

Forum:[Hack Forums](#)

Thread: [YOURTOMMY | FREE FITNESS ADVICE \(24/7\)](#)

YourTommy - June 17, 2017, 7:37 pm

ChloeMonteo - June 17, 2017, 7:41 pm

Thanks for this man I'll check it out

YourTommy - June 18, 2017, 1:44 am

(Jun 17, 2017 07:41 PM)ChloeMonteo Wrote: [\[CITE\]](#) Thanks for this man I'll check it out
No Worries Pal :P

No?orious - June 18, 2017, 2:36 am

That's sweet bro. I'll probably hit you up regarding gaining some more muscle mass and losing some more body fat. I've dropped down heaps overall and put on muscle all over, but would love to get advice from a bit more of an expert, might be missing out on some stuff!

Jester Race - June 18, 2017, 4:33 am

Holy shit i cringed

"Over the years i have worked out and not got anywhere" sums this thread pretty much

Koodex - June 18, 2017, 6:48 am

Yo I wanna get a sexy summerbody can you give me some workout advice :))))

investmentanalyst - June 18, 2017, 7:11 am

You don't look that good to me. You need to start eating better, workout early and get some cardio in. You're a bit too chunky to give out fitness advice.

YourTommy - June 18, 2017, 10:58 am

(Jun 18, 2017 04:33 AM)Jester Race Wrote: [\[CITE\]](#) Holy shit i cringed
"Over the years i have worked out and not got anywhere" sums this thread pretty much over 2 years i was just piling in rubbish food and shit. since then i've eaten better and trained hard in the past 4 months seen lots of change.

(Jun 18, 2017 07:11 AM)investmentanalyst Wrote: [\[CITE\]](#) You don't look that good to me. You need to start eating better, workout early and get some cardio in. You're a bit too chunky to give out fitness advice.

I eat very well thanks :P pretty much clean eating all the time. Being chunky doesn't have anything to give out fitness advice.

(Jun 18, 2017 06:48 AM)+Nebula Wrote: [\[CITE\]](#) Yo I wanna get a sexy summerbody can you give me some workout advice :))))

Summerbody is built in the winter and perfected in the upcoming months to the summer :P

Flared - June 18, 2017, 11:05 am

I want to think this is a joke but you really went out of your way to make a thread design and signature....

YourTommy - June 18, 2017, 11:47 am

(Jun 18, 2017 11:05 AM)Diamond™ Wrote: [\[CITE\]](#) I want to think this is a joke but you really went

out of your way to make a thread design and signature....

Why would it be a joke. just want to help people out get healthy and looking good.

C++ - June 18, 2017, 1:03 pm

Can you PM with your skype? really interested, good idea

investmentanalyst - June 18, 2017, 5:29 pm

(Jun 18, 2017 10:58 AM)YourTommy Wrote: [\[CITE\]](#) over 2 years i was just piling in rubbish food and shit. since then i've eaten better and trained hard in the past 4 months seen lots of change.

I eat very well thanks :P pretty much clean eating all the time. Being chunky doesnt have anything to give out fitness advice.

Summerbody is built in the winter and perfected in the upcoming months to the summer :P
You still have a LOT of work to do to get to where I'm at ;) ?

But, unless you're already the product of what you preach, you shouldn't preach.

To me, you look like some joe blow who just who started working out 2-3 weeks ago, you see a few lines on your stomach (roughly 13 - 14% BF) and think you're a fitness PRO. lol

YourTommy - June 19, 2017, 2:52 pm

(Jun 18, 2017 05:29 PM)investmentanalyst Wrote: [\[CITE\]](#) You still have a LOT of work to do to get to where I'm at ;) ?

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Been working out my whole life. (not in the gym) but swimming comp and tennis. But yeah, super fit. just not athetically.

Batzii - June 22, 2017, 5:51 pm

(Jun 19, 2017 02:52 PM)YourTommy Wrote: [\[CITE\]](#) Been working out my whole life. (not in the gym) but swimming comp and tennis. But yeah, super fit. just not athetically.

What's you're instagram bro, follow me @_croot_

YourTommy - June 23, 2017, 2:21 pm

(Jun 22, 2017 05:51 PM)Batzii Wrote: [\[CITE\]](#) What's you're instagram bro, follow me @_croot_
@yourtommy is my instagram mate :P

Space• - June 23, 2017, 2:24 pm

I have never worked out before, and I do not have any equipment. I want to train my chest and arm muscles. How many push-ups should I do daily and in how many reps?

Tommy DeVito - June 24, 2017, 2:19 am

(Jun 18, 2017 11:05 AM)Diamond™ Wrote: [\[CITE\]](#) I want to think this is a joke but you really went out of your way to make a thread design and signature....
?

If you want to give out advice, make sure you become alot bigger first...

Also your prob 16 or 18 or something, the best thing is to train 2 to 3 years and make sure you grow in size.

(Jun 23, 2017 02:24 PM)space Wrote: [\[CITE\]](#) I have never worked out before, and I do not have any equipment. I want to train my chest and arm muscles. How many push-ups should I do daily and in how many reps?

I can give you advice on that.

Try to do the most you can first day. Second day try 10 more and keep building it up for like a month.

Ha Haaa - June 25, 2017, 1:39 am

You would definitely look a lot better if you lose some fat. Start eating healthier and drink only water and do some cardio. I'm no personal trainer but most can agree.

YourTommy - June 29, 2017, 7:29 pm

(Jun 25, 2017 01:39 AM)Ha Haaa Wrote: [\[CITE\]](#) You would definitely look a lot better if you lose some fat. Start eating healthier and drink only water and do some cardio. I'm no personal trainer but most can agree.

Thats the plan for next year, bulk up till about september, august time then for december get ripped as fuck (becuase having low body fat in winter is good right :))

Gary - June 29, 2017, 9:54 pm

man you look like a fuckin fatty my guy get outta here, dont give advice until youre fucking ripped my guy

TheWolf™ - January 23, 2018, 6:12 am

I'll be contacting you very soon. Gonna get ripped.

Cheers, ?