

Forum:[Hack Forums](#)

Thread: [Online Fitness Coaching | Personalized Plans | Full Support | Vouched](#)

luffy - September 15, 2017, 7:15 pm

A little bit about myself:

Spoiler ([Click to View](#)) My fitness journey started in my second year of university. I was extremely over-weight, having gone through a major loss, I was depressed, eating horribly, and just thoroughly unhappy. This continued for a few years until I decided enough was enough, and decided to turn my life around.

I'll be honest, I hated my first few months, because I had no idea what I was doing. I was doing random workouts with no real goal, I was overdoing cardio, and I slashed my diet to a very unhealthy point. I wasn't feeling any better then before I started working out, I simply kept going as I had committed to myself to change.

After about 3 months of starting out and seeing minimal results, I looked into a coach, who opened my eyes to everything I had been doing wrong. I started researching nutrition, researching weight lifting progression, reading articles, watching videos, listening to podcasts, and pretty much soaking up any information I could get my hands on, which is when my true passion for fitness ignited.

As I started incorporating my new findings into my training, I noticed some things offered great results, while others seemed almost pointless. Over time, I was able to understand that there are certain universal truths when it comes to weight loss, and bodybuilding. Since then I've been able to structure my workouts for optimal growth, and it shows very well, not only in my physical body, but my mental health improving drastically.

I started working out at 298 pounds, and in a little over 2 years I was able to cut down to 176 pounds, while maintaining weight lifting as a priority.

Now, when people see you once in a while, and they see you go down almost an entire human being in size, they're always intrigued in how you did it. I started getting a lot of questions from people, about which diet I used, which magical workout plan I followed, which is the best cardio activity to do, etc. A lot of my friends and family members asked for help in different workouts, and nutrition plans, and I was always excited to help. When you spend hundreds of hours researching something, it's nice to actually use that information!

The more I helped people out, wrote them different programs, taught them different exercises to target specific muscle groups, and helped them with nutrition, the more I realized, I really love doing it. Tailoring plans to a specific person, and then seeing that person progress is an incredibly exciting experience, so I decided to offer it to a wider variety of people.

Vouches:

(Sep 18, 2017 01:37 PM)Anointed Wrote: ([CITE](#)) I have been in contact with luffy for the past few hours, and he is helping me out with a meal plan. He has calculated my macros and TDEE and has

also suggested and crafted many different meals for me! I will be heading out tomorrow to do some grocery shopping.

luffy has tons of knowledge, and he can definitely be trusted! ?

(Sep 21, 2017 02:12 PM)NA Riven Wrote: [\[CITE\]](#) Heya,

I received a VC and I'd like to say the following: luffy has helped me in the past 4 days with a Workout schedule and a Meal schedule. He knows a lot of stuff so I'd recommend him if you are interested in some online coaching. I wish I did this when I first started, when I went to the gym 5/6 months ago I just did some random stuff. The Workout plan he gave me has way more exercises. It is also split up in 3 different pieces. So I hope to see some progress in the coming months :D'

Thanks luffy :)

(Sep 22, 2017 07:15 AM)Funtela Wrote: [\[CITE\]](#) OP provided me with a free 1 month consultation as a review for his service.

I'm going to be honest about this, OP has been treating me like if I was one of his official clients. He's provided me with a custom gym routine, meal plans (even managed to fit my favorite foods in there), as well as a chart to track my progress.

OP, I hope that you continue to do this out of HF. You are great at this and I'm sure that all of your future customers will be happy.

Yesterday was my 4th day and I'm feeling great. I can't wait to get back today!

OP has also answered all of my questions (and I ask a lot). He's patient, dedicated, and overall one of the nices people I've ever gotten the opportunity to meet.

I've taken a before picture a few days ago. After a month, I'll update some progress here.

Thanks again dude, for everything <3

(Sep 28, 2017 06:17 AM)NA Riven Wrote: [\[CITE\]](#) Heya,

just updating on the VC this is the 2nd week I've lost about 1.5KG and he told me to add extra weight every week because the body has to get used to it and it works. Before I was stuck at the same weight for like 2-4 weeks and now after 1 week I added 5KG and I could lift it, I was struggling a bit but at the 2nd day I did that exercise I could complete a full set on it. He also helped me with the meal plan because having a cheat day would be nice and he gave me 1 cheat day with some advice. I can even ask him questions w/e he is at his work and he responds within a few minutes, over he is a great coach :)

Thanks luffy :)

(Oct 1, 2017 10:11 AM)KappaPride Wrote: [\[CITE\]](#) Huge vouch for my man, Enjoying the plan & sticking to it as close as I can.

mr olympia 2018 see u there

(Oct 6, 2017 03:35 PM)itsMeCherry Wrote: [\[CITE\]](#) Vouch for this guy.

User is very knowledgable in almost everything apparently and has an answer for all questions and if not he researches before answering.

Helped me alot, thanks

Frukt - September 17, 2017, 6:58 am

luffy PM'ed me and asked if I could take on of his vouch copies because I have a self-improvement thread where I aim at becoming the best person I can be.

I sadly declined because I won't have any access to gym and will do all my training in the wild.

He offerd 1 full month training for free, that to me shows he is confident and will proceed with the things he is selling.

GLWS!

luffy - September 17, 2017, 9:43 am

(Sep 17, 2017 06:58 AM)FruktFPS Wrote: [\[CITE\]](#) luffy PM'ed me and asked if I could take on of his vouch copies because I have a self-improvement thread where I aim at becoming the best person I can be.

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GLWS!

Thanks ?

Still looking for members for a month trial.

Zion Williamson - September 17, 2017, 10:15 am

I will gladly take the month trial. I was seriously lifting but this past year have slowed down and kinda lost the definition. If I'm happy with the first month I will gladly pay to keep going. I am extremely motivated after seeing what taking this past year off did to me.

luffy - September 18, 2017, 6:06 am

^contacted , still looking for another vouch

Annoited - September 18, 2017, 6:13 am

(Sep 18, 2017 06:06 AM)luffy Wrote: [\[CITE\]](#) ^contacted , still looking for another vouch

This seems interesting, I PM'd you! ?

test - September 18, 2017, 6:14 am

I'd love a vouch copy of a 1-week consultation. I'm not overweight but looking to gain some muscle and mass in general because I am all skin and bones. I don't have a gym membership but am getting some freeweights sent to me right now. Let me know if you would be interested in working with me. I think I mostly just need a workout plan that I can do at home with little to no equipment and some relatively cheap but healthy meals that I can prepare a few days in advance.

Baby Groot - September 18, 2017, 6:16 am

I'd love to get a vouch, I'm desperately and been looking for a fitness coach. I have my own personal gym in the garage, so working out isn't a problem at all! I have just been trying to find the perfect routine and food plan so you could literally smash it and help out that would be awesome.

Caliban - September 18, 2017, 6:31 am

Seeing this thread it reminds me of this vid xd

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

funtela - September 18, 2017, 6:31 am

Check your PMs. This would be great for me right now.

Supreme666 - September 18, 2017, 7:39 am

Are your meal plans based off of bro-dieting, or something that actually works. By bro-dieting, I mean steak + potatoes daily or salmon and rice daily.

luffy - September 18, 2017, 7:56 am

(Sep 18, 2017 07:39 AM)trapgang Wrote: [\[CITE\]](#) Are your meal plans based off of bro-dieting, or something that actually works. By bro-dieting, I mean steak + potatoes daily or salmon and rice daily.

Nope , it's a far more flexible approach then chicken and asparagus .

But those "bro diets" actually work very well, they're just not feasible for long term sustenance

Supreme666 - September 18, 2017, 8:15 am

(Sep 18, 2017 07:56 AM)luffy Wrote: [\[CITE\]](#) Nope , it's a far more flexible approach then chicken and asparagus .

But those "bro diets" actually work very well, they're just not feasible for long term sustenance
Any chance that its Flexible Dieting/Macros?

luffy - September 18, 2017, 8:19 am

(Sep 18, 2017 08:15 AM)trapgang Wrote: [\[CITE\]](#) Any chance that its Flexible Dieting/Macros?
Yup, those are the main principles I use for the base of each plan .

There's not really any way to successfully diet without "Macros" though.

Annoited - September 18, 2017, 1:37 pm

I have been in contact with luffy for the past few hours, and he is helping me out with a meal plan. He has calculated my macros and TDEE and has also suggested and crafted many different meals for me! I will be heading out tomorrow to do some grocery shopping.

luffy has tons of knowledge, and he can definitely be trusted! ?

luffy - September 21, 2017, 2:06 pm

Apologies for the hiatus, was very busy with family . I've taken on 3 people, and am working with a 4th member. No more vouches for a month . A week's consultations are still available

Jake???????????????? - September 21, 2017, 2:09 pm

I was hype till I seen \$35 a month, I would've jumped into the gym in a heartbeat if i had a coach helping.

luffy - September 21, 2017, 2:12 pm

(Sep 21, 2017 02:09 PM)Disinterested Wrote: [\[CITE\]](#) I was hype till I seen \$35 a month, I would've jumped into the gym in a heartbeat if i had a coach helping.

I really wish I had the time to take on more free clients , sorry :(

You can hit me up with any questions you may have via PM , I'll try to help as much as possible .

NA Riven - September 21, 2017, 2:12 pm

Heya,

I received a VC and I'd like to say the following: luffy has helped me in the past 4 days with a Workout schedule and a Meal schedule. He knows a lot of stuff so I'd recommend him if you are interested in some online coaching. I wish I did this when I first started, when I went to the gym 5/6

months ago I just did some random stuff. The Workout plan he gave me has way more exercises. It is also split up in 3 different pieces. So I hope to see some progress in the coming months :D'

Thanks luffy :)

Jake???????????????? - September 21, 2017, 2:47 pm

I'll look into stuff near me (gyms prices etc) and if something works out then I'll definitely hit you up.

luffy - September 21, 2017, 2:53 pm

(Sep 21, 2017 02:47 PM)Disinterested Wrote: [\[CITE\]](#) I'll look into stuff near me (gyms prices etc) and if something works out then I'll definitely hit you up.

Absolutely . It doesn't even have to be a commercial gym. A cheap smaller gym does the job when you're starting perfectly fine.

KappaPride - September 21, 2017, 9:43 pm

Hi, If I do not have access to a gym could you recommend bodyweight exercises? Or HIIT, something like that (Trying to lose body fat, don't mind losing muscle)

Also, could you make the meal plan budget friendly?

luffy - September 22, 2017, 6:57 am

(Sep 21, 2017 09:43 PM)KappaPride Wrote: [\[CITE\]](#) Hi, If I do not have access to a gym could you recommend bodyweight exercises? Or HIIT, something like that (Trying to lose body fat, don't mind losing muscle)

Also, could you make the meal plan budget friendly?

Pm'ed you

funtela - September 22, 2017, 7:15 am

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Thanks again dude, for everything <3

luffy - September 22, 2017, 11:53 am

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I've taken a before picture a few days ago. After a month, I'll update some progress here.

Thanks again dude, for everything <3
Thanks man, can't wait to see you progress .

I've taken on one last vouch client . Will be updating the thread shortly

itsMeCherry - September 22, 2017, 3:44 pm

it blows my mind how you can make this thread without posting proof pictures of yourself

luffy - September 22, 2017, 3:51 pm

(Sep 22, 2017 03:44 PM)itsMeCherry Wrote: [\[CITE\]](#) it blows my mind how you can make this thread without posting proof pictures of yourself

You make a good point , I was planning on including them once I started advertising sales, but I'll post em tonight instead .

G4ng - September 22, 2017, 4:06 pm

I'm quite interested in the 1 week consultation. I have access to a gym, go consistently, Read a lot about nutrition and what not and formulated a lot of information from what I've read but I can't really figure out a nutrition plan I can stick to as I'm a student and live in a dorm. I am down to the last few pounds (I'd say like 10 pounds before my abs are visible) and I been stuck at this body fat composition for quite a while. If I do get a response I probably won't reply as it's night time here but can respond tomorrow for sure.

FamousHater - September 22, 2017, 4:08 pm

Can u post pic of yourself so we have an idea

luffy - September 22, 2017, 4:12 pm

(Sep 22, 2017 04:08 PM)FamousHater Wrote: [\[CITE\]](#) Can u post pic of yourself so we have an idea
Yup, soon as I get home

Updated with a few pictures.

luffy - September 23, 2017, 5:31 pm

Pm me / add me on skype if you have any questions!

itsMeCherry - September 24, 2017, 2:02 am

Any vouch copies left? Let me know

luffy - September 24, 2017, 7:27 am

(Sep 24, 2017 02:02 AM)itsMeCherry Wrote: [\[CITE\]](#) Any vouch copies left? Let me know
Unfortunately not, sorry :(

luffy - September 25, 2017, 8:37 am

Taking on more clients pm me / Skype me with any questions

wit - September 25, 2017, 8:50 pm

u offer steroid consulting? Neeed cycle help

luffy - September 26, 2017, 6:08 am

(Sep 25, 2017 08:50 PM)CydiaDev Wrote: [\[CITE\]](#) u offer steroid consulting? Neeed cycle help
Sorry, I only offer coaching in natural fitness

luffy - September 27, 2017, 6:47 am

Taking on more clients pm me / Skype me with any questions

NA Riven - September 28, 2017, 6:17 am

Heya,

just updating on the VC this is the 2nd week I've lost about 1.5KG and he told me to add extra weight every week because the body has to get used to it and it works. Before I was stuck at the same weight for like 2-4 weeks and now after 1 week I added 5KG and I could lift it, I was struggling a bit but at the 2nd day I did that exercise I could complete a full set on it. He also helped me with the meal plan because having a cheat day would be nice and he gave me 1 cheat day with some advice. I can even ask him questions w/e he is at his work and he responds within a few minutes, over he is a great coach :)

Thanks luffy :)

TERA - September 28, 2017, 6:21 am

This is an original idea (for forums atleast) and I really like the concept keep it up

luffy - September 28, 2017, 8:18 am

(Sep 28, 2017 06:21 AM)Far™ Wrote: [\[CITE\]](#) This is an original idea (for forums atleast) and I really like the concept keep it up
Thanks mate ?

luffy - September 30, 2017, 7:18 am

Taking on more clients , pm me if you're interested in changing your life !

B FOR BADASS - September 30, 2017, 2:16 pm

Vouch for luffy. Bought my signature. Buy his fitness coaching and reduce weight. Become lean :))

luffy - October 1, 2017, 8:03 am

Thanks. Pm me if you're interested or have any questions!

KappaPride - October 1, 2017, 10:11 am

Huge vouch for my man, Enjoying the plan & sticking to it as close as I can.
mr olympia 2018 see u there

luffy - October 1, 2017, 1:37 pm

(Oct 1, 2017 10:11 AM)KappaPride Wrote: [\[CITE\]](#) Huge vouch for my man, Enjoying the plan & sticking to it as close as I can.
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2019 hopefully ?

luffy - October 3, 2017, 9:50 am

Still taking on clients , message me with any questions !

luffy - October 4, 2017, 10:53 am

Still taking on clients , message me with any questions

luffy - October 5, 2017, 11:01 am

Still taking on clients , message me with any questions

luffy - October 6, 2017, 11:08 am

Still taking on clients , message me with any questions

itsMeCherry - October 6, 2017, 3:35 pm

Vouch for this guy.

User is very knowledgable in almost everything apparently and has an answer for all questions and if not he researches before answering.

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luffy - October 7, 2017, 8:10 am

Still taking on clients , message me with any questions

luffy - October 8, 2017, 8:13 am

Still taking on clients , message me with any questions

luffy - October 10, 2017, 7:38 am

Still taking on clients , message me with any questions

luffy - October 11, 2017, 8:19 am

Still taking on clients , message me with any questions

luffy - October 12, 2017, 8:40 am

Still taking on clients , message me with any questions

luffy - October 13, 2017, 10:15 am

Still taking on clients , message me with any questions

luffy - October 16, 2017, 6:44 am

Still taking on clients , message me with any questions

luffy - October 17, 2017, 7:33 am

Still taking on clients , message me with any questions

luffy - October 18, 2017, 10:40 am

Still taking on clients , message me with any questions