

Forum:[Hack Forums](#)

Thread: [Body Transformation from age 13-21 \(skinny\)](#)

UJohane - October 1, 2017, 6:13 am

Here is my transformation story! First time i went to gym was at age of 17.
After that, many times i gave up. But i'm still here. I'm still fighting.
I have a dream. I want to built a aesthetic body and i'll do it.

13 YEARS OLD Spoiler [\(Click to View\)](#)

16 YEARS OLD Spoiler [\(Click to View\)](#)

17 YEARS OLD Spoiler [\(Click to View\)](#)

18 YEARS OLD Spoiler [\(Click to View\)](#)

19 YEARS OLD Spoiler [\(Click to View\)](#)

20 YEARS OLD Spoiler [\(Click to View\)](#)

After that, i had a terrible accident. I broke my ankle and i had to make surgery. I was 2 months on hospital. I couldn't move. I lost muscle gains... I gained fat. After 2 months, doctor restrict to me to workout. After 5 month... i came back.

Now... 21 YEARS OLD Spoiler [\(Click to View\)](#)

This is not the end. This is the BEGINNING. ?

marakuq - October 1, 2017, 6:34 am

Great transformation man :) Until you were 17 you did only bodyweight exercises?

Nachfolger - October 1, 2017, 6:37 am

So the question is, how did you keep up with it?

I'm skinny enough to the point where if I do like x20 situps a day, you see a 6 pack (not super defined like yours) but I just seem to not keep up with it. Like I'll just skip a few days then do a few situps and call it a day. Pls help

Undefined - October 1, 2017, 6:37 am

did exercising that young hurt your growth? i heard a lot about that shit fucking with your growth (making you shorter).

The Piggy Bank - October 1, 2017, 6:41 am

Oh it's you. The beard guy. I know the feeling lol... I had a motorcycle accident 4 days ago... can't really workout for 3 weeks or so. Good luck on your journey.

UJohane - October 1, 2017, 6:46 am

(Oct 1, 2017 06:34 AM)marakuq Wrote: [\[CITE\]](#) Great transformation man :) Until you were 17 you did only bodyweight exercises? Yeah. Pull ups... push ups... You know!

(Oct 1, 2017 06:37 AM)Nachfolger Wrote: [\[CITE\]](#) So the question is, how did you keep up with it?

I'm skinny enough to the point where if I do like x20 situps a day, you see a 6 pack (not super defined like yours) but I just seem to not keep up with it. Like I'll just skip a few days then do a few situps and call it a day. Pls help

Stop doing these exercises and sign up on gym! Search a lot on web in order to do right the workout. Don't forget to accept the advises from personal trainers there. Also i posted Zyzs's bible in a previous thread. Check it!

(Oct 1, 2017 06:41 AM)The Piggy Bank Wrote: [\[CITE\]](#) Oh it's you. The beard guy. I know the feeling lol... I had a motorcycle accident 4 days ago... can't really workout for 3 weeks or so. Good luck on your journey.

Dude, after two months i couldn't walk for 3 weeks. I tried every single day to walk but i couldn't. I fell down many times. Some times i thought that i will never walk again and i cried.

(Oct 1, 2017 06:37 AM)Undefined Wrote: [\[CITE\]](#) did exercising that young hurt your growth? i heard a lot about that shit fucking with your growth (making you shorter).

If you make the exercises in the right way, you will not have this problem.

NA Riven - October 4, 2017, 4:55 am

Damn nice transformation. The doctor gave me the advice to not work out ever since I broke my left arm at 2 places and I had to get a surgery and now I am going to the gym almost every day. Also I just did a full pullup for the first time lmao xd

UJohane - October 4, 2017, 5:02 am

(Oct 4, 2017 04:55 AM)NA Riven Wrote: [\[CITE\]](#) Damn nice transformation. The doctor gave me the advice to not work out ever since I broke my left arm at 2 places and I had to get a surgery and now I am going to the gym almost every day. Also I just did a full pullup for the first time lmao xd

I broke my ankle in 3 places. That was a terrible experience for me.

I'm in better condition that i thought right now.

Two months on bed, i saw my muscles and my abs disappearing just like that every single day. I didn't eat at all. Both of my friends and my relatives brought to me chocolates. (I hate them) ?

I came back and i'm looking forward to post another picture of my self in the near future being bigger and better.

Thank you brother!

I PICK COTTON - October 4, 2017, 5:03 am

yo why you showing other boys your tittys? gayboi

NA Riven - October 4, 2017, 5:03 am

(Oct 4, 2017 05:02 AM)UJohane Wrote: [\[CITE\]](#) I broke my ankle in 3 places. That was a terrible experience for me.

I'm in better condition that i thought.

Two months on bed, i saw my muscles and my abs disappearing just like that every single day. I didn't eat at all. Both of my friends and my relatives brought to me chocolates. (I hate them) ?

I came back and i'm looking forward to post another picture of my self in the near future being bigger and better.

haha I know that feeling. I am now on a protein diet to lose some weight and have a lot of protein. luffy helped me with this and my mom keeps on asking me if I want candy or stuff like that haha xD

UJohane - October 4, 2017, 5:07 am

(Oct 4, 2017 05:03 AM)NA Riven Wrote: [\[CITE\]](#) haha I know that feeling. I am now on a protein diet to lose some weight and have a lot of protein. luffy helped me with this and my mom keeps on asking me if I want candy or stuff like that haha xD

I'm training with my uncle these days and he said to me about a very effective supplement to loose fat. He was fat for a while and after he took this supplement (with diet and hard workout ALWAYS) he lost too many pounds of fat and he got ripped. The supplement called "Animal Cuts". I saw lots of good reviews on web. Check it if you want!

NA Riven - October 4, 2017, 5:09 am

(Oct 4, 2017 05:07 AM)UJohane Wrote: [\[CITE\]](#) I'm training with my uncle these days and he said to me about a very effective supplement to loose fat. He was fat for a while and after he took this supplement (with diet and hard workout ALWAYS) he lost too many pounds of fat and he got ripped. The supplement called "Animal Cuts". I saw lots of good reviews on web. Check it if you want! I am almost at the weight I want to be :) I want to be 55KG by Christmas I am now at 62KG so I believe xD However I might look into it.

UJohane - October 4, 2017, 5:15 am

(Oct 4, 2017 05:09 AM)NA Riven Wrote: [\[CITE\]](#) I am almost at the weight I want to be :) I want to be 55KG by Christmas I am now at 62KG so I believe xD However I might look into it.

With a good diet and cardio 4-6 times per week, you can reach this goal! I hope the best. ?

Vanderbilt - October 6, 2017, 3:09 am

(Oct 1, 2017 06:37 AM)Undefined Wrote: [\[CITE\]](#) did exercising that young hurt your growth? i heard a lot about that shit fucking with your growth (making you shorter).

im 16, 6'4" and I still workout for football

Nadisty - October 6, 2017, 3:50 am

Nice, but I believe you could have progressed even further than you are today with the right diet/exercise. How did you break your ankle?

UJohane - October 6, 2017, 4:13 am

(Oct 6, 2017 03:50 AM)Nadisty Wrote: [\[CITE\]](#) Nice, but I believe you could have progressed even further than you are today with the right diet/exercise. How did you break your ankle?

I broke my ankle during exercise on the military special forces.

It's so difficult to do diet on the military with this shit food. ?

Super Saiyan God - October 6, 2017, 2:27 pm

Bro when you started working out did you just straight bulk for 3 years?