

Forum: [Hack Forums](#)

Thread: [Cut or bulk \(pics included\)](#)

Thunder Dab - April 27, 2017, 5:51 pm

All right guys I'm the first to say that I'm too fat to bulk but I've been getting told that I should be fine to bulk now but want a few more opinions before I jump in.

<http://imgur.com/a/qhDE1>

I'm 6'3 and 224 I personally feel like I still have some weight to lose maybe get down to 210-215 and bulk after but let me know what you think

(Just remove the space after the p and c

mudgod297 - April 27, 2017, 7:57 pm

YEAHHHH BLACK MAN!!!!!!!

In all seriousness your looking good bro. When it comes to cutting or bulking think of it like this

Your body is like a house, right? First you wanna build the house, then you wanna detail it. Then once thats done you can make it bigger or what not ,and then detail it some more, understand?

Your "house" is pretty detailed bro, your toned and in good shape, definitely beach ready. Obviously, you could be better (you can always be better), but if you feel you've invested enough time detailing (or toning) then start bulking!!

Hydrochloric Acid - April 27, 2017, 10:46 pm

You've already got a decent amount of muscle on you, so personally I think you should cut down to about 210.

After that you can probably lean bulk for the next few months until you think you're too fat, then cut back down again.

Thunder Dab - April 29, 2017, 8:25 am

Im leaning towards keeping the cut going for a bit longer just so I know I can go a long time without worrying about getting too fat and actually making some progress lifting wise.

My bench deadlift and squat have been stuck for a while now

Wallet - April 29, 2017, 12:54 pm

How long have you been in a caloric deficit and how much have u lost?

Thunder Dab - April 29, 2017, 1:36 pm

(Apr 29, 2017 12:54 PM)Wallet Wrote: [\[CITE\]](#) How long have you been in a caloric deficit and how much have u lost?

I started at 205 and got up to 232-235, I've been cutting for about 6 weeks now so I'm down about 8-11 pounds

react - April 29, 2017, 1:39 pm

<https://imgur.com/a/qhDE1>

For those too lazy to edit the url by yourselves :P

Wallet - April 29, 2017, 1:47 pm

(Apr 29, 2017 01:36 PM)Thunder Dab Wrote: [\[CITE\]](#) I started at 205 and got up to 232-235, I've been cutting for about 6 weeks now so I'm down about 8-11 pounds

Yeah, so almost 8 weeks into it; you should see some loss of strength and it's going to be hard to progress at this point. You could keep doing the same amount of cardio, eat the same way as you do on the off days. But on training days, add some white rice or powerade or both as pre workout. Dont eat carbs after the workout. I suppose you are not eating any carbs, or very limited.

All depends on your goals man, if you wanna get shredded you gonna have to sacrifice strength; I was on a cut for 6 MONTHS, not 6 WEEKS. I didn't loose too much strength but building strength was impossible and frustrating.

Follow through with one thing, and do that all the way, then you can change goals to focus on muscle and strength gains again. But as a natural it's impossible to cut bf and still gain strength at a certain point.

Lucifer's Inferno - April 29, 2017, 1:53 pm

Shape is pretty solid. You could certainly shed off a few more pounds if it is the goal you have in mind, but yes, you will experience some annoying strength losses. But, for your next bulk, I'm sure it'd be more beneficial.

Thunder Dab - April 29, 2017, 2:25 pm

(Apr 29, 2017 01:47 PM)Wallet Wrote: [\[CITE\]](#) Yeah, so almost 8 weeks into it; you should see some loss of strength and it's going to be hard to progress at this point. You could keep doing the same amount of cardio, eat the same way as you do on the off days. But on training days, add some white rice or powerade or both as pre workout. Dont eat carbs after the workout. I suppose you are not eating any carbs, or very limited.

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It sucks bro, I finally hit that 315 bench I was shooting for and now its more like 300-310 :(feelsbadman

I'll cut a little longer, as much as I want to focus on getting bigger and stronger, it'll be better in the long run for me if I drop a little weight and just take the next year or so to focus on that

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Yes! Being leaner gives you a very good starting point when you want to bulk because insulin sensitivity, and the anabolic effect of suddenly giving your body what it needs to grow; so you will see rapid strength and muscle gains when you start your typical bulk after cutting for an extended

period of time.

Lottery. - April 29, 2017, 2:40 pm

I would cut. I think that starting lean and building muscle through a lean bulk (~250-350 cal daily surplus), is the best way to bulk. You won't have that "looks like shit" period, you will always be (mostly) lean as you build muscle, and then you have a small amount of extra fat to clean up for that last bit of definition.

fitnesshelper - April 29, 2017, 9:30 pm

It honestly depends, are you trying to be stronger or show off?

If you want to be stronger, don't worry about cutting too much

But if you want to show off more you are already at a really good size and cutting would be great

Thunder Dab - April 30, 2017, 4:59 am

(Apr 29, 2017 09:30 PM)fitnesshelper Wrote: [\[CITE\]](#) It honestly depends, are you trying to be stronger or show off?

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Hoping to be big enough to do well in bodybuilding comps eventually, so I guess that falls under showing off aha.

bulking - April 30, 2017, 11:57 am

keep adding muscle til you need to cut for like a competition forever bulk my dude

Jester Race - April 30, 2017, 3:20 pm

You're 14%is bf%, bulk up till youre like 17-18 and then cut again

Thunder Dab - April 30, 2017, 4:03 pm

(Apr 30, 2017 03:20 PM)Jester Race Wrote: [\[CITE\]](#) You're 14%is bf%, bulk up till youre like 17-18 and then cut again

Legit thought I was way higher than that to be honest, but that's probably just me being overly critical like usual

rawsteen - April 30, 2017, 10:06 pm

cut down a little with IF.. intermittent fasting.. should do the trick

Thunder Dab - May 1, 2017, 4:18 pm

All right sweet, thanks everyone!