

Forum:[Hack Forums](#)

Thread: [Taking a week off the gym](#)

frostbite - June 30, 2016, 8:36 am

from Friday until next week Friday I will be taking off of the gym. No working out of any kind for 1 week. I will jog on the day i don't work because at work I walk about 10 miles a day. I am using this time off too catch up on sleep, take care of my family, rest my muscles and feed up!

Pain - June 30, 2016, 8:36 am

What is your workout routine at the gym.

frostbite - June 30, 2016, 8:43 am

lol my routine is look in the mirror and see what needs improvement then work that out.

My work schedule is 2 days off 3 days on 2 days off 2 days on 3 days off.

so on the off days I go to the gym twice, on 3 days on I go the 2 last days and the 2 days on i go just the last day.

? **Death Disturbance ?** - June 30, 2016, 1:40 pm

(Jun 30, 2016 08:43 AM)Frostb1te Wrote: [\[CITE\]](#) lol my routine is look in the mirror and see what needs improvement then work that out.

I usually my work schedule is 2 days off 3 days on 2 days off 2 days on 3 days off.

so on the off days I go to the gym twice, on 3 days on I go the 2 last days and the 2 days on i go just the last day.

"lol"

Exactly what I did when I read your routine.

frostbite - June 30, 2016, 4:03 pm

I might get a massage in the meantime.

nipsey_hussle60 - June 30, 2016, 5:23 pm

Look pretty swoll Frosb1te! Curious of your age to put my gains into perspective. But also I am 6'4 Vs your 5'7 so I'll always have room to fill in!

frostbite - June 30, 2016, 5:25 pm

(Jun 30, 2016 05:23 PM)nipsey_hussle60 Wrote: [\[CITE\]](#) Look pretty swoll Frosb1te! Curious of your age to put my gains into perspective. But also I am 6'4 Vs your 5'7 so I'll always have room to fill in!! am 21 years old.

-Exiled- - June 30, 2016, 7:11 pm

(Jun 30, 2016 05:25 PM)Frostb1te Wrote: [\[CITE\]](#) I am 21 years old.

Bullshit you're 5'7 195. Either you're much taller or weigh much less.

Evanescant - June 30, 2016, 7:16 pm

You definitely need to rest those muscles in order to grow your your muscles.

But I personally think it'd be longest rest time.

frostbite - July 1, 2016, 7:40 am

(Jun 30, 2016 07:11 PM)-Exiled- Wrote: [\[CITE\]](#) Bullshit you're 5'7 195. Either you're much taller or weigh much less.

Whats so unrealistic about 195lbs at 5'7?

Grimzyy - July 1, 2016, 11:40 am

People just can't believe people who work out and use forums is all

Wallet - July 1, 2016, 12:33 pm

fuck cant wait for this deload week to come around now, im feelingso zapped.

frostbite - July 1, 2016, 12:36 pm

(Jul 1, 2016 12:33 PM)Wallet Wrote: [\[CITE\]](#) fuck cant wait for this deload week to come around now, im feelingso zapped.

:p i haven't had a week off since 6 years ago. It's always has been 3 days and sometimes up too 5 when i went out of town.

Wallet - July 1, 2016, 1:28 pm

(Jul 1, 2016 12:36 PM)Frostb1te Wrote: [\[CITE\]](#) :p i haven't had a week off since 6 years ago. It's always has been 3 days and sometimes up too 5 when i went out of town.

One thing I've done is reducing sex to twice or trice a week. Really gives me a fuckton more aggression lol

frostbite - July 1, 2016, 1:53 pm

(Jul 1, 2016 01:28 PM)Wallet Wrote: [\[CITE\]](#) One thing I've done is reducing sex to twice or trice a week. Really gives me a fuckton more aggression lol

Lol im at 2-3 times a day.

UNDERWIRE - July 1, 2016, 2:36 pm

It's a good idea to take at least a couple days off every couple months. It give any potential injuries developing a chance to heal, and overall some rest for the body.