

# Forum:[Hack Forums](#)

Thread: [What bodyfat%](#)

**BestService.** - March 20, 2017, 1:46 pm

Hello guys have been lifting for 6 months now and i want to know my bodyfat% what range do you guys tink i'm.

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

66kg

**andreasx22** - March 20, 2017, 2:19 pm

(Mar 20, 2017 01:46 PM)BestService. Wrote: [\[CITE\]](#) Hello guys have been lifting for 6 months now and i want to know my bodyfat% what range do you guys tink i'm.

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

66kgTo me it seems your around 8-10%ish range, you're a little more lean than I was at 12%. Keep up the good work, are you currently cutting or bulking?

**Chicken Nugget** - March 20, 2017, 2:29 pm

From my experience you are about 10-11%

**Parks** - March 20, 2017, 3:50 pm

Around 10% to lean tbh go on a bulk

**BestService.** - March 21, 2017, 2:35 am

I eat so much i only gaining muscle but not fat pretty strange

**Tommy DeVito** - March 21, 2017, 3:37 am

(Mar 21, 2017 02:35 AM)BestService. Wrote: [\[CITE\]](#) I eat so much i only gaining muscle but not fat pretty strange

Than you need to double your calories, easy gaining weight.

**BestService.** - March 21, 2017, 11:22 am

(Mar 21, 2017 03:37 AM)Salvatore Riina Wrote: [\[CITE\]](#) Than you need to double your calories, easy gaining weight.

Not planning on doing that I just want to be lean but just want to add some extra muscles

**Suspect.** - March 22, 2017, 12:13 am

11% ish I'd say tbh Just stay at maintenance Get plenty of protein maybe like 1.2g per LB of BW for a positive nitrogen balance - Build muscle and Stay lean do some research on it. There's no point being fat half of the year then looking good the rest - 10% is sustainable year round

**Jester Race** - March 22, 2017, 1:35 am

(Mar 22, 2017 12:13 AM)Young Pappy. Wrote: [\[CITE\]](#) 11% ish I'd say tbh Just stay at maintenance Get plenty of protein maybe like 1.2g per LB of BW for a positive nitrogen balance - Build muscle and Stay lean do some research on it. There's no point being fat half of the year then looking good

the rest - 10% is sustainable year round  
I think youre the one who should do some research on it

**Rotca** - March 22, 2017, 1:42 am

I would guess around 9 or 10%

**BestService.** - March 22, 2017, 12:01 pm

Lol this my natural bodyfat % I can stay like this my whole life  
Also I don't use supplements they are just a waste of money you pay so much for little results

**Raf Simons** - March 22, 2017, 12:04 pm

I'd actually say you're at 14%-15%, not 10 or 11. You just appear to be less because you have both very little fat and very little muscle.

**Grimzyy** - March 22, 2017, 12:13 pm

(Mar 22, 2017 12:04 PM)Raf Simons Wrote: [\[CITE\]](#) I'd actually say you're at 14%-15%, not 10 or 11. You just appear to be less because you have both very little fat and very little muscle.  
OP is nowhere near 15% take that shit elsewhere lmfao

**BestService.** - March 23, 2017, 9:19 am

(Mar 22, 2017 12:04 PM)Raf Simons Wrote: [\[CITE\]](#) I'd actually say you're at 14%-15%, not 10 or 11. You just appear to be less because you have both very little fat and very little muscle.  
I searched it and I don't tink lam 14% to 15%  
Also when your at 15% body fat and had little muscle you would just look like skinnyfat

**shreder** - March 23, 2017, 10:52 am

(Mar 23, 2017 09:19 AM)BestService. Wrote: [\[CITE\]](#) I searched it and I don't tink lam 14% to 15%  
Also when your at 15% body fat and had little muscle you would just look like skinnyfat  
bro your 14-15%  
<https://www.youtube.com/watch?v=Mmnby7ILABc>

you no where near that

**Flared** - March 23, 2017, 10:55 am

(Mar 22, 2017 12:13 AM)Young Pappy. Wrote: [\[CITE\]](#) There's no point being fat half of the year then looking good the rest - 10% is sustainable year roundBulking is an essential part in cutting lmfao what are you talking about. You can't be a skinny fuck all year. You bulk to gain muscle and put pounds on. You cut to maintain that muscle and take the fat off.

**kpown** - March 23, 2017, 11:01 am

(Mar 23, 2017 10:55 AM)Diamond™ Wrote: [\[CITE\]](#) Bulking is an essential part in cutting lmfao what are you talking about. You can't be a skinny fuck all year. You bulk to gain muscle and put pounds on. You cut to maintain that muscle and take the fat off.  
I know plenty of people who dont bulk but still make strength gains lol.... Bulking just speeds up the process of gaining muscle but its not necessary.

IMO I would rather look like OP year round and gain strength/muscle mass slower than get fat then cut and get fat all over again.

OP you looking good asf. I am having trouble with the last bit of bf% showing the abb definition. Got any tips?

I got veins all over my arms and 2 veins between my lower Ab V lines but the fucking abs

themselves wont divide into 6.

Im taking an ECA stack currently for fat loss and doing HIIT daily.

honestly though OP: Anyone here calling you a skinny fuck is just jealous of the low bf%.... Don't listen and stay aesthetic brah!

**BestService.** - March 23, 2017, 2:38 pm

(Mar 23, 2017 11:01 AM)kpown Wrote: [\[CITE\]](#) I know plenty of people who dont bulk but still make strength gains lol.... Bulking just speeds up the process of gaining muscle but its not necessary.

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honestly though OP: Anyone here calling you a skinny fuck is just jealous of the low bf%.... Don't listen and stay aesthetic brah!

Go to youtube and follow a Guy called athlean x

He make amazing video's

Also iam not planning

To bulk i can put on more muscle without bulking

**expertrader2017** - March 23, 2017, 3:27 pm

I always say 10% is best, but it depends

**Raf Simons** - March 23, 2017, 6:31 pm

(Mar 23, 2017 02:38 PM)BestService. Wrote: [\[CITE\]](#) Also iam not planning

To bulk i can put on more muscle without bulking

Good luck with that.

**Suspect.** - March 23, 2017, 8:24 pm

(Mar 22, 2017 01:35 AM)Jester Race Wrote: [\[CITE\]](#) I think youre the one who should do some research on it

Lol Ok mr Olympia

**Jester Race** - March 24, 2017, 12:31 am

(Mar 23, 2017 08:24 PM)Young Pappy. Wrote: [\[CITE\]](#) Lol Ok mr Olympia

Even mr olympia bulks and cuts even though "theres no reason to be fat half of the year" ?

**Suspect.** - March 24, 2017, 12:35 am

(Mar 24, 2017 12:31 AM)Jester Race Wrote: [\[CITE\]](#) Even mr olympia bulks and cuts even though "theres no reason to be fat half of the year" ?

Yeah because they are on Steroids dumbos plus they take so much shit that they can get lean Fast

as fuck ofcourse its beneficial for them to Bulk but not naturals. Clen, DNP etc

**Refusal** - March 24, 2017, 12:37 am

I'm at 7% body fat right now.

You look like your at 9 - 11% body fat. That's pretty damn good bro. Keep it up

**Jester Race** - March 24, 2017, 12:53 am

(Mar 24, 2017 12:35 AM)Young Pappy. Wrote: [\[CITE\]](#) Yeah because they are on Steroids dumbbo plus they take so much shit that they can get lean Fast as fuck ofcourse its beneficial for them to Bulk but not naturals. Clen, DNP etc

You're not gaining any muscle without bulking since calorie surplus is needed for positive nitrogen balance, so i dont see how it isn't beneficial to bulk as natural lifter. Just my 0.02\$

**BestService.** - March 25, 2017, 5:55 am

You can gain muscles without bulking people

<https://youtu.be/Fv5xEYhvj4Q>

**housefever** - March 25, 2017, 9:29 am

Your body fat % is around 10.

**Jester Race** - March 25, 2017, 12:13 pm

(Mar 25, 2017 05:55 AM)BestService. Wrote: [\[CITE\]](#) You can gain muscles without bulking people

<https://youtu.be/Fv5xEYhvj4Q> Yay! Youtube and especially youtuber who is selling his workout plan and nutrition plan is a great source for anything scientific.

Spoiler [\(Click to View\)](#)not

**Kash Studios** - March 25, 2017, 12:15 pm

You better make that picture smaller son, no homo.