

Forum:[Hack Forums](#)

Thread: [Weight Loss](#).

The White Shadow - July 25, 2015, 3:50 pm

I need help with a food plan please. I am 6'8 370lbs. I just made myself a work out plan i just need food ideas?

Genicus - July 25, 2015, 3:51 pm

Yah I need this to, I posted my fight thread and kids keep making fun of me i cant take it anymore.

atomragnar - July 25, 2015, 3:53 pm

like i'm really curious, is it that hard to lose weight? I went from 88 kgs to 61 in four months and the only thing I did was cut sodas and smaller servings.

Hawk HF - July 25, 2015, 6:01 pm

Ask to have this moved to the Health Wise section. There are tons of people there who can help you.

The biggest part about losing weight is diet.

Whether you believe it or not, the amount of calories you eat is the only thing that matters. There's a measurement called TDEE that tells you how many calories you need to intake to maintain your current weight based on factors such as height, weight, gender, and exercise.

You can calculate it here:

<http://iifym.com/tdee-calculator/>

Given the stats that you posted (6'8, 370 lbs), the age on your profile (24), and assuming that you're a male who exercises about 5 times per week. You can eat about 4000 calories per day and maintain your weight. If you want to cut weight in a healthy way, reduce that number by 500. This will have you losing about 1 pound per week. Of course you could go lower than that if you want to, but you will begin to feel some minor side-effects.

Weight loss isn't that difficult, but it takes time. Just remember that.

Best of luck. ?

VodkaNik - July 25, 2015, 6:42 pm

I wish I started at 370lbs, OP don't jump on a treadmill or do cardio to lose weight. You will need dietary fats to build muscle. You need to jump on a stronglifts program, your diet changes what you look like not what exercises your doing.

Ramisme - July 25, 2015, 6:46 pm

(Jul 25, 2015 06:42 PM)VodkaNik Wrote: [\[CITE\]](#) I wish I started at 370lbs, OP don't jump on a treadmill or do cardio to lose weight. You will need that fat to build muscle. You need to jump on a stronglifts program, your diet changes what you look like not what exercises your doing.

>You will need that fat to build muscle.

But you don't, that's not even close to how it works. Stop giving advice.

Supreme_ - July 25, 2015, 6:49 pm

(Jul 25, 2015 06:42 PM)VodkaNik Wrote: [\[CITE\]](#) I wish I started at 370lbs, OP don't jump on a treadmill or do cardio to lose weight. You will need that fat to build muscle. You need to jump on a stronglifts program, your diet changes what you look like not what exercises your doing.

whatever you do dont listen to him, start with light cardio and work your way up, do the same with weights...if you too much cardio at your weight it might be counterproductive take it slow for a while

cd_jpnes - July 25, 2015, 6:52 pm

I lost 108 pounds in just over a year by cutting my carbs to less than 80 a day. No sugar, pasta, starches, or bread. The craving for carbs were bad for me for about 30 days, but after I got use to the level of carbs the weight came off with moderate exercise. I just walk one mile or 15 minutes a day. The best think is you really do not get hungry because you can eat all the meat you want. A great plan to start this is the Atkins Diet for 2 weeks of keeping your carbs under 20 for that 2 week period; I lost my first 25 pounds in that 2 weeks.

The White Shadow - July 25, 2015, 8:23 pm

My biggest fear is having a huge flabby belly... i don't want to have to have a tummy tuck or anything.

Hawk HF - July 25, 2015, 9:36 pm

(Jul 25, 2015 08:23 PM)The White Shadow Wrote: [\[CITE\]](#) My biggest fear is having a huge flabby belly... i don't want to have to have a tummy tuck or anything.

It may happen.

But honestly, what's better for you? Being slimmer will most likely be much better for your health and self-confidence.

Just make sure you're losing weight in a healthy manner. Don't starve yourself or anything.

VodkaNik - July 26, 2015, 2:16 am

(Jul 25, 2015 06:46 PM)Ramisme Wrote: [\[CITE\]](#) >You will need that fat to build muscle.

But you don't, that's not even close to how it works. Stop giving advice.

Lets say I start as a little 120lbs lifter, I bulk to 300lbs the whole time im lifting. I can cut to 200 and be extremely massive single digit bf.

Same for him, he can maintain his current mass and lift with the mass he has.. don't fucking drop to 130lbs you know how hard it is to bulk back up to 370.

Jester Race - July 26, 2015, 2:28 am

(Jul 26, 2015 02:16 AM)VodkaNik Wrote: [\[CITE\]](#) Lets say I start as a little 120lbs lifter, I bulk to 300lbs the whole time im lifting. I can cut to 200 and be extremely massive single digit bf.

Same for him, he can maintain his current mass and lift with the mass he has.. don't fucking drop to 130lbs you know how hard it is to bulk back up to 370.That isn't the same thing that 'fat is required to build muscle'..

And you build muscle slower at higher bf% so it would be pretty stupid to bulk up to 300 from 120.

Also you will never be single digit bf% and over 200 lb unless you're on gear or you are like 7'5

VodkaNik - July 26, 2015, 2:31 am

(Jul 26, 2015 02:28 AM)Darctan Wrote: [\[CITE\]](#) That isn't the same thing that 'fat is required to build muscle'..

And you build muscle slower at higher bf% so it would be pretty stupid to bulk up to 300 from 120.

Also you will never be single digit bf% and over 200 lb unless you're on gear or you are like 7'5
"Also you will never be single digit bf% and over 200 lb unless you're on gear or you are like 7'5"

Thanks for the new signature ?

(Jul 26, 2015 02:28 AM)Darctan Wrote: [\[CITE\]](#) That isn't the same thing that 'fat is required to build muscle'..

And you build muscle slower at higher bf% so it would be pretty stupid to bulk up to 300 from 120.

Also you will never be single digit bf% and over 200 lb unless you're on gear or you are like 7'5
Also you do need some sort of "dietary" fats in order to gain muscle whether is its calorie surplus or whatever the case is to maintain.

FaberCastell - July 26, 2015, 2:39 am

(Jul 26, 2015 02:31 AM)VodkaNik Wrote: [\[CITE\]](#) "Also you will never be single digit bf% and over 200 lb unless you're on gear or you are like 7'5"

Thanks for the new signature ?

? he is right

don't lose weight too fast to avoid having that extra skin, maybe lift in the meanwhile as well... i guess

Trevor470 - July 26, 2015, 2:41 am

At your weight, it might be best to start a short cycle of DNP, after getting your diet under control. You'd be able to lose about a pound a day while on-cycle, and then you could natty cut down to your goal.

VodkaNik - July 26, 2015, 2:43 am

(Jul 26, 2015 02:39 AM)BlindFire Wrote: [\[CITE\]](#) ? he is right

don't lose weight too fast to avoid having that extra skin, maybe lift in the meanwhile as well... i guess

I hope your not agreeing that its not possible to be over 200lbs and single digit bf. (I know several people who go to the same gym as me that are natty 210-230lbs and single digit bf easy) Although that is true not to lose weight quickly because it will leave you with saggy extra skin.

Aquamanislegit - July 26, 2015, 3:03 am

(Jul 26, 2015 02:43 AM)VodkaNik Wrote: [\[CITE\]](#) I hope your not agreeing that its not possible to be over 200lbs and single digit bf. (I know several people who go to the same gym as me that are natty 210-230lbs and single digit bf easy) Although that is true not to lose weight quickly because it will leave you with saggy extra skin.

well for most people i mean the guy is 6'8" he will be above 200 no matter what i dont think it would be safe to be under 200 and 6'8". for diet i would recomend Low Carb High Fat diet youll have to look it up, but basically you just eat meat leafy greens barely any carbs, 3 - 4 months i dropped 40lbs with this diet and swimming. the diet is pretty great just have to cut out bread pasta and stuff like that, also drink water i cant stress it enough if you drink pop theres no point in trying you have to cut it and i mean every now in again might be ok but not just cause you want something other than water. no sugary drinks!!!

also the guys in your gym that are 210 - 230 lbs in single digit bodyfat probably have been working there asses off for over a year atleast and im sure they cut weight to get to single digit bf, plus they probably werent anywhere near 250 when they started lifting i almost guarantee they did bulk and

cutting phases to get to where they are.

P.S. OP you need to just start off with light to moderate cardio and strength program to help you lose weight and firm up some so you don't get loose skin as you drop lbs.

Jester Race - July 26, 2015, 3:35 am

(Jul 26, 2015 02:31 AM)VodkaNik Wrote: [\[CITE\]](#) "Also you will never be single digit bf% and over 200 lb unless you're on gear or you are like 7'5"

Thanks for the new signature ?

Also you do need some sort of "dietary" fats in order to gain muscle whether it's a calorie surplus or whatever the case is to maintain.

Of course you need fats for hormone production, nobody said anything about that...

What I said that you don't need to have fat to gain muscle as the guy said "you need that fat to gain muscle" ???

(Jul 26, 2015 02:43 AM)VodkaNik Wrote: [\[CITE\]](#) I hope you're not agreeing that it's not possible to be over 200lbs and single digit bf. (I know several people who go to the same gym as me that are natty 210-230lbs and single digit bf easy) Although that is true not to lose weight quickly because it will leave you with saggy extra skin. They aren't either under 10% or they aren't natty..

Jeff Seid is 200-210, 6-8% bf and been on gear for many years. So yeah several guys at your gym must look like him then ?

..Unless they are tall as fuck.

Ramisme - July 26, 2015, 6:45 am

(Jul 26, 2015 02:16 AM)VodkaNik Wrote: [\[CITE\]](#) Let's say I start as a little 120lbs lifter, I bulk to 300lbs the whole time I'm lifting. I can cut to 200 and be extremely massive single digit bf.

Same for him, he can maintain his current mass and lift with the mass he has.. don't fucking drop to 130lbs you know how hard it is to bulk back up to 370.

Extreme transitions like that horrible for long term health. Why would you ever intentionally bulk 100lbs too much anyway? Sounds like a pretty bullshit scenario here. OP should be lifting while he's dieting and doing cardio. Claiming that he needs his body fat to build muscle is objectively incorrect.

?Saint - July 26, 2015, 9:57 am

Post the plan here OP.

Vascular - July 26, 2015, 12:15 pm

(Jul 25, 2015 06:42 PM)VodkaNik Wrote: [\[CITE\]](#) You will need that fat to build muscle. Out of all the things I have read in my time, that right there, was something else.

VodkaNik - July 26, 2015, 1:00 pm

(Jul 26, 2015 06:45 AM)Ramisme Wrote: [\[CITE\]](#) Extreme transitions like that horrible for long term health. Why would you ever intentionally bulk 100lbs too much anyway? Sounds like a pretty bullshit scenario here. OP should be lifting while he's dieting and doing cardio. Claiming that he needs his body fat to build muscle is objectively incorrect.

Lol you must have never heard of bulking, if he does cardio he's gonna drop weight quick and end up with extra skin regretting his decisions.

Hawk HF - July 26, 2015, 1:15 pm

(Jul 26, 2015 01:00 PM)VodkaNik Wrote: [\[CITE\]](#) Lol you must have never heard of bulking, if he does cardio hes gonna drop weight quick and end up with extra skin regretting his decisions.
Losing weight is 80% diet.

Cardio isn't going to make him suddenly skinny.

VodkaNik - July 26, 2015, 1:26 pm

(Jul 26, 2015 01:15 PM)Hawk HF Wrote: [\[CITE\]](#) Losing weight is 80% diet.

Cardio isn't going to make him suddenly skinny.

I didn't say it would make him suddenly skinny, doing cardio will make you drop weight quickly.
Doesn't matter how amazing his diet is its about how consist and dedicated he is.

Hawk HF - July 26, 2015, 1:28 pm

(Jul 26, 2015 01:26 PM)VodkaNik Wrote: [\[CITE\]](#) I didn't say it would make him suddenly skinny, doing cardio will make you drop weight quickly. Doesn't matter how amazing his diet is its about how consist and dedicated he is.
Doesn't matter about diet...?

Okay. ???

VodkaNik - July 26, 2015, 1:39 pm

(Jul 26, 2015 01:28 PM)Hawk HF Wrote: [\[CITE\]](#) Doesn't matter about diet...?

Okay. ???

You can have the best nutritionist, the best diet plan god made and still not see the results you want unless you put in work for it.

Hawk HF - July 26, 2015, 1:40 pm

(Jul 26, 2015 01:39 PM)VodkaNik Wrote: [\[CITE\]](#) You can have the best nutritionist, the best diet plan god made and still not see the results you want unless you put in work for it.
You're kidding, right?

Please just stop.

VodkaNik - July 26, 2015, 1:41 pm

(Jul 26, 2015 01:40 PM)Hawk HF Wrote: [\[CITE\]](#) You're kidding, right?

Please just stop.

Lol I eat hamburgers, fries all the junk food you could think of and still sit at 165-170lbs abs low bf% explain that one with your diet knowledge

Ramisme - July 26, 2015, 1:44 pm

(Jul 26, 2015 01:41 PM)VodkaNik Wrote: [\[CITE\]](#) Lol I eat hamburgers, fries all the junk food you could think of and still sit at 165-170lbs abs low bf% explain that one with your diet knowledge because you don't consistently eat an excessive amount of it

woah, that was fucking hard

???

VodkaNik - July 26, 2015, 1:46 pm

(Jul 26, 2015 01:44 PM)Ramisme Wrote: [\[CITE\]](#) because you don't consistently eat an excessive amount of it

woah, that was fucking hard

???

I eat several meals aday, eating as I'm typing this right now ?

Hawk HF - July 26, 2015, 1:52 pm

(Jul 26, 2015 01:41 PM)VodkaNik Wrote: [\[CITE\]](#) Lol I eat hamburgers, fries all the junk food you could think of and still sit at 165-170lbs abs low bf% explain that one with your diet knowledge (Jul 26, 2015 01:46 PM)VodkaNik Wrote: [\[CITE\]](#) I eat several meals aday, eating as I'm typing this right now ?

Simple. You have a somewhat high TDEE.

I'm the same way.

I weigh 185 and have a TDEE of about 3,000 calories. It's not difficult.

haydrazs - July 26, 2015, 1:54 pm

(Jul 26, 2015 01:41 PM)VodkaNik Wrote: [\[CITE\]](#) Lol I eat hamburgers, fries all the junk food you could think of and still sit at 165-170lbs abs low bf% explain that one with your diet knowledge
Your metabolism will slow down with age and you will get fat, retard

how to lose weight 101: eat less calories than you burn

VodkaNik - July 26, 2015, 2:02 pm

(Jul 26, 2015 01:54 PM)Haydrazs Wrote: [\[CITE\]](#) Your metabolism will slow down with age and you will get fat, retard

how to lose weight 101: eat less calories than you burnLmfao sorry to burst your bubble but I wont be getting fat anytime soon ?

And Of course you need to eat less calories than you burn to lose weight.

Hawk HF - July 26, 2015, 2:15 pm

(Jul 26, 2015 02:02 PM)VodkaNik Wrote: [\[CITE\]](#) And Of course you need to eat less calories than you burn to lose weight.

> Says it has nothing to do with diet

> Says calories are important

...?

?

Jester Race - July 26, 2015, 2:18 pm

(Jul 26, 2015 02:15 PM)Hawk HF Wrote: [\[CITE\]](#) > Says it has nothing to do with diet

> Says calories are important

...?

?That guy keeps saying moronic things just ignore him, he obviously has no clue what he's talking about.

Goodbye HF... - July 26, 2015, 2:20 pm

(Jul 25, 2015 06:01 PM)Hawk HF Wrote: [\[CITE\]](#) Ask to have this moved to the Health Wise section. There are tons of people there who can help you.

The biggest part about losing weight is diet.

Whether you believe it or not, the amount of calories you eat is the only thing that matters. There's a measurement called TDEE that tells you how many calories you need to intake to maintain your current weight based on factors such as height, weight, gender, and exercise.

You can calculate it here:

<http://iifym.com/tdee-calculator/>

Given the stats that you posted (6'8, 370 lbs), the age on your profile (24), and assuming that you're a male who exercises about 5 times per week. You can eat about 4000 calories per day and maintain your weight. If you want to cut weight in a healthy way, reduce that number by 500. This will have you losing about 1 pound per week. Of course you could go lower than that if you want to, but you will begin to feel some minor side-effects.

Weight loss isn't that difficult, but it takes time. Just remember that.

Best of luck. ?You my man are the best ??

Jester Race - July 26, 2015, 2:23 pm

(Jul 26, 2015 02:20 PM)Logic301 Wrote: [\[CITE\]](#) You my man are the best ??You can go on a higher deficit since less muscle mass is burned at higher bf%.

VodkaNik - July 26, 2015, 2:28 pm

(Jul 26, 2015 02:15 PM)Hawk HF Wrote: [\[CITE\]](#) > Says it has nothing to do with diet
> Says calories are important

...?

?

Calories are important when it comes to losing weight. Quote me exactly where I said "it has nothing to do with diet"

I might have said that "it doesn't matter how amazing your diet is" but you still need some sort of calorie diet retard.

Jester Race - July 26, 2015, 2:32 pm

(Jul 26, 2015 02:28 PM)VodkaNik Wrote: [\[CITE\]](#) Calories are important when it comes to losing weight. Quote me exactly where I said "it has nothing to do with diet"

I might have said that "it doesn't matter how amazing your diet is" but you still need some sort of calorie diet retard. You think an amazing diet wouldn't take calories in consideration, considering diet is just watching your calories (and hitting macros)

Also you forgot to change your signature, since your gym is apparently filled with guys who look like Jeff Seid but are natty's? ?

Hawk HF - July 26, 2015, 2:39 pm

(Jul 26, 2015 02:28 PM)VodkaNik Wrote: [\[CITE\]](#) Quote me exactly where I said "it has nothing to do with diet" Okay.

Right here:

(Jul 26, 2015 01:26 PM)VodkaNik Wrote: [\[CITE\]](#) ... Doesn't matter how amazing his diet is ...

And here too:

(Jul 26, 2015 01:39 PM)VodkaNik Wrote: [\[CITE\]](#) You can have the best nutritionist, the best diet plan god made and still not see the results ...

VodkaNik - July 26, 2015, 2:40 pm

(Jul 26, 2015 02:32 PM)Darctan Wrote: [\[CITE\]](#) You think an amazing diet wouldn't take calories in consideration, considering diet is just watching your calories(and hitting macros)

Also you forgot to change your signature, since your gym is apparently filled with guys who look like Jeff Seid but are natty's? ?

I'm yet to be quoted on "it has nothing to do with diet" lol

Also an amazing diet would consist of a lot more then just watching calories..

I was going to quote you on how retarded you sounded. I will be over 200 before I leave highschool as I'm 170lbs now and low bf no steroids 16

(Jul 26, 2015 02:39 PM)Hawk HF Wrote: [\[CITE\]](#) Okay.

Right here:

And here too:

Please read my comment I just posted

<https://hackforums.net/showthread.php?tid=4921995&pid=47189276#pid47189276>

Hawk HF - July 26, 2015, 2:42 pm

(Jul 26, 2015 02:40 PM)VodkaNik Wrote: [\[CITE\]](#) I will be over 200 before I leave highschool as I'm 170lbs now and low bf no steroids 16

You're 16.

Assumption: You've barely been in the gym for a week.

2nd Assumption: You have no idea about diet, are extremely overweight, and have never stepped foot in a gym.

(Jul 26, 2015 02:40 PM)VodkaNik Wrote: [\[CITE\]](#) Please read my comment I just posted

<https://hackforums.net/showthread.php?tid=4921995&pid=47189276#pid47189276>I'm not going to argue with you any more...

You clearly have no idea what you're talking about.

VodkaNik - July 26, 2015, 2:44 pm

(Jul 26, 2015 02:42 PM)Hawk HF Wrote: [\[CITE\]](#) You're 16.

Assumption: You've barely been in the gym for a week.

2nd Assumption: You have no idea about diet, are extremely overweight, and have never stepped foot in a gym.

Now you've gone full retard on me ?

Making them Assumptions ?

Edit: Looks like my job here is done. ?

Get back to me in a couple years before I graduate I promise you I will hit 200lbs low bf

Jester Race - July 26, 2015, 2:48 pm

(Jul 26, 2015 02:40 PM)VodkaNik Wrote: [\[CITE\]](#) I'm yet to be quoted on "it has nothing to do with diet" lol

Also an amazing diet would consist of a lot more then just watching calories..

I was going to quote you on how retarded you sounded. I will be over 200 before I leave highschool as I'm 170lbs now and low bf no steriods 16

Please read my comment I just posted

<https://hackforums.net/showthread.php?tid=4921995&pid=47189276#pid47189276>Diet is nothing more than watching calories and making sure to get enough micronutrients.

Yeah sure you will be over 200, not a big deal. Not under 10% bf though ?

How tall are you?

VodkaNik - July 26, 2015, 2:53 pm

(Jul 26, 2015 02:48 PM)Darctan Wrote: [\[CITE\]](#) Diet is nothing more than watching calories and making sure to get enough micronutrients.

Yeah sure you will be over 200, not a big deal. Not under 10% bf though ?

How tall are you?

My height right now is about 5'10 maybe 5'11 I'm estimating I'll be 6'3 6'4 before I leave highschool because of my parents height.

Hawk HF - July 26, 2015, 3:04 pm

(Jul 26, 2015 02:40 PM)VodkaNik Wrote: [\[CITE\]](#) I'm 170lbs now
Gained 5 pounds since yesterday?

Impressive.

VodkaNik - July 26, 2015, 3:05 pm

(Jul 26, 2015 03:04 PM)Hawk HF Wrote: [\[CITE\]](#) Gained 5 pounds since yesterday?

Impressive.

I'm 165 in the morning 169-170 by the time I go to bed idiot.

Ramisme - July 26, 2015, 3:05 pm

(Jul 26, 2015 02:40 PM)VodkaNik Wrote: [\[CITE\]](#) I was going to quote you on how retarded you

sounded. I will be over 200 before I leave highschool as I'm 170lbs now and low bf no steroids 16 35lbs of lean body mass is way more than you seem to think it is, and you definitely will not get there in the next two years without steroids. I don't doubt that you'll get to 200lbs and be relatively lean in 2 years, but you won't be anywhere near 10% body fat. You'll be 15% and underestimating how much fat you gained just like everyone else who has the same attitude.

VodkaNik - July 26, 2015, 3:14 pm

(Jul 26, 2015 03:05 PM)Ramisme Wrote: [\[CITE\]](#) 35lbs of lean body mass is way more than you seem to think it is, and you definitely will not get there in the next two years without steroids. I don't doubt that you'll get to 200lbs and be relatively lean in 2 years, but you won't be anywhere near 10% body fat. You'll be 15% and underestimating how much fat you gained just like everyone else who has the same attitude. Exactly, I'm not going to be shredded 5-6% bf but I can easily make it to 200 and be around 10% no problem.

Edit: Its easy to gain 1lbs per week to my overall mass on a lean bulk.

Jester Race - July 26, 2015, 3:29 pm

(Jul 26, 2015 03:05 PM)Ramisme Wrote: [\[CITE\]](#) ...but you won't be anywhere near 10% body fat.....

(Jul 26, 2015 03:14 PM)VodkaNik Wrote: [\[CITE\]](#) Exactly, I'm not going to be shredded 5-6% bf but I can easily make it to 200 and be around 10% no problem.

?

(Jul 26, 2015 03:14 PM)VodkaNik Wrote: [\[CITE\]](#) Edit: Its easy to gain 1lbs per week to my overall mass on a lean bulk.

Lean bulk? Just stop these retarded posts already

Hawk HF - July 26, 2015, 3:33 pm

(Jul 26, 2015 03:14 PM)VodkaNik Wrote: [\[CITE\]](#) I can easily make it to 200 and be around 10% no problem.

This guy is 6'0, 190 lbs, ~8% BF.

[img]<http://www.bodybuilding.com/fun/images/2012/gary-brunner-after.jpg>[/img]

Essentially, you're saying that you're going to look like him and it's going to be easy.

You're embarrassing yourself. Please stop.

VodkaNik - July 26, 2015, 3:41 pm

(Jul 26, 2015 03:33 PM)Hawk HF Wrote: [\[CITE\]](#) This guy is 6'0, 190 lbs, ~8% BF.

[img]<http://www.bodybuilding.com/fun/images/2012/gary-brunner-after.jpg>[/img]

Essentially, you're saying that you're going to look like him and it's going to be easy.

You're embarrassing yourself. Please stop. Guy looks like hes in his 30's and single digit bodyfat @ almost 200lbs. I'm 170lbs and easily 10% I have years of training in front of me, its not a problem to reach 200lbs. Just stop trying I'm owning you on every post. (also I wont look like him bcuz of genetics)

(Jul 26, 2015 03:29 PM)Darctan Wrote: [\[CITE\]](#) ?

Lean bulk? Just stop these retarded posts already

<http://lmgtfy.com/?q=I%27m+dumb+whats+a+lean+bulk%3F>

Hawk HF - July 26, 2015, 3:46 pm

(Jul 26, 2015 03:41 PM)VodkaNik Wrote: [\[CITE\]](#) Guy looks like hes in his 30's and single digit bodyfat @ almost 200lbs. I'm 170lbs and easily 10% I have years of training in front of me, its not a problem to reach 200lbs. Just stop trying I'm owning you on every post. (also I wont look like him bcuz of genetics)

Owning me on every post?

Everyone here agrees that you don't know what you're talking about.

VodkaNik - July 26, 2015, 3:48 pm

(Jul 26, 2015 03:46 PM)Hawk HF Wrote: [\[CITE\]](#) Owning me on every post?

Everyone here agrees that you don't know what you're talking about.

Maybe you and that repfucked idiot who doesn't even know what a lean bulk means and doesn't think its possible to be 200lbs and single digit bodyfat %.

Edit: Every time I own you, you change the subject going off topic.

Jester Race - July 26, 2015, 3:53 pm

(Jul 26, 2015 03:48 PM)VodkaNik Wrote: [\[CITE\]](#) Maybe you and that repfucked idiot who doesn't even know what a lean bulk means and doesn't think its possible to be 200lbs and single digit bodyfat %.

Edit: Every time I own you, you change the subject going off topic.

Lol are you actually reading articles such as this:

<http://www.bodybuilding.com/fun/get-big-stay-lean-a-how-to-guide-for-clean-bulkers.html>

?

Lean bulk has to be the stupidest concept ever, you will gain fat every time you gain muscle there is no way around...

Also what if this time you read how to read? I haven't said it isn't possible to be 200lb and under 10bf%, I said you can't do it at that height and especially as natty...

Hawk HF - July 26, 2015, 3:53 pm

(Jul 26, 2015 03:48 PM)VodkaNik Wrote: [\[CITE\]](#) Maybe you and that repfucked idiot who doesn't even know what a lean bulk means and doesn't think its possible to be 200lbs and single digit bodyfat %.

Edit: Every time I own you, you change the subject going off topic.

Ahhhh... I bet you're one of those bb.com fags.

VodkaNik - July 26, 2015, 3:54 pm

(Jul 26, 2015 03:53 PM)Darctan Wrote: [\[CITE\]](#) Lol are you actually reading articles such as this: <http://www.bodybuilding.com/fun/get-big-stay-lean-a-how-to-guide-for-clean-bulkers.html>

?

Lean bulk has to be the stupidest concept ever, you will gain fat every time you gain muscle there is no way around...It's not stupid if it works idiot.

(Jul 26, 2015 03:53 PM)Hawk HF Wrote: [\[CITE\]](#) Ahhhh... I bet you're one of those bb.com fags. JUST changed the subject AGAIN! I'm done talking to you, you can even hold an argument.

Hawk HF - July 26, 2015, 3:57 pm

(Jul 26, 2015 03:54 PM)VodkaNik Wrote: [\[CITE\]](#) JUST changed the subject AGAIN! I'm done talking to you, you can even hold an argument.

You're not speaking of anything of importance..

Just telling us how big you want to be while presenting no knowledge of anything related to health.

VodkaNik - July 26, 2015, 3:59 pm

(Jul 26, 2015 03:57 PM)Hawk HF Wrote: [\[CITE\]](#) You're not speaking of anything of importance..

Just telling us how big you want to be while presenting no knowledge of anything related to health. Technically everything we have discussed has been related to health, I think its even in the "Health wise" section as well. ?

Jester Race - July 26, 2015, 4:05 pm

(Jul 26, 2015 03:54 PM)VodkaNik Wrote: [\[CITE\]](#) It's not stupid if it works idiot.Yeah but it doesn't. You will gain fat regardless...

VodkaNik - July 26, 2015, 4:06 pm

(Jul 26, 2015 04:05 PM)Darctan Wrote: [\[CITE\]](#) Yeah but it doesn't. You will gain fat regardless...

Want me to do another google search for you? I'm not going to explain how everything works to you research lean bulking on your own I don't have time for you.

Ramisme - July 26, 2015, 5:02 pm

(Jul 26, 2015 04:06 PM)VodkaNik Wrote: [\[CITE\]](#) Want me to do another google search for you? I'm not going to explain how everything works to you research lean bulking on your own I don't have time for you.

He's right, you can't gain muscle without also gaining fat so the concept of a lean bulk is stupid. All you're actually doing is gaining weight slower in an attempt to gain as little fat as you can. Even if you slow bulk on a 200 calorie surplus for the next 2 years, you'll be just over 200lbs and you'll be significantly higher than 10% bodyfat. Not sure what you're trying to say here, but it simply won't happen like you're expecting it to. You're just too new and too naive to understand what you're talking about. Please stop.

edit: you're expecting to gain 1lb per week and stay lean? Holy fuck, you're not just new, you're delusional.

The White Shadow - July 26, 2015, 5:16 pm

I didn't think this would turn into an all out war lol

Hawk HF - July 26, 2015, 5:20 pm

(Jul 26, 2015 05:16 PM)The White Shadow Wrote: [\[CITE\]](#) I didn't think this would turn into an all out war lol
Haha!

Yeah, there's lots of e-confidence in the health wise section.
But hey, you'll probably be the author of a hot thread soon.

VodkaNik - July 26, 2015, 5:20 pm

(Jul 26, 2015 05:02 PM)Ramisme Wrote: [\[CITE\]](#) He's right, you can't gain muscle without also gaining fat so the concept of a lean bulk is stupid. All you're actually doing is gaining weight slower in an attempt to gain as little fat as you can. Even if you slow bulk on a 200 calorie surplus for the

next 2 years, you'll be just over 200lbs and you'll be significantly higher than 10% bodyfat. Not sure what you're trying to say here, but it simply won't happen like you're expecting it to. You're just too new and too naive to understand what you're talking about. Please stop.

edit: you're expecting to gain 1lb per week and stay lean? Holy fuck, you're not just new, you're delusional.

I'm going to have to ask you to educate yourself sir.

<http://www.bodybuilding.com/fun/get-big-stay-lean-a-how-to-guide-for-clean-bulkers.html>

Talks about staying lean and putting on 2-3 pounds a month which isn't radically different than 1lb per week sir. ?

Hawk HF - July 26, 2015, 5:24 pm

(Jul 26, 2015 05:20 PM)VodkaNik Wrote: [\[CITE\]](#) I'm going to have to ask you to educate yourself sir.

<http://www.bodybuilding.com/fun/get-big-stay-lean-a-how-to-guide-for-clean-bulkers.html>

Talks about staying lean and putting on 2-3 pounds a month which isn't radically different than 1lb per week sir. ?

Haha!!

BB.com fag. I knew it.

VodkaNik - July 26, 2015, 5:26 pm

(Jul 26, 2015 05:24 PM)Hawk HF Wrote: [\[CITE\]](#) Haha!!

BB.com fag. I knew it. Simply an educational article I found on Google, hopefully you can educate yourself as well. ?

Ramisme - July 26, 2015, 5:29 pm

(Jul 26, 2015 05:20 PM)VodkaNik Wrote: [\[CITE\]](#) I'm going to have to ask you to educate yourself sir.

<http://www.bodybuilding.com/fun/get-big-stay-lean-a-how-to-guide-for-clean-bulkers.html>

Talks about staying lean and putting on 2-3 pounds a month which isn't radically different than 1lb per week sir. ?

Nothing in that article contradicts what I said. It suggests gaining 2-3lbs a month knowing full well that some portion of that will still be fat. Another pound, even according to the article, is literally just fat. You will not get to 200lbs while staying anywhere near 10% bodyfat.

Look man, I get it. You just started lifting maybe a month or two ago, you gained 5lbs and you noticed some change. That's great. But you're obviously still too new to actually know what you're talking about. Try setting some more realistic goals and doing more research (hopefully outside of bb.com).

VodkaNik - July 26, 2015, 5:34 pm

(Jul 26, 2015 05:29 PM)Ramisme Wrote: [\[CITE\]](#) Nothing in that article contradicts what I said. It suggests gaining 2-3lbs a month knowing full well that some portion of that will still be fat. Another pound, even according to the article, is literally just fat. You will not get to 200lbs while staying anywhere near 10% bodyfat.

Look man, I get it. You just started lifting maybe a month or two ago, you gained 5lbs and you noticed some change. That's great. But you're obviously still too new to actually know what you're talking about. Try setting some more realistic goals and doing more research (hopefully outside of bb.com)."Aim to gain 2-3 pounds per month; anything more is likely to be nothing but fat."

I will aim at 3 pounds per month anything more then that is likely to be fat. ?

Also I started over a year and a half ago, glad to see your making progress in educating yourself a little more everyday because you will need it.

If we do a little math! $3 \times 12 = 36 \times 2 = 72$ lbs in 2 years which would make my weight 242lbs which is MORE then enough to shred down to 200lbs at a low bodyfat.

Hawk HF - July 26, 2015, 5:48 pm

> Been lifting for a year and a half
> Weighs 165 lbs.

VodkaNik - July 26, 2015, 5:50 pm

(Jul 26, 2015 05:48 PM)Hawk HF Wrote: [\[CITE\]](#) > Been lifting for a year and a half
> Weighs 165 lbs.Talks shit about my stats after I owned him. ?

Hawk HF - July 26, 2015, 5:56 pm

(Jul 26, 2015 05:50 PM)VodkaNik Wrote: [\[CITE\]](#) Talks shit about my stats after I owned him. ?
Just pointing out the obvious.

You claim you know what you're doing, yet you've been lifting for a year and half and only weight 165 lbs.

There's 2 possibilities here:

1)

Spoiler [\(Click to View\)](#) You're lying to seem cool on a hacking forum

2)

Spoiler [\(Click to View\)](#) You're lying to seem cool on a hacking forum

VodkaNik - July 26, 2015, 6:00 pm

(Jul 26, 2015 05:56 PM)Hawk HF Wrote: [\[CITE\]](#) Just pointing out the obvious.

You claim you know what you're doing, yet you've been lifting for a year and half and only weight 165 lbs.

There's 2 possibilities here:

1)

Spoiler [\(Click to View\)](#) You're lying to seem cool on a hacking forum

2)

Spoiler [\(Click to View\)](#) You're lying to seem cool on a hacking forumWhy are you still talking after I have clearly owned you. Progress is progress and your too shy to even post your stats. Quiet down now.

Hawk HF - July 26, 2015, 6:03 pm

(Jul 26, 2015 06:00 PM)VodkaNik Wrote: [\[CITE\]](#) Why are you still talking after I have clearly owned you. Progress is progress and your too shy to even post your stats. Quiet down now.
Heheh. And I'm the one who changes the subject.

Anybody can post stats.
See, watch:

Bench: 1,850,201 lbs
DL: 6 lbs.
OHP: 4,000,000 lbs
Squat: eleventy six lbs

Dese r jus my reps. I havn maxd yet but wil post bak when do k?

VodkaNik - July 26, 2015, 6:06 pm

(Jul 26, 2015 06:03 PM)Hawk HF Wrote: [\[CITE\]](#) Heheh. And I'm the one who changes the subject.

Anybody can posts stats.
See, watch:

Bench: 1,850,201 lbs
DL: 6 lbs.
OHP: 4,000,000 lbs

Squat: eleventy six lbsHonestly don't know why I'm talking to a 120lbs nerd I clearly owned several times.

I am now officially stepping out of the argument I have won because you have no other intentions then trolling on a hacking forum. Thanks for the post count. Owned.

Edit: 135lbs nerd my bad bahaha?
Spoiler [\(Click to View\)](#)

UNDERWIRE - July 26, 2015, 6:24 pm

(Jul 26, 2015 05:34 PM)VodkaNik Wrote: [\[CITE\]](#) "Aim to gain 2-3 pounds per month; anything more is likely to be nothing but fat."

I will aim at 3 pounds per month anything more then that is likely to be fat. ?

Also I started over a year and a half ago, glad to see your making progress in educating yourself a little more everyday because you will need it.

If we do a little math! $3 \times 12 = 36 \times 2 = 72$ lbs in 2 years which would make my weight 242lbs which is MORE then enough to shred down to 200lbs at a low bodyfat.I really hope you don't think muscle growth is linear. Each year, you'll put on muscle mass at a much slower rate. Your first year or so is when you see the biggest increase in muscle mass at about 25-30lb of actual muscle + glycogen and some fat on top of that (40lb total maybe if you didn't put on too much fat, and started smaller), while the following year, you'd be gaining closer to about 15lb of actual muscle mass. After 3-4 years of proper training, you'd be lucky to gain 3-4lb a year as you get close to your genetic limit for how much muscle mass your body can afford to support without exogenous hormone use.

Hawk HF - July 26, 2015, 6:39 pm

(Jul 26, 2015 06:06 PM)VodkaNik Wrote: [\[CITE\]](#) Honestly don't know why I'm talking to a 120lbs nerd I clearly owned several times.

I am now officially stepping out of the argument I have won because you have no other intentions then trolling on a hacking forum. Thanks for the post count. Owned.

Edit: 135lbs nerd my bad bahaha?

Spoiler ([Click to View](#))

Ye bro.

135lb nerd for sure.

Bet you had to do some digging to find that pic.

Ramisme - July 26, 2015, 6:42 pm

(Jul 26, 2015 05:34 PM)VodkaNik Wrote: [\[CITE\]](#) "Aim to gain 2-3 pounds per month; anything more is likely to be nothing but fat."

I will aim at 3 pounds per month anything more then that is likely to be fat. ?

Also I started over a year and a half ago, glad to see your making progress in educating yourself a little more everyday because you will need it.

If we do a little math! $3 \times 12 = 36 \times 2 = 72$ lbs in 2 years which would make my weight 242lbs which is MORE then enough to shred down to 200lbs at a low bodyfat.

A portion of those 3 pounds gained each month will still be fat. I don't think you're understanding how this works...

Like underwire said, mass gains aren't linear. If you do manage to gain 3lbs/month consistently for two years, you'll end up pretty damn fat.

Let's do some math. Based on studies that suggest you can only gain 2lbs of lean mass per month (this is a max and really only counts if you're a complete beginner, but we'll assume for a second that it's constant), you'll end up gaining 48lbs of fat over those 2 years if you manage to consistently gain 3lbs of bodyweight per month. 165lbs @ 10% bodyfat puts you at 148.5lbs of lean body mass and 16.5lbs of fat mass. After two years you would be at 237lbs with 172.5lbs of lean body mass and 64.5lbs of fat mass. That's roughly 27% bodyfat. So in 2 years you'll be 237lbs and 27% bodyfat. In order for you to get back down to 10% bodyfat, you'd have to drop to around 190lbs. Dropping those 47lbs in a way that would allow you to maintain most of your muscle mass would take you close to another year.

Keep in mind, there's a whole fuck ton of assuming going on here. And, for the record, all that assuming is in your favor. You won't be able to consistently put on 3lbs per month, you won't be gaining 2lbs of lean mass every month, and you definitely won't maintain enough muscle mass by the end of that cut for you to even be 190lbs. Shit, man, you'd probably be closer to 180lbs by the time you actually got to 10%.

Now, who did you "own" again? ?

(Jul 26, 2015 06:39 PM)Hawk HF Wrote: [\[CITE\]](#) Ye bro.

135lb nerd for sure.

Bet you had to do some digging to find that.

stocking up on fireball, m8? send some my way pls

Hawk HF - July 26, 2015, 6:47 pm

(Jul 26, 2015 06:42 PM)Ramisme Wrote: [\[CITE\]](#) stocking up on fireball, m8? send some my way pls lol

Fireball is all I drink. I'd buy you a drink if I could haha.
You over 21?

Ramisme - July 26, 2015, 6:50 pm

(Jul 26, 2015 06:47 PM)Hawk HF Wrote: [\[CITE\]](#) lol

Fireball is all I drink. I'd buy you a drink if I could haha.
You over 21?
not for a while m8

of course ?

Hawk HF - July 26, 2015, 6:52 pm

(Jul 26, 2015 06:50 PM)Ramisme Wrote: [\[CITE\]](#) not for a while m8

of course ?

Will send you \$10 over PP if you promise me you'll get someone to buy you a pint of Fireball.

Looks like our buddy went offline :(

Ramisme - July 26, 2015, 6:56 pm

(Jul 26, 2015 06:52 PM)Hawk HF Wrote: [\[CITE\]](#) Will send you \$10 over PP if you promise me you'll get someone to buy you a pint of Fireball.

Looks like our buddy went offline :(

if I ever setup a PP i'll have to take you up on that offer, lol

he'll be back tomorrow to shitpost some more ?

VodkaNik - July 26, 2015, 6:58 pm

@Ramisme

Whether the Mass Gains are linear or not you just calculated my cut down to 190lbs 10% bf in 2 years.

I want you to keep in mind my age (going to grow in "height") which would relatively land me at 200lbs 10%bf give or take.

Ramisme - July 26, 2015, 7:06 pm

(Jul 26, 2015 06:58 PM)VodkaNik Wrote: [\[CITE\]](#) @Ramisme

Whether the Mass Gains are linear or not you just calculated my cut down to 190lbs 10% bf in 2 years.

I want you to keep in mind my age (going to grow in "height") which would relatively land me at 200lbs 10%bf give or take.

Lol, the calculation I used to get you from 237lbs at 27% to 190 at 10% bodyfat assumed that you didn't lose any lean body mass at all, which simply would not happen. Under normal circumstances, you'd drop like 10+lbs of lean body mass when you're cutting for that long, so you'd be back down to 175-180lbs after that cut. Besides even that, it would take you just under a year (literally within weeks) just to cut down to 190 from 237lbs, so it would actually take you 3 years to get to 190 10%

with a lot of assumptions made in your favor that, quite frankly, aren't even possible.

And no, your height will not account for 10lbs of body mass at all. Nice try, though.

Hawk HF - July 26, 2015, 7:15 pm

(Jul 26, 2015 07:06 PM)Ramisme Wrote: [\[CITE\]](#) Lol, the calculation I used to get you from 237lbs at 27% to 190 at 10% bodyfat assumed that you didn't lose any lean body mass at all, which simply would not happen. Under normal circumstances, you'd drop like 10+lbs of lean body mass when you're cutting for that long, so you'd be back down to 175-180lbs after that cut. Besides even that, it would take you just under a year (literally within weeks) just to cut down to 190 from 237lbs, so it would actually take you 3 years to get to 190 10% with a lot of assumptions made in your favor that, quite frankly, aren't even possible.

And no, your height will not account for 10lbs of body mass at all. Nice try, though.
I think maybe he needs a tl;dr

Edit: Seems this shitposting has stopped! ?

VodkaNik - July 26, 2015, 7:24 pm

(Jul 26, 2015 07:06 PM)Ramisme Wrote: [\[CITE\]](#) Lol, the calculation I used to get you from 237lbs at 27% to 190 at 10% bodyfat assumed that you didn't lose any lean body mass at all, which simply would not happen. Under normal circumstances, you'd drop like 10+lbs of lean body mass when you're cutting for that long, so you'd be back down to 175-180lbs after that cut. Besides even that, it would take you just under a year (literally within weeks) just to cut down to 190 from 237lbs, so it would actually take you 3 years to get to 190 10% with a lot of assumptions made in your favor that, quite frankly, aren't even possible.

And no, your height will not account for 10lbs of body mass at all. Nice try, though. Height is used to calculate body mass, its really unpredictable to know how tall I will be by the time I get out of high school. Also laughing at how you think I'm going to go into a complete deficit at 237lbs at 27%

Ramisme - July 26, 2015, 7:26 pm

(Jul 26, 2015 07:24 PM)VodkaNik Wrote: [\[CITE\]](#) Height is used to calculate body mass, its really unpredictable to know how tall I will be by the time I get out of high school. Also laughing at how you think I'm going to go into a complete deficit at 237lbs at 27%

Sure, but the likelihood of you growing tall enough to account for as much extra body mass (keep in mind, this won't be fat or muscle mass at all) as you're expecting is pretty much zero. You could even get up to 6'5" and that wouldn't automatically make you gain 10lbs...

If you're above 20% bodyfat, why would you not be in a "complete" (?) deficit? You'd be fat as fuck lol

VodkaNik - July 26, 2015, 7:32 pm

(Jul 26, 2015 07:26 PM)Ramisme Wrote: [\[CITE\]](#) Sure, but the likelihood of you growing tall enough to account for as much extra body mass (keep in mind, this won't be fat or muscle mass at all) as you're expecting is pretty much zero. You could even get up to 6'5" and that wouldn't automatically make you gain 10lbs...

If you're above 20% bodyfat, why would you not be in a "complete" (?) deficit? You'd be fat as fuck lol

20% fat as fuck?? lol you begin to see abs around 15%

Hawk HF - July 26, 2015, 7:33 pm

LOL

This is great.

Seems he's completely leaving me out of his replies now.

(Jul 26, 2015 06:06 PM)VodkaNik Wrote: [\[CITE\]](#) Owned.

VodkaNik - July 26, 2015, 7:37 pm

(Jul 26, 2015 07:33 PM)Hawk HF Wrote: [\[CITE\]](#) LOL

This is great.

Seems he's completely leaving me out of his replies now.This whole argument is over,

- Dietary fat is needed to gain muscle
- It is not possible to be over 200lbs and lean without steroids

And whether it takes me 2 years, or 2 years a 1 day to accomplish I don't care I'm gonna make it one way or another.

Hawk HF - July 26, 2015, 7:39 pm

(Jul 26, 2015 07:37 PM)VodkaNik Wrote: [\[CITE\]](#) This whole argument is over,
Pahaha!

You're my hero, bro.

Ramisme - July 26, 2015, 7:46 pm

(Jul 26, 2015 07:32 PM)VodkaNik Wrote: [\[CITE\]](#) 20% fat as fuck?? lol you begin to see abs around 15%

Since when is 20% not fat as fuck? Sure, if you're flexing hard as fuck and have decent fat distribution genetics.

(Jul 26, 2015 07:37 PM)VodkaNik Wrote: [\[CITE\]](#) This whole argument is over,

- Dietary fat is needed to gain muscle
- It is not possible to be over 200lbs and lean without steroids

And whether it takes me 2 years, or 2 years a 1 day to accomplish I don't care I'm gonna make it one way or another.

Dietary fat was never part of the argument.

Quoted directly from you:

Quote:OP don't jump on a treadmill or do cardio to lose weight. You will need that fat to build muscle.

You're claiming that he needs his body fat to build muscle. That's objectively incorrect, and that argument ended there.

Sure, it's possible to be 200lbs and lean without steroids. You'd have to be pretty tall to get there, but yeah it's definitely possible.

You won't get there in 2 years. We already calculated this shit out, dude. I even based it on assumptions that were majorly in your favor but would never actually happen and you still would only end up at 190lbs and 10% bodyfat after 3 years of perfectly consistent training and dieting.

Jesus fuck, dude. Just lift and eat and quit acting like you know what you're talking about.

dajalakahp - July 26, 2015, 7:51 pm

stop eating fastfood eat salat and good food dont eat much in the evening

VodkaNik - July 26, 2015, 7:53 pm

So 10 pages of arguing because I forgot to put the word "dietary" in front of fat ?

Also pm me in 2 years, I'll be over 200 and somewhat lean.

Mr?? - July 26, 2015, 7:57 pm

Just eat healthier (no junkfood, not too much saturated fat)

- Eat chicken breast
- Eat Tilapia
- Eat rice
- Eat oatmeal
- Eat less in general

[A meal from mcdonalds once a month wont hurt]

Dont drink any soda only drink water or black coffee (soda once in a while wont hurt)

Exercise? Take the bike to school instead of the bus. Get off your ass more and work out (cardio)

Hawk HF - July 26, 2015, 7:58 pm

(Jul 26, 2015 07:53 PM)VodkaNik Wrote: [\[CITE\]](#) So 10 pages of arguing because I forgot to put the word "dietary" in front of fat ?

Also pm me in 2 years, I'll be over 200 and somewhat lean.

It was a fun argument, although you lost.

A few more posts and this thread will be hot! ?

VodkaNik - July 26, 2015, 9:05 pm

(Jul 26, 2015 07:58 PM)Hawk HF Wrote: [\[CITE\]](#) It was a fun argument, although you lost.

A few more posts and this thread will be hot! ?

Updated original post, you mad? ?

Hawk HF - July 26, 2015, 9:09 pm

(Jul 26, 2015 09:05 PM)VodkaNik Wrote: [\[CITE\]](#) Updated original post, you mad? ?

What post?

Not sure what you mean.

Jester Race - July 27, 2015, 1:15 am

(Jul 26, 2015 07:53 PM)VodkaNik Wrote: [\[CITE\]](#) So 10 pages of arguing because I forgot to put the word "dietary" in front of fat ?

Also pm me in 2 years, I'll be over 200 and somewhat lean.

Quote:...or do cardio to lose weight. You will need THAT fat to build muscle... Dude that THAT implies that you meant his weight. It would be extremely stupid sentence if you added the dietary in front of it out of nowhere...

Also why on earth you said you wished to have started at 370lb unless you genuinely thought that fat was needed to build muscle? ???