

Forum:[Hack Forums](#)

Thread: [from 22% to 15% bodyfat, best way](#)

Kjetil - September 30, 2017, 11:24 am

im not going to the gym

i sit behind my computer all day

i got some muscle from previous sports i played that i don't want to lose so waterfasting is not an option

help me

?Illuminati - September 30, 2017, 1:05 pm

"im not going to the gym"

Go to the gym and eat below your maintenance. Put some hard work in and you will achieve your goal.

Calogero' - September 30, 2017, 1:06 pm

Put your mind to it, grind the gym and you'll achieve it. Put in the work.

Grimzyy - September 30, 2017, 1:28 pm

(Sep 30, 2017 11:24 AM)sichtsale Wrote: [\[CITE\]](#) im not going to the gym
Best fuck off then

AMAVI - September 30, 2017, 1:31 pm

Diet is key, you can train all you want and do as much cardio as you like but if you're stuffing your self with 3K+ calories of junk food you won't see any results, clean up your diet, eat in a calorie deficit and train / cardio and you'll be set.

champagnpapi - September 30, 2017, 1:31 pm

You're literally saying i want to buy everything from the store without spending money.

XEHN - October 1, 2017, 3:56 pm

(Sep 30, 2017 11:24 AM)sichtsale Wrote: [\[CITE\]](#) im not going to the gym

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If you have an attitude like that towards training then you will never achieve your goals, sorry spaceman but it is time to come down to earth. Go to the gym atleast three times per week for atleast one hour on each occasion, start lifting weights. Get into a caloric deficit (count calories with an app) and voilà.

Caliban - October 1, 2017, 4:43 pm

Just restrict your calories.

Long term its not a sustainable method tho, you will have to do some exercise. It could even be something simple like walking 1-2 hours every day.

NA Riven - October 1, 2017, 4:46 pm

You can try this guy. <https://hackforums.net/showthread.php?tid=5718492>

He is helping me RN and I can see some progress already. I've been in the gym for over 5 months without seeing any progress.

banchode - October 1, 2017, 4:47 pm

all natty take some dnp 4 weeks 500mg get shredded as FOCK

thePoltergeist - October 1, 2017, 4:47 pm

Keto worked really well for me. Eliminate all carbs from your diet.

test - October 1, 2017, 4:54 pm

(Sep 30, 2017 11:24 AM)sichtsale Wrote: [\[CITE\]](#) im not going to the gym

i sit behind my computer all dayWell then you are not going to lose fat, simple. Be more proactive and you will see a change. Start going for runs every day for 30 minutes at 55-65% of your max heart rate. Cut sugars and fats from your diet and lower the amount of carbs you are ingesting. Drink as much water as you can with every meal. A few simple diet changes and regular cardio exercise and you will start seeing a change.

(Sep 30, 2017 11:24 AM)sichtsale Wrote: [\[CITE\]](#)

i got some muscle from previous sports i played that i don't want to lose so waterfasting is not an option

You are going to lose that muscle over time from not going to the gym anyway.

NA Riven - October 1, 2017, 5:31 pm

(Oct 1, 2017 04:54 PM)testaccountplsignore Wrote: [\[CITE\]](#) Well then you are not going to lose fat, simple. Be more proactive and you will see a change. Start going for runs every day for 30 minutes at 55-65% of your max heart rate. Cut sugars and fats from your diet and lower the amount of carbs you are ingesting. Drink as much water as you can with every meal. A few simple diet changes and regular cardio exercise and you will start seeing a change.

You are going to lose that muscle over time from not going to the gym anyway.

Because going to the gym requires free time and effort and OP sits a lot.

FamousHater - October 1, 2017, 5:33 pm

go to gym

your not losing 7 percent fat and u need to get lower then that to see your abs. 15 wont show shit

NA Riven - October 1, 2017, 5:35 pm

(Oct 1, 2017 05:33 PM)FamousHater Wrote: [\[CITE\]](#) go to gym

your not losing 7 percent fat and u need to get lower then that to see your abs. 15 wont show shit
I am at 15 and I am shredded af so what are you talking about?

<http://prntscr.com/gS3x75>

Caliban - October 1, 2017, 5:38 pm

(Oct 1, 2017 05:33 PM)FamousHater Wrote: [\[CITE\]](#) go to gym

your not losing 7 percent fat and u need to get lower then that to see your abs. 15 wont show shit Depends on his genetics, some people will have abs at 12-15% bf while others wont have abs at 10%. It also depends on what measurement methods you use.

IMRICH69 - October 1, 2017, 8:38 pm

Well to drop weight just eat at a caloric deficit. Find that number first.

If you're not so active then you should watch your calories even more.

Best of luck.

Goods - October 2, 2017, 1:10 am

(Sep 30, 2017 01:31 PM)AMAVI Wrote: [\[CITE\]](#) Diet is key, you can train all you want and do as much cardio as you like but if you're stuffing your self with 3K+ calories of junk food you won't see any results, clean up your diet, eat in a calorie deficit and train / cardio and you'll be set.

This is correct, but technically you dont have to clean up your diet.

You can eat taco bell and still lose weight as long as your in a defecit.

2000 calories of taco bell = 2000 calories of anything healthy

(Oct 1, 2017 05:38 PM)Caliban Wrote: [\[CITE\]](#) Depends on his genetics, some people will have abs at 12-15% bf while others wont have abs at 10%. It also depends on what measurement methods you use.

Also depends on how much he trains his abs as well...

AMAVI - October 2, 2017, 11:11 am

(Oct 2, 2017 01:10 AM)Goods Wrote: [\[CITE\]](#) This is correct, but technically you dont have to clean up your diet.

You can eat taco bell and still lose weight as long as your in a defecit.

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Also depends on how much he trains his abs as well...

Yup that's right, you can eat anything you like to lose weight but mentally eating healthy keeps you on track and id say more motivated to get the cardio, training done if you're just looking to lose weight, shit when ever i cut i just eat what ever and it gets the job done as long as I'm in a calorie deficit.