

Forum:[Hack Forums](#)

Thread: [*HELP NEEDED* 15 Years Old - Exercise/Fitness Plan](#)

CodComedyTJ - October 11, 2015, 11:50 am

Basically I'm a chubby 15 year old and I need to do something about it.

My Plan:

I'm doing a 1 hour walk per day monday-friday.

I'm gonna be doing 1 hour also of like exercise bike, mixed with ab exercises, like situps, spring rowers, etc.

I'm gonna be using my weights too.

I'm 100% quitting bad food and bad drinks, and just sticking to fruit, veg, and alot of water.

Can someone please give me a exercise routine please? Would really appreciate it.

I did have green tea supplements but my mum caught them and took them off of me. I can easily order more if needed as long as she doesn't open the package.

My Available Equipment

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

If possible someone could split my exercise session up into parts.

Example: 20 mins one thing, 20 mins the other thing, etc.

Would be really appreciated :) As I'm currently wanting the weights also to build muscle while losing weight :)

Jester Race - October 11, 2015, 12:31 pm

Don't even bother trying to gain muscle while losing fat.

Now losing weight is 100% about calories in/out, calculate your TDEE online and subtract 500 to lose weight at steady pace(about 1lb/week.) Lifting weight helps your preserve muscle which you already have.

Read this: <http://www.liamrosen.com/fitness.html> It pretty much sums up everything you need to know.

Spoiler [\(Click to View\)](#) Your mum took off your green tea supplements? ? ? ? ? ?

CodComedyTJ - October 11, 2015, 1:23 pm

(Oct 11, 2015 12:31 PM)Jester Race Wrote: [\[CITE\]](#) Don't even bother trying to gain muscle while losing fat.

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So should I do a mix of them both anyway? Like 30 mins cardio, 30 mins weight lifting. So I lose a lil weight, and gain a lil muscle?

Jester Race - October 11, 2015, 1:46 pm

(Oct 11, 2015 01:23 PM)CodComedyTJ Wrote: [\[CITE\]](#) So should I do a mix of them both anyway? Like 30 mins cardio, 30 mins weight lifting. So I lose a lil weight, and gain a lil muscle?

You either lose muscle and fat or gain muscle and fat. Cardio doesn't make you lose wight nor weightlifting make you gain muscle. You lose fat and muscle when on calorie deficit and gain fat and muscle when on calorie surplus, provided that you stimulate them enough.. Your equipment isn't enough to stimulate your muscles tbh, so don't except much muscle gain even if you lifted weights and ate at calorie surplus.

ida - October 11, 2015, 2:41 pm

(Oct 11, 2015 01:46 PM)Jester Race Wrote: [\[CITE\]](#) You either lose muscle or gain fat. Cardio doesn't make you lose wight nor weightlifting make you gain muscle. You lose fat and muscle when on calorie deficit and gain fat and muscle when on calorie surplus.

And the most stupid post of the year award goes to...

Jester Race - October 11, 2015, 3:26 pm

(Oct 11, 2015 02:41 PM)Lani Wrote: [\[CITE\]](#) And the most stupid post of the year award goes to... If you are refering to the very first sentence it was obv. brain malfunction >.>