

Forum:[Hack Forums](#)

Thread: [Road to Ripped - Personal Log \(Updated January 2018\)](#)

Hawk HF - September 10, 2015, 8:31 pm

I suppose I could do some motivational speaking here, but I'm not really feeling up to it. Here's some pics of me throughout the years.
?

September 2012

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

September 2015

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

January 2016

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

January 2018

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

Doodlegod - September 10, 2015, 8:31 pm

Good luck OP. Will be cool to see how you end up :)!

Hawk HF - September 10, 2015, 8:41 pm

(Sep 10, 2015 08:31 PM)Doodlegod Wrote: [\[CITE\]](#) Good luck OP. Will be cool to see how you end up :)!

Thanks.

It'll take about 10 months to do naturally, but it's a change that I really want to make.

Hackin - September 11, 2015, 4:22 am

Im doing something similar at the moment, i mostly use a pushup counter app and the odd weights i have at home, i will follow your journey and motivate you! Goodluck ?

Mind Over Matter - September 11, 2015, 4:55 am

Dont believe in luck, believe in hard work and dedication.

If you really want to achieve it OP you need to work harder

Hawk HF - September 11, 2015, 8:17 am

(Sep 11, 2015 04:55 AM)Mind Over Matter Wrote: [\[CITE\]](#) Dont believe in luck, believe in hard work and dedication.

If you really want to achieve it OP you need to work harder

Of course. Honestly I think it's more difficult to gain weight than it is to lose it. Eating 3700 calories daily is definitely challenging, but I don't plan on stopping any time soon. I've quickly discovered that peanut butter is my best friend.

Gokus_Dog - September 11, 2015, 8:19 am

Whole milk goes a long way too my friend

Purest. - September 11, 2015, 8:20 am

Goodluck OP All the best, time to get them gals.

Hawk HF - September 11, 2015, 8:34 am

(Sep 11, 2015 08:19 AM)Gokus_Dog Wrote: [\[CITE\]](#) Whole milk goes a long way too my friend
The supplement I'm using is mixed with 2% milk and is about 1k calories, so it's a huge help to hitting my daily calories. And it actually tastes great - just like a chocolate milkshake if you toss a few ice cubes in the blender. It sizzles in the cup though, which is a little weird lol.

Gokus_Dog - September 11, 2015, 6:37 pm

(Sep 11, 2015 08:34 AM)Hawk HF Wrote: [\[CITE\]](#) The supplement I'm using is mixed with 2% milk and is about 1k calories, so it's a huge help to hitting my daily calories. And it actually tastes great - just like a chocolate milkshake if you toss a few ice cubes in the blender. It sizzles in the cup though, which is a little weird lol.

I just drink whole milk because it's generally cheaper than mass gainer and is 150 calories per cup haha, late at night if I'm really lazy I just eat reeses peanut butter cups because they're 420 calories for two packs

Misty - September 11, 2015, 6:39 pm

Mirin' the Facial Asthetics OP.

ItsATumor - September 11, 2015, 6:45 pm

Holy shit, that's an intense bulk. I'm currently on a cut now to get down to about 148 lbs, and I'm sitting at 159ish now; eating around 2100 calories a day.

Good luck with this, and I look forward to see your progress.

Next Islxm - September 11, 2015, 8:46 pm

Whatever you do and however you grow as a person, just remember, you are 6'4 and you have been blessed by that.

Hawk HF - September 11, 2015, 10:11 pm

(Sep 11, 2015 08:46 PM)Adam Kaurus Wrote: [\[CITE\]](#) Whatever you do and however you grow as a person, just remember, you are 6'4 and you have been blessed by that.

I'm reminded of this every time I'm walking through the woods and take a spider web to the face.

Performer - September 12, 2015, 2:39 am

Your build looks very good for this - good luck lifting! Will follow along.

Wonta23 - September 13, 2015, 8:04 am

You'll look sick once you get ripped.

I envy your 6'4 height. :(

Krew - September 13, 2015, 8:06 am

(Sep 11, 2015 10:11 PM)Hawk HF Wrote: [\[CITE\]](#) I'm reminded of this every time I'm walking through

the woods and take a spider web to the face.
Kek, know that feel, man.

Same height & I am doing 3-4 times a week of gym rn.

GI OP

paloma728 - September 13, 2015, 8:09 am

My advice and past experience is to not deprive yourself of the foods you enjoy.

You want that bowl of icecream? Then go for it.

As long as your meet your goals for calories and macros then it will be easy.

Hawk HF - September 28, 2015, 2:50 pm

We're 3 weeks in and still on track.

Here's some pics from today

Let me know what you guys think.

ZYZZ BRAHHH - September 28, 2015, 6:29 pm

Your looking nice and thick. I don't know about bulking more man but we have different physique goals of course.

Hawk HF - September 28, 2015, 6:54 pm

(Sep 28, 2015 06:29 PM)Jail Bait Warrior/Zyzz Wrote: [\[CITE\]](#) Your looking nice and thick. I don't know about bulking more man but we have different physique goals of course.
Thanks.

I think 200 lbs is a good weight for my height, but I want to be very lean, probably around 8% BF or so. Hopefully I'll be able to achieve that look after bulking up to 220, then cutting back down to 200.

SIM-1676753 - September 28, 2015, 6:55 pm

Wow, almost as big as me man.

Spoiler [\(Click to View\)](#)Good work coder.

FREEBANDZZZZ - September 28, 2015, 6:59 pm

Keep it up man, obvious gains.

shreder - September 28, 2015, 10:20 pm

Good luck with your goal man stick to it gains will come.

Introspection - September 29, 2015, 11:04 am

I like how you looked in your first photo. My first impression is it's easy for you to put on a lot of mass. You were leaner and were closer to the ideal physique... there's a "golden ratio", but I don't think value or care for my advice so :|

Hawk HF - September 29, 2015, 11:38 am

(Sep 29, 2015 11:04 AM)Introspection Wrote: [\[CITE\]](#) I like how you looked in your first photo. My first

impression is it's easy for you to put on a lot of mass. You were leaner and were closer to the ideal physique... there's a "golden ratio", but I don't think value or care for my advice so :|

I'm bulking. If you knew how bodybuilding worked, you'd know that. The goal of bulking is to put on muscle mass. You can't gain muscle without gaining fat. I'm not worried about physique right now, only mass.

Once I get to 220, then I'll start to cut the fat until I get down to 200, leaving a very lean 200.

Understand how it works now?

Introspection - September 29, 2015, 11:50 am

I know how the typical cut and bulking phase works, and I believe it's complete unnecessary. I'm realizing I'm only wasting my time trying to get my point across, but just to end it on this note:

If you put on 12 lbs in 3 weeks, I can guarantee you that at LEAST 10 pounds of it is fat. There's a term for that: dirty bulking.

Best wishes, my friend. I hope to share our accomplishments around December.

Jester Race - September 29, 2015, 11:56 am

(Sep 29, 2015 11:50 AM)Introspection Wrote: [\[CITE\]](#) I know how the typical cut and bulking phase works, and I believe it's complete unnecessary. I'm realizing I'm only wasting my time trying to get my point across, but just to end it on this note:

If you put on 12 lbs in 3 weeks, I can guarantee you that at LEAST 10 pounds of it is fat. There's a term for that: dirty bulking.

Best wishes, my friend. I hope to share our accomplishments around December.

Your opinion on bulking is completely irrelevant. There is good reason to bulk then cut. Don't come here telling people how you developed your own methods for sculpting your body to perfection when your progress for 6 years of lifting is terribad.

Hawk HF - September 29, 2015, 12:03 pm

(Sep 29, 2015 11:50 AM)Introspection Wrote: [\[CITE\]](#) I know how the typical cut and bulking phase works, and I believe it's complete unnecessary. I'm realizing I'm only wasting my time trying to get my point across, but just to end it on this note:

If you put on 12 lbs in 3 weeks, I can guarantee you that at LEAST 10 pounds of it is fat. There's a term for that: dirty bulking.

Best wishes, my friend. I hope to share our accomplishments around December.

Not quite. The first pic was after I just woke up and hadn't been in the gym for about a month. The second pic was in the afternoon and had been lifting regularly. You probably know your body fluctuates about 5 pounds through the day.

Plus there's creatine in the mass gainer I'm taking, so my body is holding more water. Some of the weight is fat, of course, but not as much as you might think.

FREEBANDZZZZ - September 29, 2015, 1:42 pm

(Sep 29, 2015 11:56 AM)Jester Race Wrote: [\[CITE\]](#) Your opinion on bulking is completely irrelevant. There is good reason to bulk then cut. Don't come here telling people how you developed your own methods for sculpting your body to perfection when your progress for 6 years of lifting is terribad.

Didn't you know? all these kids are IFBB pro's they don't even need to bulk the muscle just

magically appears in a caloric deficit.

paloma728 - September 29, 2015, 5:12 pm

(Sep 29, 2015 11:50 AM)Introspection Wrote: [\[CITE\]](#) I know how the typical cut and bulking phase works, and I believe it's complete unnecessary. I'm realizing I'm only wasting my time trying to get my point across, but just to end it on this note:

If you put on 12 lbs in 3 weeks, I can guarantee you that at LEAST 10 pounds of it is fat. There's a term for that: dirty bulking.

Best wishes, my friend. I hope to share our accomplishments around December.Lol "dirty bulking", no such thing

Want to gain less fat on a bulk? do it slow

ida - September 29, 2015, 5:21 pm

(Sep 29, 2015 11:50 AM)Introspection Wrote: [\[CITE\]](#) I know how the typical cut and bulking phase works, and I believe it's complete unnecessary. I'm realizing I'm only wasting my time trying to get my point across, but just to end it on this note:

If you put on 12 lbs in 3 weeks, I can guarantee you that at LEAST 10 pounds of it is fat. There's a term for that: dirty bulking.

Best wishes, my friend. I hope to share our accomplishments around December.
Did you expect your weight gain to be 100% lean muscle on a caloric surplus?

Also, who the fuck puts on 12 lbs in 3 weeks? Most of that will probably be water weight.

(Sep 29, 2015 05:12 PM)paloma728 Wrote: [\[CITE\]](#) Lol "dirty bulking", no such thing

Want to gain less fat on a bulk? do it slow
Isn't that the term for eating above 500+ caloric surplus?

paloma728 - September 29, 2015, 5:24 pm

(Sep 29, 2015 05:21 PM)Lani Wrote: [\[CITE\]](#) Isn't that the term for eating above 500+ caloric surplus? I like to go by percent but yes, my mistake i thought he was talking about eating food.

I consider the term "dirty bulking" only to be used on how much a person eats, not what they eat

Hawk HF - September 29, 2015, 5:29 pm

(Sep 29, 2015 05:21 PM)Lani Wrote: [\[CITE\]](#) Also, who the fuck puts on 12 lbs in 3 weeks? Most of that will probably be water weight.

Correct, mostly water weight.

When I first weighed myself it was in the morning, and I hadn't been to the gym in about a month. When I weighed myself the second time it was in the evening, and I had been lifting consistently.

paloma728 - September 29, 2015, 5:33 pm

(Sep 29, 2015 05:21 PM)Lani Wrote: [\[CITE\]](#) Also, who the fuck puts on 12 lbs in 3 weeks? Most of that will probably be water weight.

Last three weeks i gained 15lbs not hard just eat

Hawk HF - December 10, 2015, 7:33 pm

Posted an update in the OP. Let me know what you guys think.

I feel like I've been doing some serious bulking over the past few months and am ready to start cutting.

Caliban - December 11, 2015, 6:20 am

Awesome pics. Great size. Look thick. Solid. Tight. Keep us all posted on your continued progress with any new progress pics or vid clips. Show us what you got man. Wanna see how freakin' huge, solid, thick and tight you can get. Thanks for the motivation.

Prophet Banana - December 11, 2015, 12:15 pm

Gains 10 pounds in less than a month and sucks in his belly to pretend he hasn't gained any body fat (Sep 28, 2015). This guy is a fraud!

Hawk HF - December 11, 2015, 1:38 pm

(Dec 11, 2015 01:15 PM)Prophet Banana Wrote: [\[CITE\]](#) Gains 10 pounds in less than a month and sucks in his belly to pretend he hasn't gained any body fat (Sep 28, 2015). This guy is a fraud! There are a few reasons that I reported 10 pounds of weight gain in one month.

When I first weighed myself, I hadn't been to the gym for about a month. The lack of muscle use lead to less water retention in the muscles which means there was more water weight in the second image.

In the first image, I weighed myself in the morning, and in the second image, I weighed myself in the afternoon right after a workout. As you probably know, your body fluctuates 5+ pounds daily.

GodfatherRF - December 11, 2015, 3:50 pm

Good for you that you're doing this. Also cool that you're updating to let us others follow you on your journey. I'm kind of doing something similar, except I'm just trying to reach my goal with benchpress, which is to be able to do 80kg 5x5 :D

Mirlol - December 11, 2015, 11:09 pm

Any sort of help you need OP just pm, studying to become a nutritionist myself ATM. Also what supplements are you using?

Doodlegod - December 11, 2015, 11:12 pm

Ah, throwback I was the first poster on this thread lol! Nice gains man, keep it up.

Hawk HF - December 12, 2015, 6:05 am

(Dec 12, 2015 12:09 AM)Mirlol Wrote: [\[CITE\]](#) Any sort of help you need OP just pm, studying to become a nutritionist myself ATM. Also what supplements are you using?

For bulking I was using Amplified Mass XXX. It's basically a protein-creatine blend that had 1,000 calories per serving when mixed with milk. I'm definitely satisfied with the results.

Now that I'm cutting I picked up some Amplified 100% Whey Protein. It's only 120 calories with 24g of protein which is awesome. The flavor isn't as good, but it's sill tolerable.

Hawk HF - January 4, 2018, 7:59 pm

Threw some new pics up.

?

Jiren - *January 5, 2018, 6:43 am*

Nice achievement mate should be proud of yourself. I am trying to bulk as well, was skinny but gaining weight as time goes on.