

Forum:[Hack Forums](#)

Thread: [Fitness Advice Helpdesk](#)

Biggy - October 3, 2017, 7:42 pm

As dumb as you think your question is, I've probably thought the same as you at one point. Its taken a lot of learning for me to get to where I am.

You can ask me anything from:

How to stay motivated

How to start working out

What foods to eat

How to gain muscle / lose weight

What supplements to use

How to make a workout plan

....or absolutely anything else!

I've been through everything you can think of, so no holding back on anything.

wit - October 3, 2017, 7:43 pm

how do i inject tren into my ass without my girlfriend seeing the injection sites

srs question

Biggy - October 3, 2017, 7:45 pm

(Oct 3, 2017 07:43 PM)CydiaDev Wrote: [\[CITE\]](#) how do i inject tren into my ass without my girlfriend seeing the injection sites

srs question

LMAO... You just fuckin' do it bruh. These bitches can't hold you back

Jake??????????????????? - October 3, 2017, 7:51 pm

how do i start working out and stay motivated?

Speed_XXI - October 3, 2017, 7:51 pm

What disinterested said because that shit gets hella boring and just can't do it

Biggy - October 3, 2017, 8:01 pm

(Oct 3, 2017 07:51 PM)Disinterested Wrote: [\[CITE\]](#) how do i start working out and stay motivated? Well first off... What's your goal? Weight loss? Muscle gain? Both? I need that piece of information before I can continue to give you advice on how to start.

And about staying motivated... This is what I always tell people... You want to go to the gym right? Then you already figured out step 1. Why do you want to go to the gym? To be huge? You want to be more healthy? Use your reasoning and strive on it. Evrrytime you say "meh I don't feel like going today", remember why you started.

(Oct 3, 2017 07:51 PM)Speed_XXI Wrote: [\[CITE\]](#) What disinterested said because that shit gets hella boring and just can't do it

The gym will get boring at times... But like I said above, you need to find motivation for yourself (aka your reasoning for wanting to start) and strive everyday to be better.

Percyi - October 3, 2017, 8:04 pm

How do I make a diet plan? I live with my parents, currently 15, and I basically eat what they cook. Most of the time it's healthy. Just looking to get a general idea of foods that go in which food group (carbs, protein, fat, etc.). I'm currently 5'10", 115 lbs, and around 12% body fat. Looking to get a clean bulk, gaining muscle while eating healthy. Anything would be helpful :)

Biggy - October 3, 2017, 8:11 pm

(Oct 3, 2017 08:04 PM)?Kam Wrote: [\[CITE\]](#) How do I make a diet plan? I live with my parents, currently 15, and I basically eat what they cook. Most of the time it's healthy. Just looking to get a general idea of foods that go in which food group (carbs, protein, fat, etc.). I'm currently 5'10", 115 lbs, and around 12% body fat. Looking to get a clean bulk, gaining muscle while eating healthy. Anything would be helpful :)

Alright, so with you being so young, it's definitely going to be a little tougher (as far as food goes) because bulking can be expensive and your parents might not always want to meal prep for you (because they'd basically be cooking 2 dinners).

My question to you is, are you parents up for that? Meaning, if you bring them a meal plan.. Would they be willing to buy the separate food and cook it for you? If so, I can help you get there.

Since you're only 115 pounds you probably need, off the top of my head, maybe 150g of protein a day? We'd need to verify that obviously but point is, you don't need much.

Something very simple for you could be a relatively health breakfast, then just protein filled lunch and dinner, along with a protein shake throughout the day.

Some good protein dinners are obviously chicken / ground turkey / ground beef, then maybe some rice and veggies on the side

Jake???????????????? - October 3, 2017, 8:15 pm

(Oct 3, 2017 08:01 PM)Biggy Wrote: [\[CITE\]](#) Well first off... What's your goal? Weight loss? Muscle gain? Both? I need that piece of information before I can continue to give you advice on how to start. Building muscle. I want to be fucking HUGE.

Biggy - October 4, 2017, 1:28 pm

(Oct 3, 2017 08:15 PM)Disinterested Wrote: [\[CITE\]](#) Building muscle. I want to be fucking HUGE.

Then you need to eat a calorie surplus, packed with protein in each meal. Depending on how much you weigh, you want 1.5x your weight of protein (pretty sure that's the measurements I might be off), I can calculate exactly how much you need if you tell me your weight.

Cochabiel - October 4, 2017, 11:24 pm

I want to lost weight and build muscle I go to the gym maybe twice a week, I'm 86.5 kgs so almost 200 pounds which is pretty bad. I can cook for myself and plan on getting a job. But I can't control urges sometimes.

As of right now I am eating fairly healthy maybe a few bumps but I am motivated because I have a heap of anxiety about my weight.

And me being italian is pretty hard since they basically shove food down my throat. Even when I decline

banchode - October 4, 2017, 11:29 pm

(Oct 3, 2017 08:15 PM)Disinterested Wrote: [\[CITE\]](#) Building muscle. I want to be fucking HUGE. 1 gram of body weight in protein is fine. Easy cal's are peanut butter, banana's and other fruits for micros and blend them. Run the program icf5x5 google it.

Biggy - October 28, 2017, 1:42 pm

Kinda interested in reviving this thread, wanna give some more advice. :)

luke - October 28, 2017, 1:47 pm

Thinking of starting at the local Gym, never worked out properly before.

Have a recommended beginners routine that I could try out?

Biggy - October 28, 2017, 1:49 pm

(Oct 28, 2017 01:47 PM)Stratify Wrote: [\[CITE\]](#) Thinking of starting at the local Gym, never worked out properly before.

Have a recommended beginners routine that I could try out?
Depends on your goal bud.

You want to lose weight, or gain muscle?

How much time do you have to go? 4-5 days a week or less?

luke - October 28, 2017, 2:22 pm

(Oct 28, 2017 01:49 PM)Biggy Wrote: [\[CITE\]](#) Depends on your goal bud.

You want to lose weight, or gain muscle?

How much time do you have to go? 4-5 days a week or less?
I'm looking to lose around 10-15lbs and to gain muscle.

Most weeks I would go 3-4 days.

Authorized Retailer - October 28, 2017, 2:27 pm

My main issue is motivation. I'm slim, I can't gain weight. Working out would be purely for muscle gain, but I don't want to be huge. I want to work out for stress relief, but the idea of having to work out daily or 3 times a week instead of focusing on the things that stress me, stresses me more. Help?

Biggy - October 28, 2017, 2:28 pm

(Oct 28, 2017 02:22 PM)Stratify Wrote: [\[CITE\]](#) I'm looking to lose around 10-15lbs and to gain muscle.

Most weeks would be 3-4 days.
I would just recommend lifting then as that weight would drop right off.

Here's my current routine:

Monday - back and biceps

Tuesday - chest and triceps

Wednesday - legs abs and shoulders

Thursday Friday Saturday - repeat above

Sunday - break / cheat say

I would recommend following similar to this routine, because these specific muscle groups work together, at least back / biceps and chest / triceps do.

Let me know if you have any more questions.

(Oct 28, 2017 02:27 PM)Authorized Retailer Wrote: [\[CITE\]](#) My main issue is motivation. I'm slim, I can't gain weight. Working out would be purely for muscle gain, but I don't want to be huge. I want to work out for stress relief, but the idea of having to work out daily or 3 times a week instead of focusing on the things that stress me, stresses me more. Help?

You can get lean without putting on weight, just center all your meals around protein.

As far as the motivation issue, I'd say just try and make the gym apart of your schedule, that's what I did for myself. Everyday I would go to work, then gym because it was apart of my daily routine.

Disparity - October 29, 2017, 5:57 am

<http://newbie-fitness.blogspot.ca/2007/01/stripped-5x5.html>

<http://newbie-fitness.blogspot.ca/2006/12/rippetoes-starting-strength.html>

thoughts on these? I've been having a lot of trouble choosing a balanced routine to build a bit of muscle (chest + arms, have mma experience so already in good shape otherwise). What I don't want to do is become bulky, I prefer a slim-fit (with decently built upper-body, just not bulky) kind of a build.

fabio19674 - October 29, 2017, 10:35 am

what you think on using clen when you are 1.9m and 98kg

Cagey - October 29, 2017, 10:05 pm

(Oct 3, 2017 07:43 PM)CydiaDev Wrote: [\[CITE\]](#) how do i inject tren into my ass without my girlfriend seeing the injection sites

srs question

Lucky for mee I have dog bite scars i inject directly into the scars

Copywriter - October 29, 2017, 10:11 pm

How can I motivate myself to go the gym about 5-6 times a week because I go for periods of three days in a row then take a whole week off because of being lazy.

Cagey - October 29, 2017, 10:14 pm

(Oct 29, 2017 10:11 PM)Copywriter Wrote: [\[CITE\]](#) How can I motivate myself to go the gym about 5-6 times a week because I go for periods of three days in a row then take a whole week off because of being lazy.

Have a hot girl as your partner so you can spot her when she squats hahah just kidding but a partner would help

Vanagander - October 30, 2017, 12:11 am

I got dumped by my (now ex) girlfriend last week, been slacking off and gained some more fat than I'd liked during the relationship. Now looking to start up again and shed off the excess but I got less than 0 motivation to do literally anything, let alone fix my diet and workout. In the past when my motivation failed me I relied on discipline and the small amount of motivation I could muster. However since she left I seem to have lost everything in that department. I know what I need to do to get my diet and such in order, I just can't find the motivation/reason to actually do it...

Do you have any tips on how to regain/find some motivation to get back into shape?

Calibur - October 30, 2017, 7:49 am

Im gaining a lot of fats already and i just want to reduce. Does jogging in place works just like normal jogging? And does jumping ropes will help burn belly fats as well?

Biggy - October 30, 2017, 2:55 pm

(Oct 29, 2017 10:11 PM)Copywriter Wrote: [\[CITE\]](#) How can I motivate myself to go the gym about 5-6 times a week because I go for periods of three days in a row then take a whole week off because of being lazy.

Definitely try and make it apart of your daily routine.

Don't give yourself a choice, get up and say "What do I have to do today? Work, then gym, then come home and do whatever".

If you give yourself a choice to be lazy, you'll pick lazy.

Get some preworkout, get in the gym and grind.

Eventually, you'll never want to stop going because you don't want to ruin the gains you created. That's how I was. Now I enjoy going, but when I DO get lazy, I'll think of all the gains that could be ruined.

(Oct 30, 2017 12:11 AM)Vanagander Wrote: [\[CITE\]](#) I got dumped by my (now ex) girlfriend last week, been slacking off and gained some more fat than I'd liked during the relationship. Now looking to start up again and shed off the excess but I got less than 0 motivation to do literally anything, let alone fix my diet and workout. In the past when my motivation failed me I relied on discipline and the small amount of motivation I could muster. However since she left I seem to have lost everything in that department. I know what I need to do to get my diet and such in order, I just can't find the motivation/reason to actually do it...

Do you have any tips on how to regain/find some motivation to get back into shape?

Honestly... a heartbreak is what started my motivation. I wanted to look perfect for myself, because I looked so bad for so long. You need to reach deep for your motivation. Find your inner strength to want to change your life.

(Oct 30, 2017 07:49 AM)Calibur Wrote: [\[CITE\]](#) Im gaining a lot of fats already and i just want to reduce. Does jogging in place works just like normal jogging? And does jumping ropes will help burn belly fats as well?

If you're sweating... it's working. Cardio can be something as simple as walking to the store.

Ever seen the story of the guy who lost 100 pounds by walking to Walmart every day? True story..

As long as you are effectively putting in the effort to sweat... you'll lose weight. Jumping rope, and jogging helps. The more active you are, the harder you train, the more you'll lose.

Biggy - November 12, 2017, 3:53 pm

Where we at boys? How's the progress? Where's the questions?

doctormedocius - November 18, 2017, 5:06 pm

So I wanted to start losing weight since i gained around 30 Kilos in 1 1/2 years..

I have no Idea where I should put my calorie intake. I am 192cm tall and I do weight around 127kg (around 6,3 foot and 280lbs)

I am just 18 years old and sick of being so fat and not being able to run some distance without feeling like an 60 years old..

viettyo - November 21, 2017, 6:21 am

Tips on building shoulders & traps? - lacking quite hard

Also seems like my back (especially lats), triceps and calves have plateaued and aren't gaining, any advice on how to increase growth in those areas?

Fer? - November 21, 2017, 8:14 am

(Oct 28, 2017 02:28 PM)Biggy Wrote: [\[CITE\]](#) I would just recommend lifting then as that weight would drop right off.

Here's my current routine:

Monday - back and biceps

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I would recommend following similar to this routine, because these specific muscle groups work together, at least back / biceps and chest / triceps do.

Let me know if you have any more questions.

You can get lean without putting on weight, just center all your meals around protein.

As far as the motivation issue, I'd say just try and make the gym apart of your schedule, that's what I did for myself. Everyday I would go to work, then gym because it was apart of my daily routine. You should try training biceps and triceps together the pump you get from both combined helps since they are both pushing and swole. I mean I'm sure you do it because it's what you like or saw online or how you were taught. I was taught to do arms as it's own day so I do, later I did see a video tho of Dorian Yates explaining the work better training together than training individually.

Biggy - December 8, 2017, 11:32 pm

Interested in continuing to give people more advice. :)

icrackaboy - December 10, 2017, 11:14 am

(Oct 3, 2017 07:43 PM)CydiaDev Wrote: [\[CITE\]](#) how do i inject tren into my ass without my girlfriend seeing the injection sites

srs question

Inject that shit into your shoulder

viettyo - January 14, 2018, 11:49 pm

Tips on building shoulders & traps? - lacking quite hard

Also seems like my back (especially lats), triceps and calves have plateaued and aren't gaining, any advice on how to increase growth in those areas?

O t t o - January 16, 2018, 8:18 am

I'm currently following this 5x5 routine, opinions?

<https://ketogains.com/2015/09/ketogains-novice-strength-training-program-5x5/>

Biggy - January 30, 2018, 1:55 pm

(Jan 16, 2018 09:18 AM)O t t o Wrote: [\[CITE\]](#) I'm currently following this 5x5 routine, opinions?

<https://ketogains.com/2015/09/ketogains-novice-strength-training-program-5x5/>

I personally don't really enjoy doing so many different muscle groups in each day but then again that's all up to the person doing them. I like to hit my muscles groups together.

Rebellion. - January 31, 2018, 11:15 am

What if I create a huge deficit and just eat enough protein to save my lean muscle mass? along with few carbs and fats.

Will I lose my LMM or fat mostly?

Biggy - January 31, 2018, 11:33 am

(Jan 31, 2018 12:15 PM)Rebellion. Wrote: [\[CITE\]](#) What if I create a huge deficit and just eat enough protein to save my lean muscle mass? along with few carbs and fats.

Will I lose my LMM or fat mostly?

How big of a deficit are we talking?

Rebellion. - January 31, 2018, 8:51 pm

(Jan 31, 2018 12:33 PM)Biggy Wrote: [\[CITE\]](#) How big of a deficit are we talking?

Maybe if my maintaince in around 2500 and I am intaking around 1000 calories only.

Farshad97 - February 1, 2018, 8:18 am

do you take steroids or used them?

SanctualProductions - February 1, 2018, 3:54 pm

I need some advice on how to lose a lot of weight I'm already counting calories and on a diet using Lose It to lose 2 pounds a week I know it's probably not accurate but I eat about 1500 calories a day im 185 22 5'11 what else can I do is there any drugs or supplements I can take to lose weight lol obviously not drugs that make you high

OhHeyThere - February 2, 2018, 7:20 pm

What supplements should I take to lose weight and build muscle?

Jaatinen - February 3, 2018, 6:06 am

What do you think about the workout routine I'm on? I found this online and tweaked it a little bit.

And yes, I know I'm only doing legs once a week, but I simply am not willing to train them twice a week because I get really dizzy every workout and have to puke nearly after every two weeks.

Spoiler [\(Click to View\)](#)

Code Push (Chest/Triceps/Shoulders):

Flat Barbell Bench Press: 4x6
Standing Barbell Overhead Press: 4x6
Incline Barbell Bench Press: 4x6
Dumbbell Side Lateral Raise: 3x10
Machine bench press: 3x8
Rope Pushdowns : 3x10
Overhead Dumbbell Extension: 3x10
Barbell Shrugs : 3x10

Pull (Back/Biceps):

Barbell Rows: 4x6
Lat Pulldowns with Long Bar : 3x8
Seated Rows: 3x8
Face-pulls: 3x10
Barbell Bicep Curls (Alternate between close and normal grip): 4x10
Hammer Curls: 3x10

Legs (Quad/Ham/Calves):

Barbell Squats: 4x6
Leg Press: 3x8
Leg Extensions: 3x10
Hamstring Curls: 3x10
Standing Calf Raises: 5x10

Push 2 (Chest/Triceps/Shoulders):

Dumbbell Bench Press: 4x6
Smith Machine Overhead Press: 4x6
Incline Dumbbell Bench Press: 4x6
Dumbbell Side Lateral Raise: 3x10
Machine bench press: 3x8
Rope Pushdowns: 3x10
Overhead Dumbbell Extension: 3x10
Dumbbell Shrugs: 3x10

Pull 2 (Back/Biceps):

Rack Pulls: 4x6
Lat Pulldowns with V-bar: 3x8
Seated Rows: 3x8
Dumbbell pullover: 3x10
Barbell Bicep Curls (Alternate between close and normal grip): 3x10
Hammer Curls: 3x10

I'm also wondering what should I substitute on Push 2 / Pull 2

1. Rope pushdowns
2. Overhead Dumbbell extensions
3. Barbell bicep curls
4. Hammer curls

Thank you for help in advance mate, great thread! ?

Account of the Gods - February 3, 2018, 10:53 am

(Oct 3, 2017 07:42 PM)Biggy Wrote: [\[CITE\]](#)

As someone who's lost a hundred pounds (when I'm the laziest person in the world) and then gained a bunch of muscle, I feel I want to provide as much knowledge as I can.

As dumb as you think your question is, I've probably thought the same as you at one point. Its taken a lot of learning for me to get to where I am.

I used to be nothing but a fat loser who just sat on my pc playing video games. Now I cam say, I'm happier and healthier than ever

You can ask me anything from:

How to stay motivated

How to start working out

What foods to eat

How to gain muscle / lose weight

What supplements to use

How to make a workout plan

....or absolutely anything else!

I've been through everything you can think of, so no holding back on anything.

Hey.

Should I eat immediately after trainiing or wait a bit? mass gain diet

Biggy - February 3, 2018, 7:17 pm

(Jan 31, 2018 09:51 PM)Rebellion. Wrote: [\[CITE\]](#) Maybe if my maintaince in around 2500 and I am intaking around 1000 calories only.

I'm telling you now if you are actually consuming 1000 calories a day, you are most likely not maintaining ANY muscle. You simply need to eat more calories. That's not healthy for losing weight, or cutting, or gaining muscle. It's not healthy for anything.

(Feb 1, 2018 04:54 PM)SanctualProductions Wrote: [\[CITE\]](#) I need some advice on how to lose a lot of weight I'm already counting calories and on a diet using Lose It to lose 2 pounds a week I know it's probably not accurate but I eat about 1500 calories a day im 185 22 5'11 what else can I do is there any drugs or supplements I can take to lose weight lol obviously not drugs that make you high Check out my fitness tutorial:

<https://hackforums.net/showthread.php?tid=5745632>

(Feb 2, 2018 08:20 PM)OhHeyThere Wrote: [\[CITE\]](#) What supplements should I take to lose weight and build muscle?

BCAA's and protein powder is all you need.

(Feb 3, 2018 07:06 AM)Jaatinen Wrote: [\[CITE\]](#) What do you think about the workout routine I'm on? I found this online and tweaked it a little bit.

And yes, I know I'm only doing legs once a week, but I simply am not willing to train them twice a week because I get really dizzy every workout and have to puke nearly after every two weeks.

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Thank you for help in advance mate, great thread! ?

That's a good workout plan, I like it. I actually wouldn't change anything in it honestly. Good job, did you create that yourself?

Edit: Just saw you say you found it online and tweaked it. I'd recommend doing exactly what you have there.

(Feb 3, 2018 11:53 AM)DeadRationale Wrote: [\[CITE\]](#) Hey.

Should I eat immediately after training or wait a bit? mass gain diet

If you drink a protein shake, it's best to have those after a workout as your body is in a certain state where it's more useful then. You don't necessarily need to eat after a workout if you aren't hungry. But I'm always hungry after my workouts so I drink my protein shake right after and eat not too long to follow.

frostbite - February 3, 2018, 9:12 pm

What do you recommend for curving hunger? I currently get calorie free dressing, a lot of lettuce and cucumbers in a bowl

Biggy - February 3, 2018, 9:31 pm

(Feb 3, 2018 10:12 PM)Frostb1te Wrote: [\[CITE\]](#) What do you recommend for curving hunger? I currently get calorie free dressing, a lot of lettuce and cucumbers in a bowl
Curving hunger? Can you elaborate?

frostbite - February 3, 2018, 10:15 pm

(Feb 3, 2018 10:31 PM)Biggy Wrote: [\[CITE\]](#) Curving hunger? Can you elaborate?
I am doing contest prepping right now and am constantly hungry.

Biggy - February 3, 2018, 10:45 pm

(Feb 3, 2018 11:15 PM)Frostb1te Wrote: [\[CITE\]](#) I am doing contest prepping right now and am constantly hungry.

This might be an extremely obvious answer, but do you try drinking water?

I know during my cutting period, I am constantly hungry due to the change in appetite, but one of the ways I counter act that is through chugging down some water.

Jaatinen - February 4, 2018, 11:33 am

(Feb 3, 2018 08:17 PM)Biggy Wrote: [\[CITE\]](#) That's a good workout plan, I like it. I actually wouldn't change anything in it honestly. Good job, did you create that yourself?

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Ahh right, thank you a lot. I like it pretty much also, but as I am first time ever doing muscles two times a week, I'm just wondering if it's bad for example for my arms that I do the same exercises with same weights and reps for twice a week?

migsinthehouse - February 13, 2018, 6:53 am

Hey bro Im still skinny but my lifestyle includes drinking a lot of beer and some fast food (ever since I went to college), I've noticed my belly growing a bit and Im not happy with that at all. Planning on going signing up to a gym, how can I get rid of this beer belly and manage to maintain my lifestyle?

icrackaboy - February 13, 2018, 7:39 pm

What's the best strength routine for powerlifting?

Biggy - February 14, 2018, 11:59 am

(Feb 4, 2018 12:33 PM)Jaatinen Wrote: [\[CITE\]](#) Ahh right, thank you a lot. I like it pretty much also, but as I am first time ever doing muscles two times a week, I'm just wondering if it's bad for example for my arms that I do the same exercises with same weights and reps for twice a week?

I don't think that's bad at all. I do the same thing.

Eagle 95 - February 14, 2018, 12:00 pm

AMA threads aren't allowed.

Biggy - March 7, 2018, 11:40 pm

I've reopened this thread for anyone that's interested in asking fitness related questions. Just ask away and I'll answer! :) Thanks.