

Forum:[Hack Forums](#)

Thread: [300 pushups, 300 squats, 100 ab rolls](#)

Mr.Peanut II - January 17, 2017, 2:11 pm

Title says it all, I'm doing this challenge and posting a before and after for 30 days straight.

grail - January 17, 2017, 2:12 pm

I can do half of a pushup

I will post my before and after, after one month of doing half a pushup.

zhyreox - January 17, 2017, 2:13 pm

Good luck, might do this challenge myself.

Mr.Peanut II - January 17, 2017, 2:13 pm

(Jan 17, 2017 03:12 PM)Grail Wrote: [\[CITE\]](#) I can do half of a pushup

I will post my before and after, after one month of doing half a pushup.A foR effort

Maradonnie - January 17, 2017, 2:13 pm

Is this over one month, or a day, or in one sitting a day?

Mr.Peanut II - January 17, 2017, 2:14 pm

(Jan 17, 2017 03:13 PM)Maradonnie Wrote: [\[CITE\]](#) Is this over one month, or a day, or in one sitting a day?

doing this every day for a month might split morning and night time.

Maradonnie - January 17, 2017, 2:14 pm

(Jan 17, 2017 03:14 PM)Mr.Peanut II Wrote: [\[CITE\]](#) doing this every day, not that hard True, but everything you do is positive. Good luck man.

Mr.Peanut II - January 17, 2017, 2:15 pm

(Jan 17, 2017 03:14 PM)Maradonnie Wrote: [\[CITE\]](#) True, but everything you do is positive. Good luck man.

hopefully this motivates some people :D

(Jan 17, 2017 03:13 PM)zhyreox Wrote: [\[CITE\]](#) Good luck, might do this challenge myself.

Thanks

FiftyTwo - January 17, 2017, 2:17 pm

Do you take breaks during the activities (like 100 push-ups and then take a break, then another 100, etc) or is it non stop?

Fresh Khalifa - January 17, 2017, 2:17 pm

I'd probably pass out if I did that much stuff. I haven't even exercised in like 3 months....

Lucifer's Inferno - January 17, 2017, 2:18 pm

Honestly you can change this up a bit to get much better results. Do a combination of ab exercises & bodyweight exercise that equal out to the rep ranges you have specified at high intensity's for much better results.

HMU if you want a plan

Mr.Peanut II - January 17, 2017, 2:19 pm

(Jan 17, 2017 03:17 PM)FiftyTwo Wrote: [\[CITE\]](#) Do you take breaks during the activities (like 100 push-ups and then take a break, then another 100, etc) or is it non stop?
so heres my plan

Push-ups: 20 pushups, 30 sec break, 20 pushups 1 sec break....etc

Squats: 30 squats, 15 sec break, 30 squats, 15 sec break...etc

ab rolls: 10 ab rolls 20 sec break, 10 ab rolls 20 sec break....etc

(Jan 17, 2017 03:17 PM)CamoTech Wrote: [\[CITE\]](#) I'd probably pass out if I did that much stuff. I haven't even exercised in like 3 months....

this is a good start then

(Jan 17, 2017 03:18 PM)Lucifers Inferno Wrote: [\[CITE\]](#) Honestly you can change this up a bit to get much better results. Do a combination of ab exercises & bodyweight exercise that equal out to the rep ranges you have specified at high intensity's for much better results.

HMU if you want a plan

yea i figured but i just wanted to do this basic workout and show reults to prove that you dont need a gym for a well based body.

CloUd - January 17, 2017, 2:23 pm

Why not just do body resistance workouts ropes, bands, weights.. Calisthenics workouts like these don't do much, try dips pull ups, sprints. Try P90x it'll be better than this saves your more time.

Mr.Peanut II - January 17, 2017, 2:24 pm

(Jan 17, 2017 03:23 PM)Riku Wrote: [\[CITE\]](#) Why not just do body resistance workouts ropes, bands, weights.. Calisthenics workouts like these don't do much, try dips pull ups, sprints. Try P90x it'll be better than this saves your more time.

I'm already well built, was in crew, just doing this to show some results.... you know, the basics.

ddosfun - January 17, 2017, 2:25 pm

Great job, doing the same challenge eating 30 choclate puddings, 30 squirrels & 5 Cinnamon rolls

Lucifer's Inferno - January 17, 2017, 2:25 pm

(Jan 17, 2017 03:19 PM)Mr.Peanut II Wrote: [\[CITE\]](#) so heres my plan

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this is a good start then

yea i figured but i just wanted to do this basic workout and show reults to prove that you dont need a gym for a well based body.

Highly recommended this workout I wrote up for a user a couple of weeks back after you get the hang of your exercises.

High Intensity Interval Home Training

Spoiler ([Click to View](#))

When completing a round, you must complete all exercises for 30 seconds straight at the highest intensity you can. You must not rest inbetween any exercise during a round. At the end of each round, you have a break for exactly 45 seconds.

After you have completed all three rounds, this will be known as 1 set. If you are a beginner, try to complete at least one set without dying and repeat until you start to progress.

- 1 Set - Newbie
- 2 Sets - Intermediate
- 3 Sets - Advanced

It's a great workout.

Round 1
Body Weight Pushups
Incline Chair Pushups
Chair Dips

Round 2
One Legged Chair Squats
Chair Up Downs
Leg Ups

Round 3
Chair Sit Ups
3/4 Body Twists
Ankles to Arm Rail

Sotark - January 17, 2017, 2:25 pm

(Jan 17, 2017 03:19 PM)Mr.Peanut II Wrote: [\[CITE\]](#) yea i figured but i just wanted to do this basic workout and show reults to prove that you dont need a gym for a well based body.
post pics of physique before & after if that's your intent

Mr.Peanut II - January 17, 2017, 2:27 pm

(Jan 17, 2017 03:25 PM)Sotark Wrote: [\[CITE\]](#) post pics of physique before & after if that's your intent
Yea i will after im done. will posta pic tonight

aph3x - January 17, 2017, 2:27 pm

Well,if you could pull that for a whole month then good job my friend,but Im sorry for having to sayi it wont get you that far.

Have any idea about your current body fat %?

Key - January 17, 2017, 2:28 pm

good luck and ur body will look like a banana trust me i did this for 1 day and i broke my arm and it looks like a banana now

Mr.Peanut II - January 17, 2017, 2:28 pm

(Jan 17, 2017 03:27 PM)aph3x Wrote: [\[CITE\]](#) Well,if you could pull that for a whole month then good job my friend,but Im sorry for having to sayi it wont get you that far.

Have any idea about your current body fat %?
10.1% bf 152 lbs, 5'10

kushkaripordhi - January 17, 2017, 2:48 pm

Doing this everyday is very healthy, gl.

Deal - April 12, 2018, 1:24 am

It's not very healthy, split it up so you work legs one day, and pushups another day.
Abs with legs.

Space• - April 12, 2018, 1:24 am

(Apr 12, 2018 01:24 AM)Vanadium Wrote: [\[CITE\]](#) It's not very healthy, split it up so you work legs one day, and pushups another day.

Abs with legs.

Why the hell are you reviving a thread that's one year old.

Prophet Banana - April 12, 2018, 1:26 am

God help you and the other idiots who follow these fitness routines and think they're gonna get swole.

Deal - April 12, 2018, 1:34 am

(Apr 12, 2018 01:24 AM)Space• Wrote: [\[CITE\]](#) Why the hell are you reviving a thread that's one year old.

I was reading another thread, and this one shown up under "Possibly Related Threads..."

Does the thread date make it invalid?

Eagle 95 - April 12, 2018, 1:35 am

(Jan 17, 2017 03:19 PM)Mr.Peanut II Wrote: [\[CITE\]](#) so heres my plan

Push-ups: 20 pushups, 30 sec break, 20 pushups 1 sec break....etc

Squats: 30 squats, 15 sec break, 30 squats, 15 sec break...etc

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If you do that on day 1 and you've been a couch potato for a while, you'll destroy your body and muscles. I was doing extreme workouts in the past and have experience with 'em. I once wanted to do 200 pushups challenge within 30 minutes and I wasn't doing pushups for a year. After completion my muscles have been sore for a week. I couldn't move my arms to even dress properly without extreme pain.

EDIT: Oh it's a bump... ?

Space• - April 12, 2018, 1:35 am

(Apr 12, 2018 01:34 AM)Vanadium Wrote: [\[CITE\]](#) I was reading another thread, and this one shown up under "Possibly Related Threads..."

Does the thread date make it invalid?

Is it relevant to even post anymore, when his challenge is over, and no-one mentioned here since a year?

Deal - April 12, 2018, 1:38 am

(Apr 12, 2018 01:35 AM)Space• Wrote: [\[CITE\]](#) Is it relevant to even post anymore, when his challenge is over, and no-one mentioned here since a year?

As you can see, the thread is active again, and people are commenting with their opinions on a

subject that is generally widely discussed.
So yes, it is pretty relevant.

Is it relevant for you to question me, for posting on a thread that you find irrelevant?

Space• - April 12, 2018, 1:40 am

(Apr 12, 2018 01:38 AM)Vanadium Wrote: [\[CITE\]](#) As you can see, the thread is active again, and people are commenting with their opinions on a subject that is generally widely discussed.
So yes, it is pretty relevant.

Is it relevant for you to question me, for posting on a thread that you find irrelevant?

Yes, it's relevant for me to state that you might go on a reaper spree digging old threads from its grave. The thread got active again because people see us posting here massively, it wouldn't have been active if you didn't post, why didn't you make a separate thread? This is about the OP's progression anyway.

CyberError - April 12, 2018, 1:41 am

i have done 100 push ups a day challenge and yeh i could see result in just one months

Deal - April 12, 2018, 1:44 am

(Apr 12, 2018 01:40 AM)Space• Wrote: [\[CITE\]](#) Yes, it's relevant for me to state that you might go on a reaper spree digging old threads from its grave. The thread got active again because people see us posting here massively, it wouldn't have been active if you didn't post, why didn't you make a separate thread? This is about the OP's progression anyway.

So I should make a separate thread on a subject that there's already a thread about?

You really should mind your own business. ?

Space• - April 12, 2018, 1:46 am

(Apr 12, 2018 01:44 AM)Vanadium Wrote: [\[CITE\]](#) So I should make a separate thread on a subject that there's already a thread about?

You really should mind your own business. ?

You're confusing two things here. I said make a thread about the subject of this thread. This thread was specifically meant to follow the progression of the OP, not to discuss this challenge in general here. Please mind your own thoughts and thinking next time. ?

Hexicidal - April 12, 2018, 1:53 am

(Apr 12, 2018 01:46 AM)Space• Wrote: [\[CITE\]](#) You're confusing two things here. I said make a thread about the subject of this thread. This thread was specifically meant to follow the progression of the OP, not to discuss this challenge in general here. Please mind your own thoughts and thinking next time. ?

Who cares if he revived a one year old thread, it doesn't break the rules and is kinda the point of a DISCUSSION forum.

Takora - April 12, 2018, 7:56 am

Its a bit excessive to do that amount all in one, at least spread the activities out to minimize possible damage