

Forum:[Hack Forums](#)

Thread: [From overweight to ripped - in months?](#)

Granny Bacon - July 18, 2016, 4:05 pm

Hi,

I am tired of looking at myself in the mirror and be disappointed about how how I look.
I currently look like this, (approx, that is a google pic, just wanted to give u an idea lel):

[img]http://gabzz.pw/sharex/images/png/adq90.png[/img]

And I want to achieve this (approx) In like 4-6 months:

[img]http://gabzz.pw/sharex/images/png/3EVVI.png[/img]

Do you have any recommendations for diet?
Like with what diet can I achieve this?

Internet Explorer. - July 18, 2016, 4:08 pm

Download Pokémon GO!

My best piece of advice.

\$pooky - July 18, 2016, 4:08 pm

First off, there is a chance that when you diet down to that body fat percentage you wont have that body because of your lack of muscle development. Cutting should be a slow and enjoyable process. Ot will probably take you 9 months to get down to that body fat, and then i would do a lean bulk until you have mass and cut again. When your "skinny fat" its a 2 step process. Maybe you do have some muscle under all that - just resistance train 3-5 times a week and do 2/3 400-500 calorie cardio sessions and keep calories as high as possible on a 500 calorie deficit for your TDEE. gl

King Cin - July 18, 2016, 4:11 pm

Most people overestimate what they can do in a year, and underestimate what they can do over a longer period of time. Patience is a virtue.

If you really want to change your body and life for the better you'll have to stick through, and continue improving after that.

Parks - July 18, 2016, 4:14 pm

I'd reccomend taking a look at this thread [here](#) and learning how to cut. All it is to get down to that percentage of body fat is nutrition and weight training.

Granny Bacon - July 18, 2016, 4:17 pm

(Jul 18, 2016 04:14 PM)Parker Wrote: [\[CITE\]](#) I'd reccomend taking a look at this thread [here](#) and learning how to cut. All it is to get down to that percentage of body fat is nutrition and weight training.
Thank you so much sir, will take a look at it.

minimalist - July 18, 2016, 4:18 pm

Read this thread in full:

<https://hackforums.net/showthread.php?tid=5341267>

Pick some foods that you'd like to exclude from your diet and find some foods that you'd like to include in your diet. Read all about the diet in the guide linked above. Next, you'll need to devise a plan (a workout plan) that will fit your needs. Or, just pick one out from knowledgeable sources. If you want to skip the weights, then you won't get far - you won't look anything like your goal outcome.

Then, go out and follow through with it. 4-6 months certainly isn't enough for a transformation like that, but go out and see where hard work will take you.

aimware - July 18, 2016, 6:05 pm

Alright, if you want to do that you're gonna need to use steroids. Start working out, eating at maintenance and getting stronger. Once you've gotten decently strong, start on the roids, start dieting heavily, and work your ass off.

Tostig - July 18, 2016, 6:06 pm

You can lose weight in 4-6 months, but you will have to do a very intense workout regiment to achieve those results in less than 1.5 years. These things take time.

Clique - July 18, 2016, 9:17 pm

You can easily lose a massive amount of weight pretty fast but you'll be skinny fat for a few more months. I'd say it'll take about another year of work to shape up.