

Forum:[Hack Forums](#)

Thread: [Body improvement \(Picture\)](#)

Bossk - January 9, 2018, 7:50 am

Been exercising for exactly 4 months today and recently began cutting weight too in order to lose that awkward layer of fat we all once had. Didn't really take any pics of me before workout or diet but yea i was very very average with a layer of fat pretty much everywhere on my body lol.

Here is me (16 y/o):
Spoiler [\(Click to View\)](#)

Would really like to thank [this user](#) as he helped me a ton with getting started on a diet and what to do and not. My diet is not exactly strict, the only guideline I go after is no fucking sugar and don't eat until full. Works surprisingly well.

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Quann - January 9, 2018, 9:41 am

There we go! I told you; you could do it man just takes dedication and knowing that one day you'll achieve what you want! I'm so glad to of been able to help you :)

Treebeard_ - January 9, 2018, 5:39 pm

Nice job. I think people underestimate how much of a difference cutting refined sugar out of your life can make.

Nadisty - January 9, 2018, 8:13 pm

Nice job. If you're looking for some extra information & plans, send me a PM. I'll help you out. It looks like your bodyfat % is around 12-15% in that.

Bossk - January 10, 2018, 7:47 am

(Jan 9, 2018 10:41 AM)Pinckney Wrote: [\[CITE\]](#) There we go! I told you; you could do it man just takes dedication and knowing that one day you'll achieve what you want! I'm so glad to of been able to help you :)
Ups to you.

(Jan 9, 2018 06:39 PM)xxfbtmof Wrote: [\[CITE\]](#) Nice job. I think people underestimate how much of a difference cutting refined sugar out of your life can make.
Right man, it might be hard in the beginning but I'm not even craving any sweets longer now that I actually see a big difference.

(Jan 9, 2018 09:13 PM)Nadisty Wrote: [\[CITE\]](#) Nice job. If you're looking for some extra information & plans, send me a PM. I'll help you out. It looks like your bodyfat % is around 12-15% in that.
Thanks man :)

I'm still looking to cut some fat and i think it's very possible since i haven't been dieting for long at all lol