

Forum:[Hack Forums](#)

Thread: [Gym 3 Days, 5 Days, 7 Days a week?](#)

District - August 30, 2017, 11:43 am

I'm a novice. I've been to the gym a few times and I have a basic understanding. Back then I was gyming monday, wednesday, friday but now I'm considering putting in a bit more work and trying to see better results, faster.

Is it bad to workout 5 days a week, or even 7 days a week?

I'd be spending 1hr-2hrs at the gym with a big chunk of it being cardio. The others would be like free weights, chest, shoulders. I'm currently a fat ass outta shape ass nigga so change is needed.

Age 21, 6'4" tall, 280 lbs.

?????????? - August 30, 2017, 11:46 am

Mate, if you want and have the time and discipline to workout 7 days a week just do it, but if you're trying to lose some serious weight you must cut down your calorie intake and keep moving.

Tony Stark Sucks - August 30, 2017, 11:53 am

You gotta post pictures so we know how much of a fat ass you are.

Angel - August 30, 2017, 11:54 am

Depends on your workout program, you can workout 6 time a week, split 2~3 muscle a day, It's called ABC workout, Workouts goes like this ABCABCX (X means rest day.)

iSnap Your Disk - August 30, 2017, 12:10 pm

(Aug 30, 2017 11:43 AM)The New Phil Wrote: [\[CITE\]](#) I'm a novice. I've been to the gym a few times and I have a basic understanding. Back then I was gyming monday, wednesday, friday but now I'm considering putting in a bit more work and trying to see better results, faster.

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It all depends on what you are doing. Most people recommend anywhere from 3 to 5 days with atleast 2 days of week being rest. If you workout 7 days a week you will most likely burn out after two or three weeks if you are not super advanced or on juice.

I'm not a nutritionist/trainer, however I have been training for a few years and feel I can offer some advice. If I were you I would workout 5x a week with 3 being lifting and the other 2 being just dedicated to running. If you're looking to lose weight you really need to focus on cutting calories rather than what you are doing. A good diet in conjunction with exercise will yield weightloss, as most people say you cannot "outrun a bad diet." So if you lift 3x a week and run 2x with breaks in between certain days you will see significant results.

Jake???????????????????? - August 30, 2017, 8:36 pm

Quote:I'm currently a fat ass outta shape ass nigga so change is needed.
Read somewhere losing weight is ALL in the calories.

Cardio is 6,000% what I'd recommend, and dieting is gonna be a big chunk of it too. Calculate how many calories you burn by cardio compared to how many you eat. :)

iDrew - August 30, 2017, 8:52 pm

I personally do 6 days a week by doing splits for example, arms shoulders back on Monday, Tuesday chest and triceps, and Wednesday leg day rinse and repeat. You should give each muscle group 48hrs to rest.

kafrakos3 - September 1, 2017, 10:59 am

Begin with 3 times a week and after 6 months or so ,raise the number of the days :D

Tommy DeVito - September 1, 2017, 11:04 am

When i wanted to lose 10kg in my cut i went 2 times a day. At night always walking 15% up on slow pace. It is better to lose weight than running.

Also you need to eat healthy and learn more about nutrition

Meow - September 1, 2017, 11:10 am

I would suggest you going to the gym 3-4 times a week. Your muscles need rest time, especially if you are going to lift weights and shit.

Aar?n - September 1, 2017, 9:30 pm

You'll need some rest days. I have seen results on myself by taking rest days instead of going every single day. I suggest 5 days a week.

test - September 1, 2017, 9:43 pm

Nothing wrong with going every day especially if you are doing cardio also. I would suggest 5 days a week though of heavy lifting and give yourself 2 days off to rest and recover.

?Paddy? - September 2, 2017, 9:05 am

I would do 5 times a week at the gym and on the weekends go on runs and do some push ups

? Death Disturbance ? - September 2, 2017, 9:50 am

(Aug 30, 2017 08:36 PM)Disinterested Wrote: [\[CITE\]](#) Read somewhere losing weight is ALL in the calories.

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"Calculate how many calories you burn by cardio compared to how many you eat"

Nahh you did not just suggest that shit to lose weight ?????

Xzedin - September 2, 2017, 3:44 pm

This is my schedule, so far I have went from 48KGs to 60KGs in less than a month.

Monday Wednesday and Friday = Gym, Lifting weights with Stronglifts 3x5.

Tuesday and Thursday is a 30 minute run or treadmill or stationary bicycle.

Saturday and Sunday is pure relaxation.

Good luck!

Lowv - September 2, 2017, 4:12 pm

Depends, if you're skinny you should workout 5 days, if you're overweight 7 days. Simple rule

Emily Brontë - *September 2, 2017, 4:15 pm*

I workout 6 days of the week with cardio before I lift weights and every few days I'll do cardio in the morning as well as at night. Have been doing this for a few months now. The worst that will happen to you is that you're gonna be sore as fuck at first.