AM)Ramisme Wrote: [\[CITE\]](#) Yeah, no. No natural lifter will have respectable results past the beginner stage if they train like that.

All my muscle groups get a full 7 days to recover, except for legs, how is that not possible to do naturally? Ignoring the fact I do legs twice, which is quite common. A 5 day split is the most popular/effective bodybuilding split. Means you can go to failure properly on each muscle group and hit each body part hard from multiple angles.

Beginners are the ones who can train 1/2 hearted, don't train properly grouping body parts and never hitting them properly, and still see progress. After a while that will stop though, and then jump on a proper program like PPL or 5 day split.

Ramisme - August 9, 2015, 10:02 am

(Aug 9, 2015 09:51 AM)DemonCorp Wrote: [\[CITE\]](#) All my muscle groups get a full 7 days to recover, except for legs, how is that not possible to do naturally? Ignoring the fact I do legs twice, which is quite common. A 5 day split is the most popular/effective bodybuilding split. Means you can go to failure properly on each muscle group and hit each body part hard from multiple angles.

Beginners are the ones who can train 1/2 hearted, don't train properly grouping body parts and never hitting them properly, and still see progress. After a while that will stop though, and then jump on a proper program like PPL or 5 day split.

I never said you couldn't recover from it, I said you won't see quality results from such a program without roids (which also isn't necessarily true, roids allow you to recover quicker so you should be hitting each muscle group multiple times a week). You could recover plenty fine from a full body workout three days a week even as an advanced trainee, but recovery isn't the issue. The problem

with 5 day splits is the lack of overall volume and, generally speaking, lack of actual progression. You don't get bigger without lifting progressively heavier weights and training a muscle once a week (especially to failure) makes it really difficult to progress on those lifts.

Don't get me wrong here, you can do it your way. It's just better if you don't suggest 5 day splits to people who actually want results.

DemonCorp - August 9, 2015, 3:52 pm

In mobile so ignore spell errors or whatever . Steroids don't effect my split. If anything I could do PPL twice a week on gear, where as naturally 3 days rest would be too little. Even enhanced right now it takes more than 3 days to be quite honest.

Lack of volume?? You get much more volume on a muscle group when you focus solely on it, rather than grouping with another. Eg would be a split like back and bi, chest and tri etc.

It really depends on goals though. Here is a couple of examples.

Powerlifting should be something like madcow or strong lifts. 3-4 days depending on variation but you hit each lift 2-3 times weekly. Never going into failure always a slow progression.

Bodybuilding: 5 day split is best hands down. I change it up every now and then to shock body but see far better results on 5 day than anything else. I've tried pretty much everything over the years.

General get fitter etc: stuff like circuit training or crossfit style training is clearly best here. There is no real split just 3-4 times weekly full body circuits. Never really breaking down muscles again, recovery is fast.

The difference is powerlifting and General fitness you are never going to failure and beyond. Never tearing the muscle down to a point it's unusable. Bodybuilding you do. That's why 5 day split is best.

1. You can only really do it on one group at a time or would be in the gym 2-3 hours instead of 60-90 minutes. This requires at least 5 days.
2. You need more recovery, natural or enhanced. This gives muscle time to break down and recover. This is what causes growth.
3. More volume each session. Obvious but if you split time between 2 groups then each one gets trained half as much.

Again. You can see results on any split, and it should be decided based on what you're trying to achieve. People respond differently to training in different ways but please don't come here pretending you know what you're talking about because a lot of what you've said makes 0 sense. Especially saying stuff like you don't get bigger without lifting progressively heavier. Bodybuilding isn't about the weight. Do you get stronger? Yes. Is it about that? No. Training a muscle once per week is not the best for strength. I'm not a power lifter and neither is anyone wanting to grow, or talking about a split anyways. Powerlifting is about shifting the max weight. Bodybuilding is so much more. Want to get stronger I agree go follow madcow hit bench squat and dead 2-3 times weekly and look like shit. Want to put on muscle? Ignore that shit do 5 day split.

dawid17 - August 9, 2015, 4:05 pm

What should I eat 1h before workout? and what time should I take whey, after workout or before? Also I have problem with keeping diet because I have school everyday .../

Ramisme - August 9, 2015, 4:10 pm

(Aug 9, 2015 03:52 PM)DemonCorp Wrote: [CITE](#) In mobile so ignore spell errors or whatever .

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I say lack of volume because you're only training each muscle group once a week. 2-3 times a week would easily be more volume. And if roids don't effect your split, you're doing something wrong. You can recover much quicker on roids so you should be doing a lot more, and more often.

How does that not make sense? In order for you to get bigger, you have to introduce a progressively increased stress. Sure, you could add an extra 2 sets of the same weight or whatever, but the most efficient way would be to lift heavier weight.

$225 \times 10 \times 3 = 6750$ lbs of volume

$315 \times 5 \times 5 = 7875$ lbs of volume

Contrary to popular bodybuilding principles, the second would result in more muscle growth than the first (over time, of course).

Besides, training for powerlifting and eating to fit into your appropriate weight class will get you pretty big. You don't just magically not build muscle just because your focus is more on strength.

DemonCorp - August 9, 2015, 4:25 pm

(Aug 9, 2015 04:10 PM)Ramisme Wrote: [\[CITE\]](#) I say lack of volume because you're only training each muscle group once a week. 2-3 times a week would easily be more volume. And if roids don't effect your split, you're doing something wrong. You can recover much quicker on roids so you should be doing a lot more, and more often.

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Besides, training for powerlifting and eating to fit into your appropriate weight class will get you pretty big. You don't just magically not build muscle just because your focus is more on strength. its like talking to a wall here. You're talking about completely differnt things.

Firstly doing 5x5 at 315 Will build strength not size. It's comptely differnt to doing 4x12 as I do in my split. look at power lifters like silent Mike or Jonny candito. They're strong not big.

If you want strength do 5x5, 5-3-1 etc in each lift 2-3 times weekly. These don't have long recovery times as never tearing down muscle like I do in a chest workout.

My last looked like.

4x12 flat bench

4x12 dumbbell incline bench

4x10 lower chest cable crossover(coming from bottom)

Drop set flat bench start 140kg drop off 40kg and repeat whole drop set twice.

Pec deck superset with push-ups until total failure. 4 sets.

As you can see in my chest routine the chest of course gets more fatigued than doing a simple 5x5. Will a 5x5 and good diet allow you to get stronger? Sure. Will it stimulate a small amount of growth over time? Sure. Is it optimal for building muscle? No it's for strength. Same as my routine is not good for strength as can only repeat it once a week and go to failure too much. It's all about the goal though.

To get bigger you don't even need a lot of weight. Go watch Kai Greene he does sets of 20 on most exercises.

Ramisme - August 9, 2015, 4:44 pm

(Aug 9, 2015 04:25 PM)DemonCorp Wrote: [\[CITE\]](#) its like talking to a wall here. You're talking about completely differnt things.

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To get bigger you don't even need a lot of weight. Go watch Kai Greene he does sets of 20 on most exercises.

Dude, you're dense af lmao

5x5 is a volume protocol, not strength. It illicit potential strength gains when programmed correctly, sure, but it absolutely does build muscle. Optimal muscle growth isn't dependent on rep ranges at all, but more on progress. If you're progressively introducing a greater stress (aka increased volume over time) you'll continue to grow optimally assuming you're sitting in a caloric surplus with adequate protein. Because a natural lifter can't recover from extremely high volume routines fast enough to make them effective, it's smarter to instead build strength which in turn ends up increasing volume over time through heavier weights as opposed to increased reps.

4x12 with the same weight week after week will not allow you to grow. At some point you'll have to introduce more volume which will either come from more sets, more reps, more exercises, or heavier weights. The most optimal form of progression of the four for a natural lifter is heavier weight.

Kai Greene is on roids; he can add volume through more reps/sets/exercises as opposed to heavier weight. Bodybuilders that are on roids opt to take this route over lifting heavy due to reduced risk of injury, but the results would be the same.

DemonCorp - August 9, 2015, 5:28 pm

(Aug 9, 2015 04:44 PM)Ramisme Wrote: [\[CITE\]](#) Dude, you're dense af lmao

5x5 is a volume protocol, not strength. It illicit potential strength gains when programmed correctly, sure, but it absolutely does build muscle. Optimal muscle growth isn't dependent on rep ranges at all, but more on progress. If you're progressively introducing a greater stress (aka increased volume over time) you'll continue to grow optimally assuming you're sitting in a caloric surplus with adequate protein. Because a natural lifter can't recover from extremely high volume routines fast enough to make them effective, it's smarter to instead build strength which in turn ends up increasing volume over time through heavier weights as opposed to increased reps.

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injury, but the results would be the same.
5x5 is strength full stop no arguing it's a fact.

4x12 is optimal hyper trophy no arguing it's a fact.

Kai Greene my fav natural bodybuilde
im sleeping peace out.

Ramisme - August 9, 2015, 5:43 pm

(Aug 9, 2015 05:28 PM)DemonCorp Wrote: [\[CITE\]](#) 5x5 is strength full stop no arguing it's a fact.

4x12 is optimal hyper trophy no arguing it's a fact.

Kai Greene my fav natural bodybuilde

im sleeping peace out.

5x5 isn't strength at all. It helps to build strength, sure. It's included in a couple of beginner and intermediate strength programs, sure. But the 5x5 rep scheme alone does not automatically build strength. It's a volume protocol.

4x12 isn't necessarily optimal. Just because you made it up doesn't mean it's a fact...

I'll assume that was a joke...

DemonCorp - August 9, 2015, 6:11 pm

5x5 is focused on strength. It can be mixed in with hyper trophy accessories for best of both worlds sure. It's not volume. It's low reps heavy weight. Volume training is light weight more Reps. If you want to be clever and say but 315x5x5 is more TOTAL volume then you're right, it's more weight lifted than 225x3x10 but you recruit different muscle fibres and responses.

8-12 rep range or 4x12 in this example is more optimal for hyper trophy. It targets different muscle fibres it's just the way it is dude. Sure you can also become stronger on this but not optimal for strength. To be well rounded you can mix and match these sure. If were talking what's optimal though I'm afraid this is set in stone my friend.

Yes that's a joke my favourite Natural is probably hmm let me think I can't think of any because they all look ass good night

Ramisme - August 9, 2015, 6:26 pm

(Aug 9, 2015 06:11 PM)DemonCorp Wrote: [\[CITE\]](#) 5x5 is focused on strength. It can be mixed in with hyper trophy accessories for best of both worlds sure. It's not volume. It's low reps heavy weight. Volume training is light weight more

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Yes that's a joke my favourite Natural is probably hmm let me think I can't think of any because they all look ass good night
???

Rep ranges don't necessarily determine whether you're working strength or not.. Volume is anything trained sub-maximally for more sets; 5x5, 4x8, 8x3, etc. can all be volume. The only thing that makes 5x5 related to strength is when you're adding weight to the bar every session or every week as per the program that requires 5x5. But it's still a volume protocol intended to provide enough of a stress to illicit supercompensation aka gains.

You're right, 4x12 isn't optimal for strength progression. At least not when done the same week after week.

I think the issue here is that you think sarcoplasmic hypertrophy and myofibrillar hypertrophy are mutually exclusive. That simply isn't the case. Plenty of studies have suggested that volume-matched bodybuilding-style and powerlifting-style programs have the same hypertrophic results.

You should probably do some more research outside of bb.com and asking your roid buddies for training advice.

DemonCorp - August 9, 2015, 6:49 pm

Lol I don't visit BB.com never have done its a joke.

5x5 has nothing to do with adding weight each week. I'm not confusing either of those I'm not confused at all. It's honestly like talking to a brick wall here.

5x5 is basic strength training program. If you're a total beginner you can build muscle on this. Sttonglifts is always good for beginners so they can learn the compounds and build a foundation. As far as building and developing muscles 5x5 is useless. At this point I'm just repeating myself and I'm getting pretty bored. I'm all up for debates and helping people but you're totally wrong here. Instead if being argumentative towards me and saying go talk to roid buddies and shit like that, take a step back and maybe learn something. I'm done with this discussion.

5x5 = focused on building strength.

4x12 = focused on building size. Is there crossover? Slightly. Is either one good at the other thing?
No

Ramisme - August 9, 2015, 8:16 pm

(Aug 9, 2015 06:49 PM)DemonCorp Wrote: [\[CITE\]](#) Lol I don't visit BB.com never have done its a joke.

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5x5 = focused on building strength.

4x12 = focused on building size. Is there crossover? Slightly. Is either one good at the other thing?
No

5x5 is not a program, friendo. 5x5 is literally just a rep scheme. 5 sets of 5 reps. That's it. It isn't

focused on anything. It's used in strength programs (there's a difference between a program and a rep scheme, learn it) as volume work. Sets of 5 are assumed to be optimal for strength because it's low enough reps to lift heavier but high enough to deal with more volume. 5 sets of 5 reps is plenty of volume to build muscle mass. So is 4x12. Volume equated programs using the different rep schemes would result in the same hypertrophy.

There isn't really a debate here. You're flat out wrong and don't know what you're talking about. That's fine, I don't expect people from here to understand how programming actually works, but you don't need to be this fucking stupid.

<http://www.strengththeory.com/the-new-approach-to-training-volume/>
<http://www.ncbi.nlm.nih.gov/m/pubmed/24714538/>

ZYZZ BRAHHH - August 10, 2015, 10:58 pm

Now I am fairly new but this crossed my mind, if you feel the same tension on your one rep max bench and whatever weight you can do for 9 reps on bench (different scenarios) and feel the same tension get exhausted etc, would you still be working that muscle to its max (failure) I assumed yes but one of my friends told me doing my max would be for strength and doing that 9 reps on bench was for aesthetics.

Lol and about that body fat percentage question 9% has to be easy to maintain right? I do admire Az but I know the difference in his results and mine.

Ramisme - August 11, 2015, 7:31 am

(Aug 10, 2015 10:58 PM)FCKING ZYZZ Wrote: [\[CITE\]](#) Now I am fairly new but this crossed my mind, if you feel the same tension on your one rep max bench and whatever weight you can do for 9 reps on bench (different scenarios) and feel the same tension get exhausted etc, would you still be working that muscle to its max (failure) I assumed yes but one of my friends told me doing my max would be for strength and doing that 9 reps on bench was for aesthetics.

Lol and about that body fat percentage question 9% has to be easy to maintain right? I do admire Az but I know the difference in his results and mine.

It's definitely different. For a 1RM, the only reason you fail is if your muscles simply can't lift the weight. If it's a multi-RM, failure is due to fatigued muscles.

9% is leaner than you think. Most people claiming 10% are closer to 12. 9% can be achievable and maybe even maintainable, but it's going to be pretty difficult and a major pain especially considering most people won't care how lean you are beyond seeing abs.

ZYZZ BRAHHH - August 12, 2015, 12:48 am

(Aug 11, 2015 07:31 AM)Ramisme Wrote: [\[CITE\]](#) It's definitely different. For a 1RM, the only reason you fail is if your muscles simply can't lift the weight. If it's a multi-RM, failure is due to fatigued muscles.

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Okay that makes sense now thanks.?

xXxAlphaxXx - August 12, 2015, 8:43 am

What is your opinion on this? I can only workout monday, tuesday, wednesday and thursday so i cant do 5x5 and i think doing this on monday and thursday
Workout A

Pull Up 4x8-12
Barbell Row 5x5
Barbell Curl 4x8-12
Barbell Shrugs 4x8-12
Squat 5x5
Standing Dumbbell Calf Raise 4x8-12

Workout B
Dips 4x8-12
Skull Crushers 4x8-12
Bench Press 5x5
Military Press 5x5
Deadlift 1x5
Ab Crunches 4x20

(setsxreps)

Scymo - December 1, 2015, 6:51 pm

Reviving this thread as It's now available again!

Dylan. - December 1, 2015, 8:29 pm

What are you qualified in?

EDIT: Just realised you're a fucking idiot and recommend 5x5 to everyone who asks to build muscle.

1337God - December 2, 2015, 10:27 am

What should my workout routine be? I prefer as less rest as possible.

Thanks

Scymo - December 2, 2015, 12:06 pm

(Dec 2, 2015 11:27 AM)Teh Wrote: [\[CITE\]](#) What should my workout routine be? I prefer as less rest as possible.

Thanks

Less rest is pretty counterproductive unless your on juice.

Why do you want less rest?

Goon Moon - December 3, 2015, 3:37 am

(Dec 2, 2015 11:27 AM)Teh Wrote: [\[CITE\]](#) What should my workout routine be? I prefer as less rest as possible.

Thanks

Okay I understand a lot of people on this forum don't like bodybuilding.com but you can actually find some really good programs to fit your liking if you do a little searching. P/P/L, 5x5, Bro splits, etc...

If you're looking for as little rest as possible then you'd probably want to go with something like a Push/Pull/Legs it would go like

Monday: Push

Tuesday: Pull

Wednesday: Legs

Thursday: Push
Friday: Pull
Saturday: Legs

Then you can just rest Sunday and get back to it starting Monday. Assuming you're natural there is no real benefit from less rest but there also isn't much of a hindrance as long as you aren't "overworking" yourself.

Pyrion Flax - December 3, 2015, 8:53 pm

Hey,

I'm somewhat of a beginner, looking to lose weight while building muscle.

Have access to a fitness room at my condo that includes treadmills, ellipticals, bikes, dumbbells and pulldown machines.

I am 5'9 hovering 180 lbs. Noticing short heavy breathing, feeling tired for no reason, constant urge to eat.

What would you recommend I do to overcome this? I am able to obtain supplements without a problem.

Thanks.

Goon Moon - December 3, 2015, 9:04 pm

(Dec 3, 2015 09:53 PM)Pyrion Flax Wrote: [\[CITE\]](#) Hey,

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What would you recommend I do to overcome this? I am able to obtain supplements without a problem.

Thanks.

Well I'm not a doctor so you don't have to take my word for anything but if you are experiencing heavy breathing and feeling tired for no reason it could possibly be asthma. You could try telling your parents (assuming your not over 18) and have them set an appointment for your primary physician to see if they notice any wheezing or anything like that.

Edit: Didn't fully read your comment, sounds like you're cutting weight? If you are its possible that you aren't getting in a sufficient amount of calories. I tried low calorie dieting for a while (just a short term thing to try it out) and had extreme hunger pangs (your urge to eat), was tired and experienced dizzy spells. You could try upping your calorie intake and see if any of the symptoms go away? If any of that stuff JUST started when you were cutting and couldn't possibly be asthma thats the next best problem I can think of.

Pyrion Flax - December 3, 2015, 9:09 pm

(Dec 3, 2015 10:04 PM)Goon Moon Wrote: [\[CITE\]](#) Well I'm not a doctor so you don't have to take my word for anything but if you are experiencing heavy breathing and feeling tired for no reason it could possibly be asthma. You could try telling your parents (assuming your not over 18) and have them set an appointment for your primary physician to see if they notice any wheezing or anything like that.

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No I haven't started cutting or anything yet.

I was looking for recommendations as to what I should do to start anything for that matter.

I did have asthma when I was younger.

I put on quite a bit of weight in the last year and since then I've gradually started to feel these symptoms more.

Scymo - February 28, 2016, 6:20 am

new thread can be found here

<https://hackforums.net/showthread.php?tid=5186466>