

Forum:[Hack Forums](#)

Thread: [Gym questions.](#)

Riyu - October 3, 2017, 4:41 pm

If someone could answer some of my questions, that would be great.

How long should I be in the gym for?

What should I eat before/after the gym?

Best machines to work on while at the gym?

Biggy - October 3, 2017, 4:44 pm

1. There's no set amount of time. Get your workout done.

2. Some studies show its better to knockout your protein shake directly after your workout because it's can directly affect your muscle growth. Other then that, you don't necessarily need to eat something before or after a workout (that was a thought I had when I started too)

3. That all depends. You need a workout plan my man. I can gladly hookup you up with one via PM if you want and I can show you my progress so you can see I have a sense of what I'm doing.

I love helping people workout and I can help you with anything else you want as well :)

Riyu - October 3, 2017, 4:45 pm

(Oct 3, 2017 04:44 PM)Biggy Wrote: [\[CITE\]](#) 1. There's no set amount of time. Get your workout done.

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I love helping people workout and I can help you with anything else you want as well :)Thanks. I'd love to see your workout plan!

Biggy - October 3, 2017, 4:54 pm

(Oct 3, 2017 04:45 PM)Riyu~?? Wrote: [\[CITE\]](#) Thanks. I'd love to see your workout plan!

Going to shoot you a PM the second I get 25 posts, cause I need that to pm :P

UJohane - October 4, 2017, 3:04 am

1. Depends of the workout plan.

2. Scientist said that 25g of Whey protein and 25g after can gives you extremely muscle gain.

<https://www.ncbi.nlm.nih.gov/pubmed/16286871>

I can't find right now the correct science article. There was an experiment with some men about consuming protein before and after and the other consumed carbs before and after.

Specially, the men who consumed 25g before and after had very increased muscle gain, otherwise the men who took carbs before and after lost muscle gains.

I'll find it and i will update my post.

3. It's better to use free weights workout. Not that means that you won't use machines but your main workout should based on free weights. The must exercises are Deadlifts (increase testosterone), Squats and Bench press.

In my point of view, the best workouts are with supersets, dropsets and pyramid sets.
If you want to see difference on your body you have to shock your muscles but first DIET.

Jiren - October 4, 2017, 3:46 am

(Oct 4, 2017 03:04 AM)UJohane Wrote: [\[CITE\]](#) 1. Depends of the workout plan.

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In my point of view, the best workouts are with supersets, dropsets and pyramid sets.
If you want to see difference on your body you have to shock your muscles but first DIET.
THIS.

Usually workouts last for 60-120min I would say but it depends on your workout

Since your new to the gym I would recommend you to do more dumbbell work simply because you don't get a muscle imbalance. For example if your working your chest i recommend dumbbell flat bench dumbbell press instead of barbell bench press

However it doesn't matter what you do at the gym if your not on a calorie surplus you won't get "big"

There's 2 reasons why people don't see results at the gym :

1. not training hard enough
2. not eating enough (mostly this)

Goods - October 4, 2017, 3:48 am

(Oct 3, 2017 04:41 PM)Riyu~?? Wrote: [\[CITE\]](#) If someone could answer some of my questions, that would be great.

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What should I eat before/after the gym?

Best machines to work on while at the gym?

1. A typical routine could last anywhere from 45 minutes to 2 hours just depends.
2. I usually dont eat before the gym. I always eat after mostly because I do fasted cardio.

3. Work on compound movements. Avoid isolation machines at first. Deadlift, Squat, benchpress.

Jiren - October 4, 2017, 3:52 am

(Oct 4, 2017 03:48 AM)Goods Wrote: [\[CITE\]](#) 1. A typical routine could last anywhere from 45 minutes to 2 hours just depends.

2. I usually dont eat before the gym. I always eat after mostly because I do fasted cardio.

3. Work on compound movements. Avoid isolation machines at first. Deadlift, Squat, benchpress. Come on eating before the gym is very much needed. OP try eating like eggs or oats or something

Caliban - October 4, 2017, 3:52 am

How long should I be in the gym for?

-> At least an hour. Not more than 2 hours.

What should I eat before/after the gym?

-> Around 2-3 hours before, lots of complex carbs (rice,pasta), and 15-30 mins before some simple carbs (fruits,sugary snack).

After the gym you can eat some fast digesting protein like whey protein.

Best machines to work on while at the gym?

->Machines are only worth it for beginners. So use them for 2-3 months if you're a gym virgin but after that you should stick to free weights.

UJohane - October 4, 2017, 4:02 am

(Oct 4, 2017 03:46 AM)Jiren Wrote: [\[CITE\]](#) For example if your working your chest i recommend dumbbell flat bench dumbbell press instead of barbell bench press

I think that he should start bench press on smith machine in order to learn about the movement of exercise and after some weeks bench press free weights.

Why i'm saying that? Because he will learn about the balance of dumbbells and not the barbell. So after it will be more difficult for him to understand the CORRECT movement on free weights.

That's my opinion.

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

(Oct 4, 2017 04:02 AM)UJohane Wrote: [\[CITE\]](#) I think that he should start bench press on smith machine in order to learn about the movement of exercise and after some weeks bench press free weights.

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That's my opinion.

I used the bench from the start and let th gym leader help me so I dont fuck up the movement.

UJohane - October 4, 2017, 4:11 am

(Oct 4, 2017 04:09 AM)NA Riven Wrote: [\[CITE\]](#) I used the bench from the start and let th gym leader help me so I dont fuck up the movement.

What about retract scapula on bench press? ?

NA Riven - October 4, 2017, 4:12 am

(Oct 4, 2017 04:11 AM)UJohane Wrote: [\[CITE\]](#) What about retract scapula on bench press? ?

WHAT is that

UJohane - October 4, 2017, 4:13 am

(Oct 4, 2017 04:12 AM)NA Riven Wrote: [\[CITE\]](#) WHAT is that
Search of it...

This is the technique movement of bench press for best results.
...You're welcome. ?

NA Riven - October 4, 2017, 4:15 am

(Oct 4, 2017 04:13 AM)UJohane Wrote: [\[CITE\]](#) Search of it...

This is the technique movement of bench press for best results.
...You're welcome. ?

Oh shit this gym leader was the first tho only 7 to go.

Thanks xD

Nadisty - October 4, 2017, 4:17 am

Don't use a smith machine as it limits the ROM and puts strain on your shoulders & rotor cufs as you can't freely move. As the user said in the first post about using dumbbells and not barbells because it cause muscle imbalance, infact you should be using barbells. Using dumbbells you have more range of movement but unless your slightly experienced with exercise workouts, lifting and so on then I'd use machines and barbells to start off with.

What should you eat?

Chicken perhaps? There's an average of 22g of protein in a chicken breast. You want some carbs to go along with that protein thought, otherwise it'll be pointless and your body won't be able to break it down. Hence the reason for chicken and rice, but again this depends on what your trying to gain (or loose). Is it mass your wanting? Loose weight? Best source of protein is from food, but it's okay to use shakes too, it gets digested quicker. Don't forget those amino's whilst training!

What machines should I use?

Avoid every single smith machine your gym has to offer, just don't do it. Don't do ab exercises thinking your gunna gain abs instantly unless your already ripped and have low body fat %. It'll only strengthen your core and when you loose body% your abs will become more visible. Just remember you can't burn body fat in one particular place it burns from all of your body equally. The best thing to do to get abs would be to have a great diet.

UJohane - October 4, 2017, 4:18 am

(Oct 4, 2017 04:15 AM)NA Riven Wrote: [\[CITE\]](#) Oh shit this gym leader was the first tho only 7 to go.

Thanks xD

We still learning brother. If you want any help, PM whenever you want.

P.S. My father was a bodybuilder. ?

NA Riven - October 4, 2017, 4:51 am

(Oct 4, 2017 04:18 AM)UJohane Wrote: [\[CITE\]](#) We still learning brother. If you want any help, PM whenever you want.

P.S. My father was a bodybuilder. ?

Are you Arnolds son? :O

UJohane - October 4, 2017, 4:54 am

(Oct 4, 2017 04:51 AM)NA Riven Wrote: [\[CITE\]](#) Are you Arnolds son? :O

Hahaha. ? I wish i was his son...

My father was just local IFBB bodybuilder.

Grimzyy - October 4, 2017, 5:24 am

(Oct 4, 2017 03:04 AM)UJohane Wrote: [\[CITE\]](#) The must exercises are Deadlifts (increase testosterone)

Just doing deadlifts doesn't increase testosterone, where do you get this dumb shit from?

Meterpreter - October 4, 2017, 5:25 am

Eat chicken breasts, chicken breasts, chicken breasts, and occasionally mix it up by adding some chicken breasts.

UJohane - October 4, 2017, 7:07 am

(Oct 4, 2017 05:24 AM)Grimzyy Wrote: [\[CITE\]](#) Just doing deadlifts doesn't increase testosterone, where do you get this dumb shit from?

Search a little bit. ?

Calogero' - October 4, 2017, 7:09 am

(Oct 4, 2017 05:25 AM)Meterpreter Wrote: [\[CITE\]](#) Eat chicken breasts, chicken breasts, chicken breasts, and occasionally mix it up by adding some chicken breasts.

Turkey. Eat some fucking Turkey.

CYB3RM4N - October 4, 2017, 7:11 am

(Oct 3, 2017 04:41 PM)Riyu~?? Wrote: [\[CITE\]](#) If someone could answer some of my questions, that would be great.

How long should I be in the gym for?

What should I eat before/after the gym?

Best machines to work on while at the gym?

1. Like many have said, there's no set/optimal amount of time you should be in the gym.

2. You'd want something to get your energy up, so I'd recommend a banana or something sweet, like chocolates.

3. No best machine, work out what you need to work out. You can find workout plans [here](#).

Goods - October 4, 2017, 6:36 pm

(Oct 4, 2017 03:52 AM)Jiren Wrote: [\[CITE\]](#) Come on eating before the gym is very much needed. OP try eating like eggs or oats or something

I fully disagree.....For one I dont like going to the gym feeling bloated.

Biggy - October 4, 2017, 6:38 pm

(Oct 4, 2017 03:52 AM)Jiren Wrote: [\[CITE\]](#) Come on eating before the gym is very much needed. OP try eating like eggs or oats or something

Not true at all lol where do you you get your facts from?

banchode - October 4, 2017, 8:32 pm

(Oct 4, 2017 03:52 AM)Jiren Wrote: [\[CITE\]](#) Come on eating before the gym is very much needed. OP try eating like eggs or oats or somethingVouch, goods is a dunce and only cares about post count. You won't make any gains if you don't have any energy to train.

(Oct 4, 2017 06:38 PM)Biggy Wrote: [\[CITE\]](#) Not true at all lol where do you you get your facts from? Are you stupid? Wake up and hit a workout fasted 0 food and tell me if you think you won't be stronger than if you ate a big meal.

(Oct 4, 2017 06:36 PM)Goods Wrote: [\[CITE\]](#) I fully disagree.....For one I dont like going to the gym feeling bloated.Well you fucking mongoloid thats why you wait an hour and let your food digest. Get thee fuck outta this section LLLLLLLLLLLLLOL

Biggy - October 4, 2017, 8:35 pm

(Oct 4, 2017 08:32 PM)banchode Wrote: [\[CITE\]](#) Vouch, goods is a dunce and only cares about post count. You won't make any gains if you don't have any energy to train.

Are you stupid? Wake up and hit a workout fasted 0 food and tell me if you think you won't be stronger than if you ate a big meal.

You're pretty damn stupid. Do you know how many people go to the gym and do fasted cardio along with their workout then eat like a savage after?

If you're sitting here telling me you need to eat food before a workout to gain muscle, you need to do some research.

banchode - October 4, 2017, 8:39 pm

(Oct 4, 2017 08:35 PM)Biggy Wrote: [\[CITE\]](#) You're pretty damn stupid. Do you know how many people go to the gym and do fasted cardio along with their workout then eat like a savage after?

If you're sitting here telling me you need to eat food before a workout to gain muscle, you need to do some research.First of all you cuck, OP's goal is to build muscle so no, he doesn't need to do fasted cardio and second of all you cuck there's nothing special about fasted cardio and can post ref's. All those people are idiots like you and Goods. To optimize performance you need carbs before a workout. I never said food before a workout magically gives you muscle, it gives you the energy to go into the gym and should lead to progressive overload. Fuck you and all your fads their all shit and are garbage. Post a ref showing people gaining more muscle when they did their workouts fasted. You wont find one because YOU AND GOODS ARE FUCKIIIIIIIIIIING BRAIN DEAD

Cruz. - October 4, 2017, 8:40 pm

How long should I be in the gym for?

Personally I say an hour - hour and a half max at the point pass that time muscle growth slows and is pointless

What should I eat before/after the gym?

Before the gym I get something carb heavy, my choice is peanutbutter because of the protein as well, After a red meat/chicken and a protein shake

Best machines to work on while at the gym?

I'm old school and I'd have to say free weights IE/ Bench Squat you can do so much from those stations

iampoor - October 4, 2017, 8:42 pm

I personally would like to workout in 30-40 minutes weight wise, then do my cardio, anything more then that I feel like my rest is too much

Depends on what time you go to the gym at, sometimes I like to go after some caffeine when I

wake up and some days I'll get a few meals in before hand, I usually eat my carbs before I train and cut them down after a workout, I'll have one carb meal after

I try to limit machines personally but that's just me

This is just personal preference and what I like to do

Biggy - October 4, 2017, 8:45 pm

(Oct 4, 2017 08:39 PM)banchode Wrote: [\[CITE\]](#) First of all you cuck, OP's goal is to build muscle so no, he doesn't need to do fasted cardio and second of all you cuck there's nothing special about fasted cardio and can post ref's. All those people are idiots like you and Goods. To optimize performance you need carbs before a workout. I never said food before a workout magically gives you muscle, it gives you the energy to go into the gym and should lead to progressive overload. Fuck you and all your fads their all shit and are garbage. Post a ref showing people gaining more muscle when they did their workouts fasted. You wont find one because YOU AND GOODS ARE FUCKIIIIIIIIIIING BRAIN DEAD

I've never met anyone as scrony and stupid as you lol. I never said OP needed to do fasted cardio, I was simply referencing that, if you could read you moron.

OP was asking what meals to eat before a workout, which is a common misconception for beginners to think they necessarily NEED to eat something / a certain food before a workout, which you don't. If you already ate and you ain't hungry, DON'T EAT. Pretty damn simple. If we're talking just waking up, then of course most people will have a decent breakfast before hitting the gym, but if we're talking the middle of the day, and you aren't hungry, you don't NEED to eat for the gym. Point blank period.

banchode - October 4, 2017, 11:24 pm

(Oct 4, 2017 08:45 PM)Biggy Wrote: [\[CITE\]](#) I've never met anyone as scrony and stupid as you lol. I never said OP needed to do fasted cardio, I was simply referencing that, if you could read you moron.

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Jaja you can't even read your own replies. Go back and look what you said. Now that you have come to terms with the L you just got, take your computer and throw it out ASAP

Nadisty - October 6, 2017, 12:21 am

This thread has escalated quickly..

SIM-1589588 - October 6, 2017, 1:10 am

I laugh when I see people arguing over nonsense things in a thread like this. OP join bodybuilding.com's forum for better advice

Untold - October 6, 2017, 10:01 am

(Oct 3, 2017 04:41 PM)Riyu~?? Wrote: [\[CITE\]](#) If someone could answer some of my questions, that would be great.

How long should I be in the gym for?
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Best machines to work on while at the gym?

Going to the gym hours on end doesn't mean anything unless you're correctly working your muscles. Don't listen to anyone here saying you have to go to the gym for hours on end. As long as you feel like you're using proper RPE levels, you'll feel a good pump and you'll feel like you've done something. Some days I'm at the gym for 45 minutes, some days I'm there for two hours. It just depends on how much work YOU do.

If your goal is to be a bodybuilder, I'm not here for that.

If you're looking for strength gain/muscle growth, you definitely need to be on a calorie surplus. You should be eating a small percentage of food before the gym, otherwise you're going to be possibly fatigued, and your strength gains will be prohibited. Look up calculators for your weight and etc. to determine how much you should be eating every day, and what your protein intake should be.

Definitely focus on the compound lifts: deadlift, bench press, squat. Make sure your forms are good and efficient enough to avoid injury. If you can't get the proper protein intake, definitely invest in a mass gainer with protein (to get bigger), or just whey protein to get a sufficient protein intake.

I can help you with a program if your goal is to gain strength.

Currently at 365lbs/165kg bench, 495lbs/224kg deadlift, and 405lbs/183kg squat.

Definitely join other forums that are based upon working out instead of posting here as well. Like the user above me recommended, bodybuilding.com

Goods - October 7, 2017, 1:15 am

(Oct 4, 2017 08:39 PM)banchode Wrote: [\[CITE\]](#) First of all you cuck, OP's goal is to build muscle so no, he doesn't need to do fasted cardio and second of all you cuck there's nothing special about fasted cardio and can post ref's. All those people are idiots like you and Goods. To optimize performance you need carbs before a workout. I never said food before a workout magically gives you muscle, it gives you the energy to go into the gym and should lead to progressive overload. Fuck you and all your fads their all shit and are garbage. Post a ref showing people gaining more muscle when they did their workouts fasted. You wont find one because YOU AND GOODS ARE FUCKIIIIIIIIIIING BRAIN DEAD

There is a very specific reason related to this post as to why your rep is -10 at this moment in time.

elm224 - October 7, 2017, 1:19 am

(Oct 7, 2017 01:15 AM)Goods Wrote: [\[CITE\]](#) There is a very specific reason related to this post as to why your rep is -10 at this moment in time.

You'd think you've seen it all in HF

Goods - October 7, 2017, 1:32 am

(Oct 7, 2017 01:19 AM)elm224 Wrote: [\[CITE\]](#) You'd think you've seen it all in HF That guy has some serious mental issues.

Hopefully natural selection isnt favorable for him.

Pompeyo - October 7, 2017, 1:33 am

I can already tell your money making ebooks have made you into a fat human.

banchode - October 8, 2017, 6:57 am

<https://liamrosen.com/fitness.html> only thing you should ever read most of these replies are horrible.

Kimmo - October 8, 2017, 12:01 pm

(Oct 4, 2017 03:48 AM)Goods Wrote: [\[CITE\]](#) 1. A typical routine could last anywhere from 45

minutes to 2 hours just depends.

2. I usually don't eat before the gym. I always eat after mostly because I do fasted cardio.

3. Work on compound movements. Avoid isolation machines at first. Deadlift, Squat, benchpress. This is true. These exercises are the hardest and most people will rather do something else but it's where the biggest gains come from. And eating of course..