

# Forum:[Hack Forums](#)

Thread: [Fitness/Gym Questions](#)

**Will Patterson** - October 5, 2017, 9:12 am

Hello!

I'm 19, 5'8 and weight around 150 pounds.

I'm what they would probably call "Skinny Fat" because my arms and legs are very skinny but I have "Man boobs" and a pretty decent layer of fat over my stomach etc.

What would the best way for me to become more fit and gain muscle be?

**Caliban** - October 5, 2017, 9:17 am

The most important thing you can do is improve your knowledge about proper exercise and nutrition (books,youtube,articles etc.) and then have enough willpower to actually work hard.

**Will Patterson** - October 5, 2017, 9:19 am

(Oct 5, 2017 09:17 AM)Caliban Wrote: [\[CITE\]](#) The most important thing you can do is improve your knowledge about proper exercise and nutrition (books,youtube,articles etc.) and then have enough willpower to actually work hard.But do I need to bulk and gain more muscle or should I do cardio and try and lose the fat before I gain muscle?

**Caliban** - October 5, 2017, 9:24 am

(Oct 5, 2017 09:19 AM)Will Patterson Wrote: [\[CITE\]](#) But do I need to bulk and gain more muscle or should I do cardio and try and lose the fat before I gain muscle?

If your bodyfat is over 18-20% then you should definitely cut first. If you dont have any training experience its also possible to lose fat and gain muscle at the same time. So maybe try doing HIIT/gym instead of slow cardio.

**Nadisty** - October 6, 2017, 12:17 am

You should be doing HIIT training for 6 weeks. Switch over to Strength training and then switch again. PM for more info.

**Biggy** - October 6, 2017, 2:00 am

You're only 150, that body fat will come off as you grow muscle.

Bulk it up my dude.

**Will Patterson** - October 6, 2017, 5:08 am

(Oct 6, 2017 02:00 AM)Biggy Wrote: [\[CITE\]](#) You're only 150, that body fat will come off as you grow muscle.

Bulk it up my dude.

Any advice on how many calories / workouts I should be doing etc.?

**Fer?** - October 9, 2017, 8:02 am

It depends what your goals are.. Your asking if you should bulk up but do you want to gain weight or get lean or just gain muscle and stay the same fat%.

It seemed like from the op you just want to get fit (get abs and be leaner). If so just workout and eat clean.

**Dianab0lical.** - October 9, 2017, 10:48 am

At 150 pounds, your TDEE is 1839, this is the amount of calories required for you to maintain exactly what you weigh now. Since you're self-proclaimed "skinny-fat" and young, I'd take that calorie count, chop it up into:

- 150g Protein
- 70g Fat
- 150g Carbs

Track your macros (protein/fat/carbs) using an app on your phone every single day, log every single thing you put in your mouth, aside from dick fuck boy, that's calorie free. Make sure you hit your protein goals and try and stay at or under your fat/carb goals above.

Pair that with a nice beginner gym program like so: <https://goo.gl/5H1VgF>

And you should see newbie results start hitting you quickly in no time.

Feel free to PM w/ additional questions.

**atomicguard** - October 9, 2017, 10:50 am

(Oct 9, 2017 10:48 AM)Dianab0lical. Wrote: [\[CITE\]](#) At 150 pounds, your TDEE is 1839, this is the amount of calories required for you to maintain exactly what you weigh now. Since you're self-proclaimed "skinny-fat" and young, I'd take that calorie count, chop it up into:

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Feel free to PM w/ additional questions.

Fantastic information, useful for me too :)

**Dianab0lical.** - October 9, 2017, 10:53 am

(Oct 9, 2017 10:50 AM)atomicguard Wrote: [\[CITE\]](#) Fantastic information, useful for me too :)

No problem, happy to help.

You'd be amazed at what simply redistributing macros can do for your physique. If you have a 19 year old male that's eating 500g carbs in sugary bullshit foods a day and getting 100g protein, vs a guy that eats 300g carbs and 300g protein, while their body weight may be the same, the physique differences will be drastic. Now obviously those numbers aren't scale comparisons but you get the point.

**ItzClydeFrog** - October 9, 2017, 10:54 am

Welcome to the world of NEWBIE GAINS my amigo. Truly an exciting period of your life when you burn fat and put on muscle at the same time. To get fit, develop a consistent weightlifting routine

and honestly just clean your diet up. To expedite results eat lean meats, and carbs like rice, potatoes and try to avoid sugars.

If your goal is to get a six-pack eventually or become a bodybuilder, I'd recommend learning how to count your macros because eventually you'll have to, but otherwise that's not really necessary though interesting and beneficial on many levels