

Forum:[Hack Forums](#)

Thread: [\[Motivational Thread\] Gym Workout Progress](#)

Fire_Fire - April 29, 2016, 6:08 am

So why I created this thread?

[/color

I wanted to stop drugs & be in shape, so created it to motivate me and any other person who is skinny & thinks he/she can't be in shape.

[color=#1E90FF]What will I be doing in this thread?

I be posting pictures of my body to show my progress every 2 cycles

Before we start:

I'm 176 cm tall (5.7 feet) & 54.1 KG (119.2701)

These are the Supplements I bought: Serious Mass

Up Your Mass

Beef Amino Liquid by Body Attack

BCAA

Carolyn Pre-Workout

Cycle 1:

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

Cycle 2:

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

Little info about me:

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

I smoke synthetic weed daily. I smoke when going to college, after college with my college friends, and at night with my neighborhood friends. I consume around 5-6 grams/day. This shit makes me live in misery & makes me spend all my money and very addictive. Yesterday I was sitting in my car with my friends smoking then the cops came & took me & 2 others. I got out & said after this lesson I won't be doing this shit again & I'll start a new life, instead of being "ghetto style" & staying in streets building my reputation up and going into fights etc. I'll live a good social life which includes going to clubs, meeting girls, go out with the non-ghetto attitude (if you understand me) & be refined. I have more than this to do in life & remove the black circles that I've got as for the gym I failed many times. I went to a gym near me & got unmotivated because I wasn't seeing any progress. The 2nd time I failed I went to gold's gym paid for 1 year bought my whey protein & paid for a personal trainer but also got unmotivated. I hope this thread motivates me ;)

khazzy - April 29, 2016, 7:14 am

Goodluck with your progress! Remember, you have to eat eat eat and eat, you're a skinny guy.
Diet is 75% of the work, gym is 15% and rest is 10%.

Fire_Fire - April 29, 2016, 7:19 am

(Apr 29, 2016 07:14 AM)khazzy Wrote: [\[CITE\]](#) Goodluck with your progress! Remember, you have to eat eat eat and eat, you're a skinny guy.

Diet is 75% of the work, gym is 15% and rest is 10%.

Yeah I'm working on this now I eat 6 times a day

khazzy - April 29, 2016, 7:22 am

(Apr 29, 2016 07:19 AM).Dark Wrote: [\[CITE\]](#) Yeah I'm working on this now I eat 6 times a day
6 meals a day should get you far, have you done research on what meals etc you should be cooking?

Personally, I recommend lean red meat/Sweet potatoes, white/brown rice, and some veggies.
If you need help with a diet plan, feel free to pm me :)

Fire_Fire - April 29, 2016, 10:43 pm

(Apr 29, 2016 07:22 AM)khazzy Wrote: [\[CITE\]](#) 6 meals a day should get you far, have you done research on what meals etc you should be cooking?

Personally, I recommend lean red meat/Sweet potatoes, white/brown rice, and some veggies.
If you need help with a diet plan, feel free to pm me :)1: Eggs & oats

2: Fruits/ Something small

3: Protien & Carbs

4: Same as 3

5: Fruits/ Something small

6: Yogurt & some toast/bread

Jester Race - April 30, 2016, 12:58 am

(Apr 29, 2016 10:43 PM).Dark Wrote: [\[CITE\]](#) 1: Eggs & oats

2: Fruits/ Something small

3: Protien & Carbs

4: Same as 3

5: Fruits/ Something small

6: Yogurt & some toast/breadIf you want to progress you should read this throughoutly.

<http://www.liamrosen.com/fitness.html>

SIM-2908357 - April 30, 2016, 12:59 am

5-6 Grams of synthetic weed a day? WTF?
how are you not dead yet?

good job on deciding to get #gainzzz though.

I tried it and got really into it. Going to the gym and weightlifting is my favorite hobby now.

Fire_Fire - April 30, 2016, 3:10 am

(Apr 30, 2016 12:58 AM)Jester Race Wrote: [\[CITE\]](#) If you want to progress you should read this throughoutly.

<http://www.liamrosen.com/fitness.html> Thanks bro I'll check this out now ;)

(Apr 30, 2016 12:59 AM)Akzius Wrote: [CITE](#) 5-6 Grams of synthetic weed a day? WTF?
how are you not dead yet?

good job on deciding to get #gainzz though.

I tried it and got really into it. Going to the gym and weightlifting is my favorite hobby now.

I hope this thread can motivate you more ;)

btw any one knows how I can a notification (simimlar to the message one) when someone posts to the threads i've subscribed to ?