

Forum:[Hack Forums](#)

Thread: [Re:\(300 pushups, 300 squats, 100 ab rolls \) forgot to post progress pic!](#)

Mr.Peanut II - June 23, 2017, 11:35 am

Here you go guys after like 2 months or some shit... my bad for not posting i totally forgot to do haha. but the workout is easy

[Original Post](#)

300 pushups, 300 squats, 100 ab rolls

redi - June 23, 2017, 11:40 am

in how many sets/reps did you do it? how did you spilt the workout? and what was you diet? did you do anything else other than this?

BTC BTC BTC - June 23, 2017, 11:41 am

chest looks much better, I shud try at least the pushups at least.

Mr.Peanut II - June 23, 2017, 11:42 am

(Jun 23, 2017 11:40 AM)Mister Jorafa Wrote: [\[CITE\]](#) in how many sets/reps did you do it? how did you spilt the workout? and what was you diet? did you do anything else other than this?

I would split them in quarters, diet stayed the same, besides this nothing else really unless you count me walking my dogs to the stop sign

God of Thunder - June 23, 2017, 11:42 am

How about the progress with your legs? ^^

champagnepapi - June 23, 2017, 11:43 am

30 days of 300 push ups/300 squats/100 ab rolls everyday? Nice progress i must say,you look much better?

Mr.Peanut II - June 23, 2017, 11:43 am

(Jun 23, 2017 11:42 AM)Deadpool? Wrote: [\[CITE\]](#) How about the progress with your legs? ^^Yea I have to go fine some pictures of my legs will post some time today

(Jun 23, 2017 11:43 AM)champagnepapi ? Wrote: [\[CITE\]](#) 30 days of 300 push ups/300 squats/100 ab rolls everyday? Nice progress i must say,you look much better?

Cheers thank you!

Dowls - June 23, 2017, 11:44 am

You've done well tbh, you're no longer skinny fat.

.Reef - June 23, 2017, 11:45 am

You did them every day? Or did you have a rest day?

Mr.Peanut II - June 23, 2017, 11:48 am

(Jun 23, 2017 11:45 AM).Reef Wrote: [\[CITE\]](#) You did them every day? Or did you have a rest day? No rest days, but sometimes when I felt sore I would fall short of 20 reps on either squats or pushups

(Jun 23, 2017 11:44 AM)Dowls Wrote: [\[CITE\]](#) You've done well tbh, you're no longer skinny fat. Cheers thank thank you!

SIM-2223238 - June 23, 2017, 12:09 pm

Alright you can breathe out already.

(jk bb)

Korvo - June 23, 2017, 12:13 pm

Dang man that's awesome. This is getting me motivated to get off my ass and work out. I was considering doing like 20 push ups, 20 sit ups and 20 squats a day for a month but might amp it up. Did you do inclines? As in start at let's say 50 of each a day then work your way up? Anyways keep up the good work bro.

snappari2 - June 23, 2017, 12:17 pm

You look sexy now dude, way sexier then before lol good job keeping get sexy no homo

Mr.Peanut II - June 23, 2017, 12:31 pm

(Jun 23, 2017 12:17 PM)snappari2 Wrote: [\[CITE\]](#) You look sexy now dude, way sexier then before lol good job keeping get sexy no homo
Haha thanks man!

d4rkj4y - June 23, 2017, 12:32 pm

Looking better man.

Check out David Goggins. I made a thread about him just before.

[Video: <https://www.youtube.com/watch?v=olrT1eHs1b0>]

A madman for pushups.

Batzii - June 23, 2017, 12:33 pm

Damn dude you changed a lot, congratulations. If you're going to keep working out however get on a better program. This only worked for you because you're a beginner but it'll stall out.

snappari2 - June 23, 2017, 12:33 pm

(Jun 23, 2017 12:31 PM)Mr.Peanut II Wrote: [\[CITE\]](#) Haha thanks man!

Haha np man, Keep up da good work for real tho, You're way better looking

Space• - June 23, 2017, 12:34 pm

Did your back improve, any chance you have pics of that as well?

Mr.Peanut II - June 23, 2017, 1:03 pm

(Jun 23, 2017 12:13 PM)Røbøt Wrote: [\[CITE\]](#) Dang man that's awesome. This is getting me motivated to get off my ass and work out. I was considering doing like 20 push ups, 20 sit ups and 20 squats a day for a month but might amp it up. Did you do inclines? As in start at let's say 50 of each a day then work your way up? Anyways keep up the good work bro.

So I did do different variations with my leg being on my bed or a chair and at first let me tell you, I could only do 15 pushups at a time then eventually i could straight up do 60 at a time

(Jun 23, 2017 12:34 PM)space Wrote: [\[CITE\]](#) Did your back improve, any chance you have pics of that as well?oh yes it did, here you go

<https://imgur.com/CJ8Aks0>

(Jun 23, 2017 12:33 PM)snappari2 Wrote: [\[CITE\]](#) Haha np man, Keep up da good work for real tho,

You're way better looking

lol haha for sure bro and thanks again

(Jun 23, 2017 12:33 PM)Batzii Wrote: [\[CITE\]](#) Damn dude you changed a lot, congratulations. If you're going to keep working out however get on a better program. This only worked for you because you're a beginner but it'll stall out.

oh yea this was in early January, as of right now i got to the gym and use weights and machines and have gained more knowledge

Yandere - June 23, 2017, 1:07 pm

Great progress OP, I'm going to try this routine of yours.

Caliban - June 23, 2017, 1:10 pm

Amazing progress, keep it up!

Mr.Peanut II - June 23, 2017, 1:13 pm

(Jun 23, 2017 01:07 PM)Yandere Wrote: [\[CITE\]](#) Great progress OP, I'm going to try this routine of yours.

GL, and gradually go into and full range of motion

(Jun 23, 2017 01:10 PM)Caliban Wrote: [\[CITE\]](#) Amazing progress, keep it up!

Thanks brotha!!!

nicksaban1 - June 23, 2017, 1:14 pm

Wow. I really need some motivation to work out, but I am too lazy...

Lucifer's Inferno - June 23, 2017, 1:15 pm

To be honest, I feel like you could allocate your time more efficiently by focusing on some HIIT workouts with similar exercises. It will probably give you better results i.e. circuit training with bodyweight exercises but nice gains.

W?lf - June 23, 2017, 1:15 pm

Did you ever feel soar from doing push ups everyday? I find it odd not to give your muscle groups rest days. Maybe it's different with this simple workout.

Dredd - June 23, 2017, 1:17 pm

Wtf is an ab roll?

And did you do this every day?

Mr.Peanut II - June 23, 2017, 1:17 pm

(Jun 23, 2017 01:15 PM)Lucifers Inferno Wrote: [\[CITE\]](#) To be honest, I feel like you could allocate your time more efficiently by focusing on some HIIT workouts with similar exercises. It will probably give you better results i.e. circuit training with bodyweight exercises but nice gains.

oh yea since then i go to the gym and actually use weights, i now deadlift and bench

nicksaban1 - June 23, 2017, 1:17 pm

(Jun 23, 2017 01:17 PM)Dredd Wrote: [\[CITE\]](#) Wtf is an ab roll?

And did you do this every day?

He probably means sit-ups.

Mr.Peanut II - June 23, 2017, 1:18 pm

(Jun 23, 2017 01:17 PM)Dredd Wrote: [\[CITE\]](#) Wtf is an ab roll?

And did you do this every day?

ab rollers its like a gym tool you use to extend your abs out and then contract it

(Jun 23, 2017 01:15 PM)W?lf Wrote: [\[CITE\]](#) Did you ever feel soar from doing push ups everyday? I

find it odd not to give your muscle groups rest days. Maybe it's different with this simple workout. at the beginning i did but once youre a week in youll be fine

W?If - June 23, 2017, 1:20 pm

(Jun 23, 2017 01:17 PM)Mr.Peanut II Wrote: [\[CITE\]](#) oh yea since then i go to the gym and actually use weights, i now deadlift and bench
What's your deadlift, squat, bench at?

I personally only bulk and heavy lift.

Mr.Peanut II - June 23, 2017, 1:21 pm

(Jun 23, 2017 01:20 PM)W?If Wrote: [\[CITE\]](#) What's your deadlift, squat, bench at?

I personally only bulk and heavy lift.

I weigh 160, bench 185, deadlift 325, and sqaut 380

Dredd - June 23, 2017, 1:22 pm

I'm gonna try this by lifting 3 pints a night every night for a month

Mr.Peanut II - June 23, 2017, 1:23 pm

(Jun 23, 2017 01:22 PM)Dredd Wrote: [\[CITE\]](#) I'm gonna try this by lifting 3 pints a night every night for a month
haha you do you brother!!

W?If - June 23, 2017, 1:24 pm

(Jun 23, 2017 01:21 PM)Mr.Peanut II Wrote: [\[CITE\]](#) I weigh 160, bench 185, deadlift 325, and sqaut 380

Very good. Keep up the good work man!

I weigh 192 or so.

Bench 265, deadlift 325, squat is like 265 around that. Yea I know my legs are really shittie:(

Mr.Peanut II - June 23, 2017, 1:26 pm

(Jun 23, 2017 01:24 PM)W?If Wrote: [\[CITE\]](#) Very good. Keep up the good work man!

I weigh 192 or so.

Bench 265, deadlift 325, squat is like 265 around that. Yea I know my legs are really shittie:(
are your legs not as strong because of injury or just not hitting them enough? and hey.. at least that chest is thick af brotha

W?If - June 23, 2017, 1:28 pm

(Jun 23, 2017 01:26 PM)Mr.Peanut II Wrote: [\[CITE\]](#) are your legs not as strong because of injury or just not hitting them enough? and hey.. at least that chest is thick af brotha

To be honest it's mostly not hitting them enough. I have a minor injury but nothing that should stop me from going up. Also I think it might be genetics.

Mr.Peanut II - June 23, 2017, 1:32 pm

(Jun 23, 2017 01:28 PM)W?If Wrote: [\[CITE\]](#) To be honest it's mostly not hitting them enough. I have a minor injury but nothing that should stop me from going up. Also I think it might be genetics.
genetics are a bitch sometimes

Dredd - June 23, 2017, 1:34 pm

(Jun 23, 2017 01:32 PM)Mr.Peanut II Wrote: [\[CITE\]](#) genetics are a bitch sometimes
My genetics mean I'm naturally dench

Space• - June 23, 2017, 1:48 pm

pfff that back though. Definitely motivating me. Did you 300 every day or with rest days?

Mr.Peanut II - June 23, 2017, 1:51 pm

(Jun 23, 2017 01:48 PM)space Wrote: [\[CITE\]](#) pfff that back though. Definitely motivating me. Did you 300 every day or with rest days?i didnt rest i just went ham

Space• - June 23, 2017, 1:52 pm

(Jun 23, 2017 01:51 PM)Mr.Peanut II Wrote: [\[CITE\]](#) i didnt rest i just went ham
ait accepted this challenge.

Meskaliin - June 23, 2017, 1:53 pm

nice results man, gonna try it aswell

Space• - June 23, 2017, 1:54 pm

How long did you take rest after x amount of pushups to reach 300 and how much?

For example every 50 pushups 1 min rest

GotBarz - June 23, 2017, 2:27 pm

Good, and how about the legs, did they grow?

Mr.Peanut II - June 23, 2017, 2:41 pm

(Jun 23, 2017 01:54 PM)space Wrote: [\[CITE\]](#) How long did you take rest after x amount of pushups to reach 300 and how much?

For example every 50 pushups 1 min rest

at first start with i say about 20 pushups rest about 2 min then next 20, once you are more capable do 50 pushups 1 min 30 sec rest, evetaulyl do 60 pushups with 1 min rest

(Jun 23, 2017 02:27 PM)GotBarz Wrote: [\[CITE\]](#) Good, and how about the legs, did they grow?
legs are more defined and muscular looking

Space• - June 23, 2017, 2:44 pm

Just finished first 250 pushups, 50 to go

GotBarz - June 23, 2017, 2:59 pm

(Jun 23, 2017 02:41 PM)Mr.Peanut II Wrote: [\[CITE\]](#) at first start with i say about 20 pushups rest about 2 min then next 20, once you are more capable do 50 pushups 1 min 30 sec rest, evetaulyl do 60 pushups with 1 min rest

legs are more defined and muscular looking

I'll definitely try this, hope my results will be as good as these.?

The_Defendant - June 23, 2017, 5:32 pm

Very nice transformation, keep going!

LuvXo72 - June 23, 2017, 6:43 pm

Good job but I feel bad because your chest genetics isn't good :((The shape of the muscles)

Harrison Ford - June 24, 2017, 5:17 am

2 months, is your diet good?

Yore - June 24, 2017, 6:25 am

u think ur yoked now xD?

judging by ur bio

Mr. Robot - June 24, 2017, 6:28 am

So you did like 80 of each 4x a day every day for 2 months?

Mr.Peanut II - June 24, 2017, 8:33 am

(Jun 24, 2017 06:28 AM)Mr. Robot Wrote: [\[CITE\]](#) So you did like 80 of each 4x a day every day for 2 months?

Practically it tools minute

(Jun 24, 2017 06:25 AM)Yore Wrote: [\[CITE\]](#) u think ur yoked now xD?

judging by ur bio

I had that bio since I made the account?

Toby - June 25, 2017, 5:52 am

dang nice results man going to try this thanks!