

Forum:[Hack Forums](#)

Thread: [\[The Order\] General Fitness HelpDesk | Routines | Nutrition | Advice](#)

Scymo - February 28, 2016, 6:19 am

General Fitness Help Desk

Hello, and welcome to the official The Order 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.

These include but are not limited to:

- Workout Routines
- Meal Plans
- Losing Fat
- Supplementation
- Steroids
- 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.

minimalist - February 28, 2016, 6:21 am

Quote:These include but are not limited to: FTFY

Good luck, Scymo :)

FreeAnneFrank - February 28, 2016, 6:22 am

Hi I am doing K1 Kickboxing and Muay Thai (Thai boxing) and I am soon having a tournament. I want to lose a few kilograms as I need to lose about 4 kilos.

I am going to my gym about 3-4 times between monday - friday for about 1 hour every day + 3 hours on saturday.

Any tips? Should I do special exercises or should I do any kind of diet? I have like 3 weeks time.

Scymo - February 28, 2016, 6:22 am

(Feb 28, 2016 07:21 AM)Minimalist Wrote: [\[CITE\]](#) FTFY

Good luck, Scymo :)

Good catch, thank you.

(Feb 28, 2016 07:22 AM)DefinitelyNotAFed Wrote: [\[CITE\]](#) Hi I am doing K1 Kickboxing and Muay Thai (Thai boxing) and I am soon having a tournament. I want to lose a few kilograms as I need to lose about 4 kilos.

I am going to my gym about 3-4 times between monday - friday for about 1 hour every day + 3 hours on saturday.

Any tips? Should I do special exercises or should I do any kind of diet? I have like 3 weeks time. If you are currently tracking what you eat, eat at a 500 calorie deficit for the next 2 weeks, then return to normal caloric consumption for the last week so you don't feel depleted for your tournament.

Also, are you doing any cardio on your days off?

FreeAnneFrank - February 28, 2016, 6:30 am

(Feb 28, 2016 07:22 AM)Scymo Wrote: [\[CITE\]](#) Good catch, thank you.

If you are currently tracking what you eat, eat at a 500 calorie deficit for the next 2 weeks, then return to normal caloric consumption for the last week so you don't feel depleted for your tournament.

Also, are you doing any cardio on your days off?

Nope I am not doing any cardio. On my days off I just do a bit squads, push and sit ups and that stuff

Scymo - February 28, 2016, 6:37 am

(Feb 28, 2016 07:30 AM)DefinitelyNotAFed Wrote: [\[CITE\]](#) Nope I am not doing any cardio. On my days off I just do a bit squads, push and sit ups and that stuff

Definitely do some cardio in the morning, a simple 3 mile jog would assist in losing weight faster.

Heart of Kings - February 28, 2016, 8:37 am

I'm trying to gain weight, a lot of weight. Should I do cardio or will it make me lose weight?

Scymo - February 28, 2016, 8:42 am

(Feb 28, 2016 09:37 AM)Rabies¥ Wrote: [\[CITE\]](#) I'm trying to gain weight, a lot of weight. Should I do cardio or will it make me lose weight?

The whole cardio kills gain thing is a meme.

As long as your'e consuming more calories than you burn off, cardio is fine.

KingOfSleeping - February 28, 2016, 9:13 am

Should I take creatine before or after atm and I'm 14 I'll list my lifts below.

Wide Grip Bench Press:155lbs

Squats;145

Deadlift:225

Overhead Press (seated):105

Dumbell Curl:45

Barbell Curl:85
These are my maxs

Caliban - February 28, 2016, 11:22 am

Any advice on clicking/snapping shoulders? My left shoulder clicks/snaps since some months, there is no pain but it feels weird. I tried doing alot of rotator cuff exercises and soft tissue massage with the lacrosse ball but it doesnt really seem to help.

Scymo - February 28, 2016, 4:51 pm

(Feb 28, 2016 10:13 AM)RedPath Wrote: [\[CITE\]](#) Should I take creatine before or after atm and I'm 14 I'll list my lifts below.

Wide Grip Bench Press:155lbs

Squats;145

Deadlift:225

Overhead Press (seated):105

Dumbbell Curl:45

Barbell Curl:85

These are my maxs

Feel free to take it now.

5g a day is all you need. Make sure to drink AT LEAST 1 gallon of water a day.

ZYZZ BRAHHH - February 28, 2016, 8:48 pm

(Feb 28, 2016 12:22 PM)?lbert Wesker Wrote: [\[CITE\]](#) Any advice on clicking/snapping shoulders? My left shoulder clicks/snaps since some months, there is no pain but it feels weird. I tried doing alot of rotator cuff exercises and soft tissue massage with the lacrosse ball but it doesnt really seem to help.Lolol I feel you, both my bro's have shoulder injuries. Keep doing that mobility work it will feel much better, or take a little break from benching is what helped me.

Scymo - March 3, 2016, 4:54 pm

(Feb 28, 2016 12:22 PM)?lbert Wesker Wrote: [\[CITE\]](#) Any advice on clicking/snapping shoulders? My left shoulder clicks/snaps since some months, there is no pain but it feels weird. I tried doing alot of rotator cuff exercises and soft tissue massage with the lacrosse ball but it doesnt really seem to help.If you're not properly warmed up and hear a crack on the first couple of repetitions, sometimes that's gas released from the joint.

Before doing shoulders, grab some light dumb bells and do this:

Y: Bring hands from your side and raise your arms in a Y position like you're spelling the Y in YMCA, or like a gymnast completing a routine.

T: Raise arms out to sides so they make a T.

A: Start in a Y position and pull your arms straight down so you have a foot between your hands and legs on both sides.

W: Start with arms in T position, bend your elbows, and face your palms toward your head. That is more for rotator cuffs.

kurorolucifer23 - March 4, 2016, 10:41 pm

I need to lose weight since Im going for a holiday.. I only have 2 months to do this.. I dont have time going to gym,Im on 76 kg right now but im looking forward to lose 10 kg in 2 months is this even possible? im not looking to become bulky or to have 6 pack abs,, my only goal is to lose some weight. so my questions are:

1. What should I eat? whey protein? which brand? and what should I look for when buying this stuff.
2. What exercise routine at home I can do? I don't have experience going to gym so I don't know lots of exercises, I don't have time to go there so I can only do it at my house. Can you give me a good video link for a full exercise I can do.
3. What is a good slimming tea? or sliiming shake? food? or anything about slimming I can eat? or drink? thanks
4. There's heaps of tutorials on google and heaps of reference but I dont know where to start with. and which are the best one to do. So if you guys can Link me a good reference and exercises will be good. Thank you

Scymo - March 5, 2016, 6:37 am

(Mar 4, 2016 11:41 PM)kurorolucifer23 Wrote: [\[CITE\]](#) I need to lose weight since Im going for a holiday.. I only have 2 months to do this.. I dont have time going to gym,Im on 76 kg right now but im looking forward to lose 10 kg in 2 months is this even possible? im not looking to become bulky or to have 6 pack abs,, my only goal is to lose some weight. so my questions are:

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Yes, losing that is definitely possible.

1. Whey protein - bets protein for the cost is <http://us.myprotein.com/home.dept>

2. Best bodyweight excersizes you can do at home are found here

<http://litl.pw/Sjq0g>

3. They're all fake and placebo garbage. No "slimming tea" actually works. Just eat less calories

4. Best reference i can give: <http://liamrosen.com/fitness.html>

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Goods - March 5, 2016, 7:13 am

Alot of people in this section need this kind of thing.

Alot of people in this section dont think they need this but really do....

Scymo - March 5, 2016, 12:27 pm

(Mar 5, 2016 08:13 AM)Goods Wrote: [\[CITE\]](#) Alot of people in this section need this kind of thing.

Alot of people in this section dont think they need this but really do....

Yea, a lot of users just jump into fitness blindly, this should help them out.

Caliban - March 5, 2016, 2:09 pm

(Mar 3, 2016 05:54 PM)Scymo Wrote: [\[CITE\]](#) If you're not properly warmed up and hear a crack on the first couple of repetitions, sometimes that's gas released from the joint.

Before doing shoulders, grab some light dumb bells and do this:

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W: Start with arms in T position, bend your elbows, and face your palms toward your head. That is more for rotator cuffs.

Thanks for the advice.

Im already doing this kind of exercises, also i stretch my lat and pecs to release the shoulder. I think i might have a small tear somewhere in my rotator cuff, i hope it will heal.

Scymo - March 7, 2016, 1:20 pm

(Mar 5, 2016 03:09 PM)?lbert Wesker Wrote: [\[CITE\]](#) Thanks for the advice.

Im already doing this kind of exercises, also i stretch my lat and pecs to release the shoulder. I think i might have a small tear somewhere in my rotator cuff, i hope it will heal.

No problem.

I'm not trained in sports medicine, so I can't exactly help you on the last part.

ZenLove - March 8, 2016, 10:30 am

(Feb 28, 2016 09:42 AM)Scymo Wrote: [\[CITE\]](#) The whole cardio kills gain thing is a meme.

As long as your'e consuming more calories than you burn off, cardio is fine.

I can't believe this. Someone speaks the truth for once...

Scymo - March 8, 2016, 1:39 pm

(Mar 8, 2016 11:30 AM)Envieuse Wrote: [\[CITE\]](#) I can't believe this. Someone speaks the truth for once...

Thank you, just doing my job. ?

G*59 - March 8, 2016, 2:44 pm

[quote='Scymo' pid='50064636' dateline='1457188629']

Yes, losing that is definitely possible.

1. Whey protein - best protein for the cost is <http://us.myprotein.com/home.dept>

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I'm looking to do something similar. I'm somewhat slim but I'd like to burn some extra fat off

How often should those exercises be done? and what nutrients should I worry about (carbs, protein, etc)

Thanks for this, your giving out great advice ?

Scymo - March 8, 2016, 2:47 pm

(Mar 8, 2016 03:44 PM)matrixninja Wrote: [\[CITE\]](#) (Mar 5, 2016 07:37 AM)Scymo Wrote: [\[CITE\]](#) Yes, losing that is definitely possible.

1. Whey protein - best protein for the cost is <http://us.myprotein.com/home.dept>

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I'm looking to do something similar. I'm somewhat slim but I'd like to burn some extra fat off

How often should those exercises be done? and what nutrients should I worry about (carbs, protein, etc)

Thanks for this, your giving out great advice ?

The workouts are 4x week.

As long as you have a healthy diet, only really be concerned with the amount of protein you take in. Since you're slimming down, make sure you keep your fat low and slightly decrease your carbs.

Thanks. ?

Wizzup - March 10, 2016, 4:39 am

Is it okay to give a muscle group 2 days of rest then hitting it again for example:

Monday - Chest/Triceps

Tuesday - Back/Biceps

Wednesday - Shoulder/Legs

Thursday - Chest/Triceps

etc...

When should people stop bulking and start a cutting phase?

Scymo - March 10, 2016, 1:52 pm

(Mar 10, 2016 05:39 AM)Wizzup Wrote: [\[CITE\]](#) Is it okay to give a muscle group 2 days of rest then

hitting it again for example:

Monday - Chest/Triceps
Tuesday - Back/Biceps
Wednesday - Shoulder/Legs
Thursday - Chest/Triceps
etc...

When should people stop bulking and start a cutting phase? That's fine, that's a common routine.
Stop bulking when your bodyfat exceeds 15%

NKVD - March 12, 2016, 3:39 am

Does exerting my sexual energy into 2D anime girls negatively affect my gains?

Jester Race - March 12, 2016, 4:28 am

(Mar 8, 2016 03:47 PM)Scymo Wrote: [\[CITE\]](#) The workouts are 4x week.

As long as you have a healthy diet, only really be concerned with the amount of protein you take in.
Since you're slimming down, make sure you keep your fat low and slightly decrease your carbs.

Thanks. ?

Yes keep fats low and suffer from low test, great idea.

Scymo - March 12, 2016, 9:01 am

(Mar 12, 2016 04:39 AM)Alby Wrote: [\[CITE\]](#) Does exerting my sexual energy into 2D anime girls negatively affect my gains?

Do it once a week for maximum testosterone benefits

Wallet - March 12, 2016, 9:14 am

I drink 1.5 litres of whole milk daily, is that healthy

Dylan. - March 12, 2016, 11:29 am

(Mar 12, 2016 10:14 AM)Wallet Wrote: [\[CITE\]](#) I drink 1.5 litres of whole milk daily, is that healthy
Not sure if srs, if srs look up what cows milk actually does

Jester Race - March 12, 2016, 12:18 pm

(Mar 12, 2016 12:29 PM)Dylan. Wrote: [\[CITE\]](#) Not sure if srs, if srs look up what cows milk actually does

Have u been readin Marxist's milk conspiracy posts

Wallet - March 12, 2016, 2:09 pm

I srs drink that amount every day

Caliban - March 12, 2016, 2:52 pm

(Mar 12, 2016 03:09 PM)Wallet Wrote: [\[CITE\]](#) I srs drink that amount every day
unhealthy as fuark man. srsly

i had a time where i drank 1l milk everyday + all kinds of milk products and it made me fart like crazy + feeling bloated.

Now that i cutted back on it i feel alot better lmao

Also there are far better protein/calcium sources than milk.

Dylan. - March 12, 2016, 8:02 pm

(Mar 12, 2016 01:18 PM)Jester Race Wrote: [\[CITE\]](#) Have u been readin Marxist's milk conspiracy postsNo I trolled that guy so hard he blocked me on here lol, haven't seen any of his milk posts.

ZYZZ BRAHHH - March 12, 2016, 8:08 pm

Why does milk make me shit myself. Only milk but ice cream doesn't hurt as much.

Dystance - March 12, 2016, 8:22 pm

(Mar 12, 2016 09:08 PM)Joehan Brahh Wrote: [\[CITE\]](#) Why does milk make me shit myself. Only milk but ice cream doesn't hurt as much.

Your body is missing the enzyme to properly digest lactose foods. (learned this the other day in my health 202 class lol). I have the same problem, I usually take a supplement to help with the breakdown process with dairy products.

Wallet - March 13, 2016, 1:37 am

Diary is important for brein gainz

Caliban - March 13, 2016, 4:25 am

(Mar 12, 2016 09:08 PM)Joehan Brahh Wrote: [\[CITE\]](#) Why does milk make me shit myself. Only milk but ice cream doesn't hurt as much.

ikr?

same fucking thing with me, i can eat ice cream and yoghurt all day every day but when i drink alot of milk the toilet bowl is gonna b explodin'. Try combining milk with 200g-300g of oats and eat other foods like garlic/onions for more happiness btw. And dont forget to eat fast as fuck, dont chew on that shit brah

Hawk HF - March 13, 2016, 5:29 am

I drink tons of milk. It's never bothered me.

6LACK EA6 - March 13, 2016, 6:15 am

Some of you may remember me as I've been bugging this section this whole week and after some technical issues with logistics I'll be starting Stronglifts 5x5 tomorrow and I have a couple of newb questions if you guys don't mind.

I'm 22, 120kg/265lbs, 1.85cms /6'1" so it's safe to say that I'm quite overweight and out of shape. I plan on doing SL 5x5 on Mon-Wed-Fri and adding cardio at the gym for about 25-30 mins after each workout (prolly gym bike?, I hate doing the stairs lol) and 30 mins of walking on my off days (Tue-Thurds-Sat).

I'm not sure if it's broscience but I've been told that SL 5x5 will work in terms of losing fat and gaining mass if I eat at a maintenance, also, if I eat a surplus of calories while lifting and the weights become heavier will muscle gain be much harder? Just how much in terms of calories should consume, I don't think I have a need to surpass my TDEE.

Now I did my research and I'm aware that I'll need to keep my diet in check and down the road while the lifting increases it'll be much harder to add any accessory workouts to 5x5, but as a total newb who's never messed around with lifting am I on a good path to lose weights while lifting?

Wallet - March 13, 2016, 6:31 am

Yup. It's a easy protocol and program to follow. I would do about 10-15mins of HIIT cardio on the threadmill after training, google HIIT. If you eat at a caloric surplus you will gain weight, muscle will be packing on, but there will also be more water weight, and a little bit of fat if you eat in an excessive surplus. If you never worked out, you will gain muscle and become in better shape no matter what due to newb gains. After a while you need to be serious about your game and eat

consistently at a surplus to gain muscle and strength.

Scymo - March 13, 2016, 8:23 am

(Mar 13, 2016 06:15 AM)Durt Cobain Wrote: [\[CITE\]](#) Some of you may remember me as I've been bugging this section this whole week and after some technical issues with logistics I'll be starting Stronglifts 5x5 tomorrow and I have a couple of newb questions if you guys don't mind.

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Eat at a maintenance to build muscle while dicing off some of that excess fat.

6LACK EA6 - March 13, 2016, 10:31 am

(Mar 13, 2016 06:31 AM)Wallet Wrote: [\[CITE\]](#) Yup. It's a easy protocol and program to follow. I would do about 10-15mins of HIIT cardio on the treadmill after training, google HIIT. If you eat at a caloric surplus you will gain weight, muscle will be packing on, but there will also be more water weight, and a little bit of fat if you eat in an excessive surplus. If you never worked out, you will gain muscle and become in better shape no matter what due to newb gains. After a while you need to be serious about your game and eat consistently at a surplus to gain muscle and strength.

Thank for your elp, that was really informative, as per usual with everything on te net I rea something on a website which I wasn't able to find anywhere else, and it was a bit discouraging for me since I'm a newb and I don't even know my ody fat %, anyway here's what it said:

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

Quote:If you are really fat (above 40% BF), your main priority should be losing weight through diet and some exercising.

You can still do StrongLifts 5x5, but in our humble opinion it would be better to focus completely on cutting down the fat and then start StrongLifts 5x5 or other barbell program once you are 20-25% BF.

StrongLifts 5x5 is not the best routine for cutting fat regardless of what the brainwashed fans say. When you are above 40% BF chances are you will have really hard time learning how to squat properly because of the extra mass. You can still do it, probably, but it's better to become more athletic in order to learn proper mechanics faster and easier.

What's an 'ok' body fat to start StrongLifts 5x5?

About 20-27% BF for males and a little more for females seems to be about right. You still won't be as lean as you would probably like to be but the mechanics of your lifts will not be affected.

Of course, once you go down to 10% BF you will still lose some strength. It's inevitable unless you

are on steroids. Naturals bodybuilders have really hard time maintaining strength and work capacity on a cut.

Like I said, I didn't see these body fat number just being thrown out there on other websites so should I be concerned with this? I don't think I'm at 40% BF lol.

Wallet - March 13, 2016, 11:52 am

I highly doubt you have 40% bf. Im about 209 @ 6ft and Im not fat, but I train. A good way to become terrible is to overanalyze. Get into the gym, track calories, find your maintaining calorie amount, stay at a maintaining rate to recomp your body. Starting out with a SL and hitting cardio 2 or 3 a week will be highly beneficial to your health and you will see gains as long as you stay consistent with your regime.

Being strong is never a weakness ;)

6LACK EA6 - March 13, 2016, 12:05 pm

(Mar 13, 2016 11:52 AM)Wallet Wrote: [\[CITE\]](#) I highly doubt you have 40% bf. Im about 209 @ 6ft and Im not fat, but I train. A good way to become terrible is to overanalyze. Get into the gym, track calories, find your maintaining calorie amount, stay at a maintaining rate to recomp your body. Starting out with a SL and hitting cardio 2 or 3 a week will be highly beneficial to your health and you will see gains as long as you stay consistent with your regime.

Being strong is never a weakness ;)

Hey man thanks for helping me out with this I guess I just read too much about SL and others' experiences and thoughts, much appreciated.

Scymo - March 22, 2016, 4:31 pm

Closed due to departure from Specialists.

Scymo - March 25, 2016, 11:37 am

Open again. Ready to assist!

ZYZZ BRAHHH - March 26, 2016, 6:15 am

If you are new read this pls. It will answer the why aren't I gaining/Why aren't I losing questions.

minimalist - March 26, 2016, 6:16 am

You should replace the header in the OP with Nightmare's.

Scymo - March 26, 2016, 7:46 am

(Mar 26, 2016 06:16 AM)Minimalist Wrote: [\[CITE\]](#) You should replace the header in the OP with Nightmare's.

Will do.

Scymo - March 27, 2016, 7:26 pm

Feel free to PM me as well if you are uncomfortable posting, as a lot of members have been doing that lately.

??Austin?? - March 27, 2016, 9:17 pm

I've been getting wrist pain from setting weight down from seated overhead press. Any tips for not messing up wrists?

Scymo - March 28, 2016, 12:12 pm

(Mar 27, 2016 09:17 PM)??Austin?? Wrote: [\[CITE\]](#) I've been getting wrist pain from setting weight down from seated overhead press. Any tips for not messing up wrists?invest in wrist wraps and keep your freaking wrists straight.

do some forearm curls if you need to.

Grimzyy - March 28, 2016, 1:55 pm

Can I get bigger ears by doing ear shrugs?

Scymo - March 28, 2016, 2:50 pm

(Mar 28, 2016 01:55 PM)Blackness Wrote: [\[CITE\]](#) Can I get bigger ears by doing ear shrugs?manlets get off my thread

ZYZZ BRAHHH - March 28, 2016, 3:03 pm

(Mar 28, 2016 01:55 PM)Blackness Wrote: [\[CITE\]](#) Can I get bigger ears by doing ear shrugs?Wtf. What do you think of training neck? Wouldn't a big neck look nice?

Grimzyy - March 28, 2016, 6:19 pm

(Mar 28, 2016 03:03 PM)ZYZZ BRAHHH Wrote: [\[CITE\]](#) Wtf. What do you think of training neck? Wouldn't a big neck look nice?

I've got up to 60kg on the neck press fair to say I look like a giraffe now

Scymo - March 28, 2016, 7:21 pm

(Mar 28, 2016 06:19 PM)Blackness Wrote: [\[CITE\]](#) I've got up to 60kg on the neck press fair to say I look like a giraffe now
manlets please leave

Grimzyy - March 29, 2016, 5:22 pm

(Mar 28, 2016 07:21 PM)Scymo Wrote: [\[CITE\]](#) manlets please leave
We love you really, just keeping your thread alive

On a serious note what are the solutions to love handles? I see some appearing a bit I've recently started deadlifting again hoping this will cure it keeping in mind I'm bulking clean

Scymo - April 17, 2016, 5:27 pm

Re-opening this, but changing it beacuse fuck nightmare

ZYZZ BRAHHH - April 18, 2016, 12:31 am

Good read recommend 100 percent.

Jay Rock - April 18, 2016, 9:30 am

Not sure if this has been answered or not, but what makes you 'qualified' to give advice?

Enni Riverra - April 18, 2016, 11:55 am

Suggest me a hypertrophy routine, 3-4x times a week and without pullups because i suck at that.

ZYZZ BRAHHH - April 18, 2016, 12:04 pm

(Apr 18, 2016 09:30 AM)Jay Rock Wrote: [\[CITE\]](#) Not sure if this has been answered or not, but what makes you 'qualified' to give advice?Are you trying to say this information is false thus discrediting him to give advice?

Scymo - April 18, 2016, 12:18 pm

(Apr 18, 2016 09:30 AM)Jay Rock Wrote: [\[CITE\]](#) Not sure if this has been answered or not, but what makes you 'qualified' to give advice?
you think you can do better?

Nick - April 18, 2016, 1:00 pm

I am currently 290lbs, 6', I have 29% BF, and am looking to lose some weight. I have been trying to find an eating schedule/nutrition menu, but it's really hard to do, as I am unsure of where to start. My schedule is - Sunday through Thursday 2PM-11PM work(Generally wake up around 10 next morning) and I am off on Friday + Saturday. I am trying to find when I should eat my meals, and frankly, what I should eat. I went out and purchased some lean chicken, black beans, brown rice, spinach, and I have enough eggs to last me a long time. I drink in excess of 1 Gallon of water a day, and last week started cutting all soda, fruit juices, and milk(Basically everything that isn't water) out of my diet. My goal is to get down to 14% BF for now, then after that hopefully in the single digits. If you could get back to me via PM, or even post here, I would greatly appreciate it. Thank you a ton for this opportunity!

Jester Race - April 18, 2016, 1:36 pm

(Apr 18, 2016 12:18 PM)Mars Wrote: [\[CITE\]](#) you think you can do better?Considering you post stuff like this,his question was good since this is literally worst advice you can give to anyone

(Mar 13, 2016 08:23 AM)Mars Wrote: [\[CITE\]](#) If you're already overweight, eating at a surplus will just add additional fat.

Eat at a maintenance to build muscle while dicing off some of that excess fat.

Jay Rock - April 18, 2016, 1:45 pm

(Apr 18, 2016 12:04 PM)ZYZZ BRAHHH Wrote: [\[CITE\]](#) Are you trying to say this information is false thus discrediting him to give advice?Your putting words into my mouth. That was never implied, I am curious

(Apr 18, 2016 12:18 PM)Mars Wrote: [\[CITE\]](#) you think you can do better?Why so hostile lol? I just want to know why you believe you can give advice. Do you have any past experiences regarding fitness?

I dont know about anyone else but I like credible advice

ZYZZ BRAHHH - April 18, 2016, 11:09 pm

(Apr 18, 2016 01:36 PM)Jester Race Wrote: [\[CITE\]](#) Considering you post stuff like this,his question was good since this is literally worst advice you can give to anyoneI never did understand the whole concept of recomping as most call it. I can't seem to ever find a good read about this subject only helpful info I got was from Ramsine when he said it defies laws of physics. But thinking about it now. If you take one week bulking lets say you put on 0.25-0.5 pounds of muscle then next week you go in a calorie deficit and lose 1lb. Zig Zag diet is what it's called from what I found online. I think it's officially 4 high cal days or 3 low cal days. I'm mind fucked right now, it would make sense because after a day where cals are low metabolism won't adjust because the next day you'll be bulking. This is a completely new concept to me, what do you personally think? I understand you would have to be a new lifter.

Jester Race - April 19, 2016, 12:25 pm

(Apr 18, 2016 11:09 PM)ZYZZ BRAHHH Wrote: [\[CITE\]](#) I never did understand the whole concept of recomping as most call it. I can't seem to ever find a good read about this subject only helpful info I got was from Ramsine when he said it defies laws of physics. But thinking about it now. If you take one week bulking lets say you put on 0.25-0.5 pounds of muscle then next week you go in a calorie deficit and lose 1lb. Zig Zag diet is what it's called from what I found online. I think it's officially 4 high cal days or 3 low cal days. I'm mind fucked right now, it would make sense because after a day where cals are low metabolism won't adjust because the next day you'll be bulking. This is a completely new concept to me, what do you personally think? I understand you would have to be a new lifter.You wouldn't still gain muscle and lose fat simultaneously, but build slight amount of muscle, and after that burn slight amount of fat. It's ineffective due to the minor amount of progress and you're better off bulking and cutting like normally. Eating at maintenance is also probably worst

thing you can do since you do absolutely no progress.

ZYZZ BRAHHH - April 20, 2016, 12:52 am

(Apr 19, 2016 12:25 PM)Jester Race Wrote: [\[CITE\]](#) You wouldn't still gain muscle and losf fat simultaneously, but build slight amount of muscle, and after that burn slight amount of fat. It's ineffective due to the minor amount of progress and you're better off bulking and cutting like nornally. Eating at maintenance is also probably worst thing you can do since you do absolutely no progress.Yeah your right it would just be a waste of time.