

Forum:[Hack Forums](#)

Thread: [Bulk or Cut? Need some advice](#)

Malwhere? - November 15, 2017, 6:01 am

Hi HF.

Split with my girlfriend pretty recently and it was a messy split so I decided to sign up to the gym for the first time, cut out all shit food and start to work on myself mentally and physically.

I've been going to the Gym 3 days a week for about a month now with my brother who is an active gym buff so he's helping me out but he doesn't track nutrition.

Before the breakup I was 13 stone 4lbs and now I'm 12 stone 4 lbs mostly from the lack of appetite.

I want to have lean muscle and not crazy mass, do I need to still be in a calorie deficit to lose body fat or will that slow my visible muscle strength/growth.

All the YouTube videos I watch contradict each other so I don't know who to trust some say start intermittent fasting and some say eat 6 meals a day.

Any help is appreciated cheers.

Humo - November 15, 2017, 7:35 am

How tall are you? If you're 6'3 and 172 pounds (12 stone 4lbs) then you need to bulk, if you're 5'4 and weigh that much you need to cut.

Malwhere? - November 15, 2017, 8:48 am

(Nov 15, 2017 08:35 AM)Humo Wrote: [\[CITE\]](#) How tall are you? If you're 6'3 and 172 pounds (12 stone 4lbs) then you need to bulk, if you're 5'4 and weigh that much you need to cut.

Sorry my mistake I forgot to add that. I'm 6'0, do I really need to bulk? I want my abs to show but its covered by belly fat right now.

Humo - November 15, 2017, 9:17 am

(Nov 15, 2017 09:48 AM)Tidy Wrote: [\[CITE\]](#) Sorry my mistake I forgot to add that. I'm 6'0, do I really need to bulk? I want my abs to show but its covered by belly fat right now.

That makes it more difficult since you're pretty much average weight for someone that tall. I'm going to assume you're skinny fat. Do you look like this?

http://farm1.static.flickr.com/104/286270136_40fa4dda5a.jpg?v=0

Malwhere? - November 15, 2017, 12:29 pm

(Nov 15, 2017 10:17 AM)Humo Wrote: [\[CITE\]](#) That makes it more difficult since you're pretty much average weight for someone that tall. I'm going to assume you're skinny fat. Do you look like this?

http://farm1.static.flickr.com/104/286270136_40fa4dda5a.jpg?v=0

Yeah pretty similar too that, you only see my fat if I sit down haha