

Forum:[Hack Forums](#)

Thread: [Starting off in Fitness](#)

Anders1234 - July 29, 2017, 12:52 pm

Hello. I've have been kinda chubby for some years now, and it's time to change.

As in my country, u can get a membership in fitness when ur 16. As I get 16 18th of August, I want to change my whole lifestyle.

So what I am looking for is a start-up plan for my fitness life. All I want is to look decent and not super six pack or everything, just decent.

So if anyone got any guide or some advice for me, I would appreciate that a lot.

Neurotheus - July 29, 2017, 4:12 pm

Assuming you are trying to lose weight then eat right. It is all about keeping your body in calorie deficit, but not about starving your body as it needs the fuel after all. Easiest way is to find an online workout and meal plan as they push you in the right direction.

Agent Shark - July 29, 2017, 4:14 pm

(Jul 29, 2017 04:12 PM)RagnarW Wrote: [\[CITE\]](#) Assuming you are trying to lose weight then eat right. It is all about keeping your body in calorie deficit, but not about starving your body as it needs the fuel after all. Easiest way is to find an online workout and meal plan as they push you in the right direction.

I try to eat a MAX of 150 carbs a day. Protein > carb in my mind and I try to maintain my calories at 2000.

Batzii - July 29, 2017, 8:51 pm

(Jul 29, 2017 04:14 PM)Sh?rk Wrote: [\[CITE\]](#) I try to eat a MAX of 150 carbs a day. Protein > carb in my mind and I try to maintain my calories at 2000.

Carb up once in a while mang. Wouldn't be surprised if you're glycogen depleted.

Fireship - July 30, 2017, 2:14 am

Do you know anything about calisthenics? It's bodyweight training, you know, all you need is bar and floor. You can find a program that will introduce you to the world of fitness. There is book Convict Conditioning, give it a try. The whole book might be read in a hour or so, and there is useful information about gym and why it sucks. Peace.

t0sias - July 30, 2017, 5:26 am

Before I went to an actual gym, I did alot of bodyweight exercises just to lose weight and build up some basic muscles.

I did alot of pushups, stretching, dips, lunges, sit-ups, squats and I went running for 1 hour every evening. And every now and then I

went swimming, didn't do it alot though because I don't like it.

If your focus is only on losing weight and build up some basic musculature, that's enough. You don't need to spend money on a gym

because you want to healthy.

When it comes to nutrition, I really have no plan. Back then I just looked up a calories calculator and tried to consume a little bit less than it said. Sometimes,

if I felt weak or so, I had some phases where I would just eat a little bit more to gain some weight again. I think when it comes to nutrition, it's just dedication to eating healthy stuff.

thePoltergeist - July 30, 2017, 5:33 am

If you send me pictures of your current state, what you eat currently and an idea of your day to day lifestyle I will make you a personal plan.

R3VOLT - July 30, 2017, 6:02 pm

I was in a similar position a few years back. Your first step is to set a goal. Having abstract goals to "get fit" won't help you. Set either a target weight or BMI or some sort of goal of that nature. Then, you need a plan. Find a plan you really like online. I personally enjoy running a lot so I choose that as my primary form of cardio (I have many running plans I can recommend to you. PM me and I'll hook you up). Next, you need to commit to it. I'm telling you right now, will power isn't very effective. Print out your plan and stick it on the fridge if you need to. Tell your family you're trying to get in shape and have them make sure you follow through on it. Make sure you're held accountable one way or another to not just skip a day, because it's never ends up actually being just one day.

I also would recommend joining your high school track and cross country team. It's a great way to get fit and still have fun with friends while you do it. I'm being 100% honest when I say, joining was one of the best decisions I've ever made.

?ose - July 31, 2017, 1:53 am

Reminds me of myself 3 years ago.. good luck man

Copywriter - July 31, 2017, 2:00 am

Is the gym Chuze?

Consistency is key.

Bear - July 31, 2017, 2:12 am

You definitely need a gym membership if you are looking to get stronger and bigger. Look into <https://stronglifts.com> for a solid plan to get stronger. You will need to curb your diet to a cleaner but heavier one to support your workout. Make sure your protein/carbs/fat intake is calculated properly according to your body structure. Use this site (<https://www.bodybuilding.com>) to help yourself with tutorials and opinions from actual lifters. Make sure you look out for the obvious bullshit marketing vouches, but other than that, you should be good.

You can PM me if you need further help.

Anders1234 - July 31, 2017, 2:45 pm

Thank u for the kind words and pieces of advice! It truly helps me and getting me pumped for my "fitness" adventure.

I've tried many times just going on a diet, it truly helps u a lot. But the last fat u have needs to be trained away. I found me a good starter plan and will be looking at tutorials and such until I can start in the fitness center.

As I am going to start the 18th of August, I will do some home exercises to get me a base when I start in fitness.

Thanks guys <3

Bear - August 1, 2017, 11:31 am

(Jul 31, 2017 02:45 PM)Anders1234 Wrote: [\[CITE\]](#) Thank u for the kind words and pieces of advice! It truly helps me and getting me pumped for my "fitness" adventure.

I've tried many times just going on a diet, it truly helps u a lot. But the last fat u have needs to be trained away. I found me a good starter plan and will be looking at tutorials and such until I can start in the fitness center.

As I am going to start the 18th of August, I will do some home exercises to get me a base when I start in fitness.

Thanks guys <3

Look into this for a beginner program. Will get your body ready.

<https://www.bodybuilding.com/fun/kris-gethin-dtp-training.html>

Darb8187 - August 3, 2017, 10:35 am

Don't stress your heart too much in the beginning. Gradually work your way back in

grimzyTemp - August 4, 2017, 1:39 pm

(Jul 30, 2017 05:33 AM)thePoltergeist Wrote: [\[CITE\]](#) If you send me pictures of your current state, what you eat currently and an idea of your day to day lifestyle I will make you a personal plan. if you're offering personal plans then I'll have one.

Grimzyy - August 5, 2017, 11:10 am

(Jul 29, 2017 04:14 PM)Sh?rk Wrote: [\[CITE\]](#) I try to eat a MAX of 150 carbs a day. Protein > carb in my mind and I try to maintain my calories at 2000.

Stay in your own section please. What's wrong with carbohydrates?

TylerHoggings - August 5, 2017, 11:17 am

To be honest, the best thing is to find a sport that you enjoy.

That is from my personal experience. It will give you your motivation to train. For me it is box and I've never been in such a good shape before (Tbh I don't have six-pack, but I'm happy with how my body looks.)