

Forum:[Hack Forums](#)

Thread: [Any method how to loose 30kg in 3 months?](#)

MilfMister - May 28, 2017, 4:26 am

I am pretty obese. Sadly.

I were quite obese when I were kid but then I somehow fixed it and I lose weight when I were 16-17.

Now, I started college and I am fat again. 183cm and 110Kg... So yeah.

Soon we have this summer vacation, and I am really depressed over my weight.

Is there any chance that I can loose at least those 30kg over that time? +/- 3 months.

I am ready to eat less, nothing at all if needed whatever.

I bought in-lines so I can go exercising with them everyday if needed as well.

Just want and need to loose those freaking 30kg... ?

T?kki - May 28, 2017, 4:40 am

I am 189 CM, and 145 kg, but I used to be a semi-professional bodybuilder. I stopped however years ago, due to some motorcycle accidents. I dropped a good 40kg, and I was over 200kg at one point, during my massive workouts and eating habits.

I dropped the 40 kgs in 2 months, and although I am still quite big and I have not dropped much muscle, I will do so in time, as dropping down to my normal weight at 115 kg, muscle mass taking into consideration.

Drink a lot of water, I used to fill my stomach up with 2 glasses of water before dinner.

Start portioning things up, and think in means of pieces, so if you have 10 fish sticks, cut them in half, and your mind will sorta trick itself when it see's 20 pieces, instead of 10.

work up a sweat, this is no secret, take small walks on extremely hot days, as early as possible, and drink plenty of water.

For me, the last thing is crucial, as it stops the enormous sweating during the day, where I am in normal clothes, and in the store, park or with friends, it's good to sweat out earlier in the day, and it makes you see a positive change throughout by not always being sweaty and potentially uncomfortable.

You can pretty much eat anything you want daily, I love tacos, and I had it almost every day, just have less meat, add tomatoes, salad, and a mixture of some spicy chili sauces you might enjoy (helps burn calories).

You can also go on water diets, and fasting for 2 days weekly drinking only water and if its too big of a leap,

have half a banana a day. After some dedication of this, you will start to drop weight easily, and the hunger signals will change.

The goal is to fast 3 days, and basically eat what you want, literally, just in moderate portions (as to some people, food is important, and for some it's quite literally a reward).

The Poseidon - May 28, 2017, 4:42 am

I started my cut 10 weeks ago and I'm 17 KG down from weighing 115 KG 10 weeks ago to now weighing 98 KG.

Eat clean and do your cardio.

Raid7 - May 28, 2017, 4:43 am

Try water fasting,

[Video: <https://youtu.be/E484qiQXxzM>]

T?kki - May 28, 2017, 4:47 am

(May 28, 2017 04:43 AM) Raid7 Wrote: [\[CITE\]](#) Try water fasting,

[Video: <https://youtu.be/E484qiQXxzM>]

Have you done proper re-search around this guy, and the video?

I have, just wonder if you have, there's a reason I avoided posting it.

By all means, I would not recommend this, as it serves a huge threat to your health. Fasting is helpful, but in intervals.

MilfMister - May 28, 2017, 4:54 am

(May 28, 2017 04:40 AM) Mori?rty Wrote: [\[CITE\]](#) I am 189 CM, and 145 kg, but I used to be a semi-professional bodybuilder. I stopped however years ago, due to some motorcycle accidents. I dropped a good 40kg, and I was over 200kg at one point, during my massive workouts and eating habits.

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Wau, thank you for this kind of long and detailed thread!

What about breakfast? Everywhere they are like good breakfast is the most important meal of the day and helps reduce fat etc.

Myself I skip breakfast everyday... Should I fix that?

The Piggy Bank - May 28, 2017, 5:07 am

(May 28, 2017 04:40 AM)Mori?rty Wrote: [\[CITE\]](#) I am 189 CM, and 145 kg, but I used to be a semi-professional bodybuilder. I stopped however years ago, due to some motorcycle accidents. I dropped a good 40kg, and I was over 200kg at one point, during my massive workouts and eating habits.

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I'm not trying to hate on you but you are saying that you used to be a semi-professional bodybuilder.

What is your background? Did you compete? Do you have any 'proof pics', because I don't believe 1 single word of what you just posted based on your post.

Walking on a hot day to... loose some sweat? recommending a... 'water diet'? To a 'dude' on HF which probably hasn't worked out for a long time, or is not working out at all? Also: "during my massive workouts and eating habits" <- Why don't you just recommend him a useful diet instead of saying go 'fast' on water...

To OP: "I am ready to eat less, nothing at all if needed whatever.
I bought in-lines so I can go exercise with them every day if needed as well."

I really do not recommend to eat less. Eat more, but small portions (5 times daily) so your metabolism is going to raise so you can burn faster/more. 30KG is a lot... I'm cutting as well, but losing 30KG in 3 months... that's 10kg a month which is very hard to loose.

T?kki - May 28, 2017, 7:57 am

(May 28, 2017 05:07 AM)The Piggy Bank Wrote: [\[CITE\]](#) I'm not trying to hate on you but you are saying that you used to be a semi-professional bodybuilder.

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I gave him a plan that is based on no workout what so ever.

My weight loss routine was waaay more intricate.

Maintaining muscle mass

*working out during the fasting

limiting myself to NO food, even if it seemed intense

* had supplementary drinks due to my person physical.

I can go on. If you read my reply, this was a general, "everyone can do" thing.

No one goes from chubby to bodybuilder, you know, I had a life with acquired experience BEFORE my physical change.

ItzClydeFrog - May 28, 2017, 7:59 am

Are you going to the gym?

Go on IIFYM.com and use the IIFYM calculator to find out a rough estimate of your maintenance calories.

Set your goal and it'll adjust the calorie intake you need. Buy a food scale and count your

calories/portions of food you eat. It's hella simple but not easy bro.

T?kki - May 28, 2017, 8:01 am

(May 28, 2017 05:07 AM)The Piggy Bank Wrote: [\[CITE\]](#) I'm not trying to hate on you but you are saying that you used to be a semi-professional bodybuilder.

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Loosing 10 kilo's a month is not that hard, I lost basically 10 kilo a week.

It all depends on the lifestyle you live, and if you are a soda drinker (like myself), 10 kilo's a week is not impossible, but I do have a high stamina, which makes it a little easier for me to push.

but 30 days, 10 kilo's, that is almost a winning game for anyone who is dedicated to lose weight, if not, then you're simply not dedicated.

OnlyProfit - May 28, 2017, 8:02 am

There is 1 unhealthy way but it works. Amfetamine.

But if not then id suggest you just to change your diet and start doing walks.

Joz0 - May 28, 2017, 8:07 am

(May 28, 2017 08:01 AM)Mori?rty Wrote: [\[CITE\]](#) Loosing 10 kilo's a month is not that hard, I lost basically 10 kilo a week.

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but 30 days, 10 kilo's, that is almost a winning game for anyone who is dedicated to lose weight, if not, then you're simply not dedicated.

10 kilo's per week is impossible unless you were on some kind of steroid like clen. I don't understand why you would lie about this and your "semi professional bodybuilding career" to someone who is just asking for help.

OT: Dude, it's easy. Eat less (calculate your fucking calories) and get off your ass. Don't just walk, run. It's going to be hard as fuck, and you probably won't achieve your goal in that timespan, but you'll get there eventually man.

T?kki - May 28, 2017, 8:08 am

(May 28, 2017 04:54 AM)MilfMister Wrote: [\[CITE\]](#) Wau, thank you for this kind of long and detailed thread!

What about breakfast? Everywhere they are like good breakfast is the most important meal of the day and helps reduce fat etc.

Myself I skip breakfast everyday... Should I fix that?

First of all, I underwent 6 months of training to become an PT, and I'm not trying to discredit others in the thread, but I have years of university based research and I continue to help people today, by giving them a health plan, AKA what to eat, and times.

If you are really dedicated to this, send me a PM; where you explain a little bit about where the weight comes from, if it's related to something more then just physical negligence, so i can help you put up a personalized diet system.

I would also recommend, along side this, to get a BMI test, and send me the numbers, so I can really help you in depth when it comes to keeping up with the "diet". The goal is not to lose weight fast and eat nothing, but to introduce new ingredients to your meals, and cutting down on the carbs you do not burn.

Tatux - May 28, 2017, 8:10 am

Ive watched alot of water fasting vids. Id try that.

T?kki - May 28, 2017, 8:15 am

(May 28, 2017 08:07 AM)Joz0 Wrote: [\[CITE\]](#) 10 kilo's per week is impossible unless you were on some kind of steriod like clen. I don't understand why you would lie about this and your "semi professional bodybuilding career" to someone who is just asking for help.

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Please do not respond, when you have no idea about weight loss.

BEKFEST - May 28, 2017, 8:17 am

(May 28, 2017 08:10 AM)Tatux Wrote: [\[CITE\]](#) Ive watched alot of water fasting vids. Id try that.

Don't tell the op to do something dumb like that. Its just plain dumb. Water fasting is

Dangerous, especially for a whole month

Only helps short term

Lowers your immune system

Lose muscle

Your metabolism will slow, when you start eating again you'll put all the weight back on,

R?????obert - May 28, 2017, 8:18 am

(May 28, 2017 08:17 AM)BEKFEST Wrote: [\[CITE\]](#) Don't tell the op to do something dumb like that.

Its just plain dumb. Water fasting is

Dangerous, especially for a whole month

Only helps short term

Lowers your immune system

Lose muscle

Your metabolism will slow, when you start eating again you'll put all the weight back on,

My metabolism actually sped up lol