

Forum:[Hack Forums](#)

Thread: [Is gym required to gain weight?](#)

QU35T - August 30, 2017, 11:40 am

So I wrote already a thread about helping me gain weight since I am underweight.

A lot of people talked about eating more calories, what type, etc. but also a few posts were about going to the gym.

I don't need muscular body all I want is just to gain weight. I am not that much interested in gaining muscles.

So my question is does gym boost my weight a lot or is it's not that needed?

TheSluttyMuffin - August 30, 2017, 12:40 pm

No you dont need to go to the gym. As long as your calorie intake is abouve the amount you're burning you should gain weight.

Nebo - August 30, 2017, 12:44 pm

If you want the quick route: Junk food. Loads of it. Eat more than your body wants. Keep stuffing yourself with food.

Slower route would be to design a healthy diet rich in calories.

In a nutshell, just eat more.

Artifex - August 30, 2017, 12:45 pm

Holy shit you're a fucking idiot. Is the gym required to gain weight? Are you implying obese people go to the gym? Fuck off cunt.

flavoral - August 30, 2017, 12:45 pm

Go to the gym, gain muscles, then turn them into fats.

Mission Done ?

(Aug 30, 2017 12:45 PM)Artifex Wrote: [\[CITE\]](#) Holy shit you're a fucking idiot. Is the gym required to gain weight? Are you implying obese people go to the gym? Fuck off cunt.

So you're implying that the gym is only allowed for non obese people?

Motiv - August 30, 2017, 2:29 pm

Okay, sure. But you won't gain muscle.

Mays - August 30, 2017, 3:51 pm

Just went to the doctors for this and they told me to take calorie shakes (muscle milk and such) on the side of the food I already eat... gonna start in a few days.

try it out if you want :)

wish you luck brother ?

Blackbird ? - August 30, 2017, 4:01 pm

The responses on this thread is getting me haha.

If you are just looking to gain weight whether it be muscle or fat simply buy high caloric foods (bread, potato's, grains, nuts, and etc) and eat a caloric surplus.

Impulsiv - August 30, 2017, 4:27 pm

Gaining muscle also means that you're gaining weight. So you can go to the gym for gaining weight but you'll also have to eat more calories than you burn during the day.

HuntedCS - August 30, 2017, 4:35 pm

Just increase your calorie intake, and eat foods higher in healthy fats. ?

Tirentz - August 31, 2017, 7:11 am

"Theoretically, about 3500 calories equals one pound of body weight. This means that you'd have to take in 3500 fewer calories than you usually do, over a period of time, to lose one pound"

So if you consumed 500 calories over maintenance you should expect 1lb of fat gain every week. But if you count your macros and focus on compound lifts then you could gain 1-2lbs of muscle a month on top of the fat gains(or under lol). It's really up to you and how you want to look, but a high bf with little muscle mass won't look good on anyone. I think the term for that is skinny-fat.

CA905 - August 31, 2017, 7:13 am

No lol, I'd argue if you're active at a gym, you'll naturally lose weight and be leaner tbh.

Gaining and losing weight is mostly based on your nutrition. Eat more to gain weight, eat less to lose weight. Exercise is supplementary.

Pre-eminent - August 31, 2017, 7:15 am

Why not do both, double your calorie intake and go to the gym to build some muscles. Muscles weigh as well so it would be easier for you to gain weight this way.

Jester Race - August 31, 2017, 10:48 am

Do you think that the fat fucks you see walking around go to gym much???

Callytally - September 4, 2017, 1:00 am

If you don't care about muscle, why would you think to join a gym?
A place where the goal is to gain muscle.

That said, muscle is heavier than fat, so building muscle is the fastest way to gain weight.

xenko - September 4, 2017, 3:14 am

(Aug 30, 2017 12:44 PM)Nebo Wrote: [\[CITE\]](#) If you want the quick route: Junk food. Loads of it. Eat more than your body wants. Keep stuffing yourself with food.

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That's not necessarily all there is to it if he's an ectomorph like I am. Junk food does absolutely nothing for me and I actually tried to gain weight from junk food when I was first trying to gain. I was eating roughly 3150 calories a day of junk food and ended up losing weight. Now I eat ~2700 calories in good foods and I've been slowly gaining weight. Neither method includes exercise.

Punisher1408 - September 6, 2017, 3:46 am

If you want "good" weight then go to the gym !

SIM-3341619 - September 6, 2017, 2:23 pm

It certainly helps, when you go to the gym and lift weights you are tearing your muscles and creating room for more muscles to grow.

Ramune - September 6, 2017, 2:31 pm

I mean if you go to the gym just even 2/3 times a week your gonna look a whole lot better at a heavier weight rather than putting on all fat.

duckford576 - September 6, 2017, 2:44 pm

(Aug 30, 2017 11:40 AM)QU35T Wrote: [\[CITE\]](#) So I wrote already a thread about helping me gain weight since I am underweight.

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no need for the gym

easy way fill you fridge with total shit every week and order tones of takeaway food every night

and then get a big bag of weed and smoke and empty fridge

then repeat

t0sias - September 7, 2017, 1:08 pm

A lean pizza bulk is your answer!

RemoteCotex - September 9, 2017, 3:25 am

To gain weight you need to eat more calories than your body burns.

It doesn't matter if you think you eat a lot. If your average calorie intake is smaller than your calorie expenditure, you won't gain weight. To get bigger you must create a caloric surplus. You have to eat more food than you do now to put on weight and stop being skinny.

zwint6 - September 10, 2017, 11:40 am

My first 6 months of working out was all at home with a pair of adjustable dumbbells and a bench off craigslist. So no gaining weight does not require a gym. You could even do calisthenics using a pullup bar or going to a park/playground.