

Forum:[Hack Forums](#)

Thread: [Dirty Bulk Vs Clean Bulk \[PROGRESS VIDEO SHOWN\]](#)

Quann - December 23, 2017, 7:07 pm

Hello again HF

?

Today I will show you my old dirty bulk video vs my recent clean bulk video. You can obviously see the difference, and I highly recommend you clean bulk if you looking to build mass, and good muscle definition without getting fluffy.

DIRTY BULK

[Video: https://youtu.be/D1_Qm1B8jBk]

CLEAN BULK VIDEO BELOW!

[Video: <https://youtu.be/eRL4lpOnFYk>]

AMAVI - December 24, 2017, 10:36 am

Lean bulking is the right way, currently on one my self, if anything i semi lean bulk, i do gain some fat but not a lot, in the end i still have my abs and i just gotta do a mini cut and I'm back in business instead of dirty bulking and gaining a shit ton of fat and then cutting becomes annoying and long.

Quann - December 24, 2017, 10:40 am

(Dec 24, 2017 11:36 AM)AMAVI Wrote: [\[CITE\]](#) Lean bulking is the right way, currently on one my self, if anything i semi lean bulk, i do gain some fat but not a lot, in the end i still have my abs and i just gotta do a mini cut and I'm back in business instead of dirty bulking and gaining a shit ton of fat and then cutting becomes annoying and long.

Yeah I learned that the hard way ? Took a while to cut back down but it was worth it in the end. I only dirty bulked because at the time I didn't know how I wanted to really look so I just stayed on a dirty bulk for awhile, then I imagined myself big but lean so that's when I started clean bulking ?

frostbite - December 24, 2017, 11:38 am

I've been on the pizza and burrito diet for a while. Works wonders lol but now i am in contest prep so if it tastes good, i can't eat it.

Quann - December 24, 2017, 1:30 pm

(Dec 24, 2017 12:38 PM)Frostb1te Wrote: [\[CITE\]](#) I've been on the pizza and burrito diet for a while. Works wonders lol but now i am in contest prep so if it tastes good, i can't eat it.? ? I know how it feels man! Even though I'm not doing a contest prep I try to stay away from all of the good foods I know I'll want .

Bossk - December 25, 2017, 12:58 pm

I remember your last thread, great fucking work my man.

Quann - December 25, 2017, 4:38 pm

(Dec 25, 2017 01:58 PM)Bossk Wrote: [\[CITE\]](#) I remember your last thread, great fucking work my man.

I Pm'd you back :)

Bossk - December 26, 2017, 2:22 am

^^ OP has been helping me a lot with quitting my dirty bulk and I have finally done so. Huge ups to OP and his amazing progress.

Hawk HF - December 27, 2017, 3:09 pm

I feel like whichever one you did first would have a positive impact on the other, depending on how clean your cut was.

Jake???????????????? - December 27, 2017, 3:10 pm

Dirty bulk just looks like you got bigger you just have fat over your muscles instead.

Quann - December 27, 2017, 3:22 pm

(Dec 27, 2017 04:10 PM)Disinterested Wrote: [\[CITE\]](#) Dirty bulk just looks like you got bigger you just have fat over your muscles instead.

Yeah, I just gained a lot of fat during my dirty bulk which was my goal because I was so small. Afterwards I decided to cut down and then do a clean bulk ?

Conor McGregor™ - February 11, 2018, 5:20 pm

Pretty much the results you'd expect. The dirty bulk makes your chest muchhhh less defined and less of an appealing result.

frostbite - February 11, 2018, 6:54 pm

I always dirty bulk with pizza and burgers!