

Forum:[Hack Forums](#)

Thread: [Workout plan for females? \(cut? bulk?\)](#)

blobtown - February 7, 2017, 9:38 pm

Hi, I'm sorta new to working out.

I'm 18, 132 lbs, 5'2", and probably ~ 27 % body fat.

Pics: <https://imgur.com/a/NhC9i>

I play tennis 2-3 times per week, and I'm planning on working out the other 4-5 days of the week I'm not playing tennis.

I'm just looking to have a skinnier but more toned body. Do I start by bulking or cutting? I don't even know what these terms refer to, but let me know your advice and maybe a link to a good workout plan?

Thanks.

BTW: I have my "initial" strength test from 2 days ago here (if it's necessary):

<https://imgur.com/a/eOd84>

Jester Race - February 8, 2017, 12:13 am

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

Quote:I'm a female; does any of this apply to me?

All of it applies, actually.

test - February 8, 2017, 12:16 am

If you are looking to lose weight do cardio. Anything low intensity and high repetitions. Eat a lesser amount of calories than you are actually burning off.

? Death Disturbance ? - February 8, 2017, 2:02 am

Be in a caloric deficit; track calories with "MyFitnessPal" app.

shreder - February 8, 2017, 5:16 am

leg workouts/cardio/minor upper body workouts and deficit in calories until you get the desired bf.

? Death Disturbance ? - February 8, 2017, 7:54 am

(Feb 8, 2017 06:16 AM)shreder Wrote: [\[CITE\]](#) leg workouts/cardio/minor upper body workouts and deficit in calories until you get the desired bf.

Why minor upper body workouts?

TowerOfTheNorth - February 8, 2017, 11:37 am

Read this: <http://liamrosen.com/fitness.html>

blobtown - February 8, 2017, 4:28 pm

(Feb 8, 2017 12:37 PM)TowerOfTheNorth Wrote: [\[CITE\]](#) Read this: <http://liamrosen.com/fitness.html>

Thanks I'm reading it now :)

I'm also read your guys' comments and doing cardio, tennis, and lifting

Hydroclitoric Acid - February 8, 2017, 9:38 pm

Why does your toilet have instructions on it?

Do people in your house not know how to use a toilet?

Genicus - February 8, 2017, 9:40 pm

Why would you need to loose weight? Your body weight seems just fine, At most just get tone.

B3Plays - February 8, 2017, 9:45 pm

(Feb 8, 2017 10:38 PM)Hydroclitoric Acid Wrote: [\[CITE\]](#) Why does your toilet have instructions on it?

Do people in your house not know how to use a toilet?

Imao +1

?eptic - February 9, 2017, 9:17 am

Since you're looking to become "skinnier" I suggest you to start cutting your daily calorie intake with 500-750 calories each day. Go to Google, search for "TDEE calculator" calculate your daily calorie intake and remove 500 from your daily calorie consumption. Also, look up cardio training, it's the most effective training for getting rid of body fat.

Good luck!?

blobtown - February 9, 2017, 8:11 pm

(Feb 9, 2017 10:17 AM)Cycl?ps Wrote: [\[CITE\]](#) Since you're looking to become "skinnier" I suggest you to start cutting your daily calorie intake with 500-750 calories each day. Go to Google, search for "TDEE calculator" calculate your daily calorie intake and remove 500 from your daily calorie consumption. Also, look up cardio training, it's the most effective training for getting rid of body fat.

Good luck!?

Thank you! Someone mentioned I should try strength (squats, pushups etc) instead of losing weight bc otherwise I'd lose my butt/boobs? Is this correct?

And how would I then get more toned abs / less stomach

Jester Race - February 9, 2017, 9:09 pm

(Feb 9, 2017 09:11 PM)blobtown Wrote: [\[CITE\]](#) Thank you! Someone mentioned I should try strength (squats, pushups etc) instead of losing weight bc otherwise I'd lose my butt/boobs? Is this correct?

And how would I then get more toned abs / less stomach

You cant lose something you dont have bby.

blobtown - February 9, 2017, 9:15 pm

(Feb 9, 2017 10:09 PM)Jester Race Wrote: [\[CITE\]](#) You cant lose something you dont have bby.

HAHAHAH I meant the boob/butt that I have right now. Obviously I don't have that much of it but I don't want to lose what I got you feel? Lol.