

Forum:[Hack Forums](#)

Thread: [Finally showing improvement](#)

Pronghorn - November 7, 2017, 4:25 am

I started working out about 2 weeks ago non stop.
went from 204 - 176
Squat hit 95-155 (Been working on form gonna go for 2 plates within the next 2 weeks)
Bench went from 70-135 (Still gotta a lot of work to do but i am getting there)
incline went from 45-65
Shoulder press 45-65 (kinda disappointed in this but gotta start somewhere)
Mile- 12:35-10:18(goal is to hit an 8min mile)
Never believed it when people would tell me once you start see improvement in your body you start getting addicted to it but its true.

Jester Race - November 7, 2017, 7:13 am

If you actually lost 28 lb in 2 weeks it means you were in 7000 calorie deficit daily which is bullshit

Pronghorn - November 7, 2017, 10:15 pm

(Nov 7, 2017 08:13 AM)Jester Race Wrote: [\[CITE\]](#) If you actually lost 28 lb in 2 weeks it means you were in 7000 calorie deficit daily which is bullshit

Water Fasting look into it. Plus i work a Psychical demanding job averaging 36 hours a week and work out on top of that. I eat very little in those two weeks.

There is no way to lose 28 lbs if i was doing a normal diet and workout. not everyone is slim and little body fat.

Biggy - November 7, 2017, 10:18 pm

You lost 28 pounds in the matter of 2 weeks, and also gained muscle by being jumping up weight on the bench from 70 - 135.

That's 2 double negatives. It doesn't work like that, you don't lose 28 pounds in 2 weeks and gain that much muscle.

Your story is complete and utter bullshit, why lie?

Pronghorn - November 7, 2017, 10:31 pm

(Nov 7, 2017 11:18 PM)Biggy Wrote: [\[CITE\]](#) You lost 28 pounds in the matter of 2 weeks, and also gained muscle by being jumping up weight on the bench from 70 - 135.

That's 2 double negatives. It doesn't work like that, you don't lose 28 pounds in 2 weeks and gain that much muscle.

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Non of that was gaining muscle... form make a lot of difference when lifting. all i have been doing is working on form. nothing I have increased on has been cause of actual muscle gain. when i first squatted 95lbs was hard cause i didn't lift it right

Jester Race - November 8, 2017, 2:04 am

(Nov 7, 2017 11:15 PM)Granger Smith Wrote: [\[CITE\]](#) Water Fasting look into it. Plus i work a Psychical demanding job averaging 36 hours a week and work out on top of that. I eat very little in

those two weeks.

There is no way to lose 28 lbs if i was doing a normal diet and workout. not everyone is slim and little body fat.

Its literally impossible to be on 7000 calorie deficit daialy even if you ate nothing.

Nadisty - November 8, 2017, 4:46 am

If you want some real results, pm me.

Jester Race - November 8, 2017, 5:57 am

(Nov 7, 2017 11:18 PM)Biggy Wrote: [CITE](#) And also gained muscle by being jumping up weight on the bench from 70 - 135.

Strength is mostly cns adaptation, you can hit new pr's when losing weight (and muscle)

Jiren - November 8, 2017, 7:27 am

Dude how did you manage to lose 28lbs in 2 weeks? You should be a fitness instructor you will be making \$\$

Everyone will want to know how to lose 28lbs in 2 weeks..

Fer? - November 8, 2017, 1:53 pm

Losing that much weight in 2 weeks would mean your burning a ton of muscle.. So I don't know how your strength went up unless you weren't pushing your self as hard in the beginning or the form got worse just trying to get the weight.

The Doctor at my gym said anything more than 2 pounds a week and your losing muscle.

Humo - November 8, 2017, 6:18 pm

Goodluck adding 70 pounds to your squat in 2 weeks. I bet your form is shitty too.