

Forum:[Hack Forums](#)

Thread: [Fitness tips needed, Video vlog.](#)

That1Dude - March 24, 2018, 1:39 am

So who am i? just a skinny kid from the netherlands who wants to be something else.
I want to change the way people percieve me i want to be something i like too look at in the mirror.
Any tips or tricks are greatly appreciated, Full body explanation and video down below.

[Video: <https://www.youtube.com/watch?v=Xbxec9N08J8&t=>]

UPDATE!

[UPDATE VIDEO CLICK THIS](#)

LANCE4BLES - March 24, 2018, 1:43 am

Well i swear like sometime earlier today I saw one of your threads and you wanted to gain weight and be bigger if im correct? and if so You should increase your calories you intake a day greatly! 2 start working out and when you get to a comfortable point start taking protein and etc. Be consistent like work out 4 times a week if you are really trying to bulk up!

That1Dude - March 24, 2018, 1:50 am

(Mar 24, 2018 01:43 AM)LANCE4BLES Wrote: [\[CITE\]](#) Well i swear like sometime earlier today I saw one of your threads and you wanted to gain weight and be bigger if im correct? and if so You should increase your calories you intake a day greatly! 2 start working out and when you get to a comfortable point start taking protein and etc. Be consistent like work out 4 times a week if you are really trying to bulk up!

Drank 2.1 liters of water already And 500ml full milk, ate kebab And fries and potatos with Snitchzel going to make 4 eggs now nearly puked but lma stuff the shit out of me

XmysteriousX - March 24, 2018, 1:53 am

I used to be like u when i was young i went to gym put lots of weight i let gym i turned in skinny fat with belly ? but now i started again gym to lose the belly and gain weight in our case just food is primary in this eat good and healthy u will se change in few months dont give up good luck

RAT - March 24, 2018, 2:24 am

You ordered roids and were convinced that it is the best solution in your previous thread. Good luck with doing roids lol

That1Dude - March 24, 2018, 2:34 am

(Mar 24, 2018 02:24 AM)TrustWoofers Wrote: [\[CITE\]](#) You ordered roids and were convinced that it is the best solution in your previous thread. Good luck with doing roids lol
i decided im not going to go that route

ORK24 - March 24, 2018, 9:11 am

Firstly check your TDEE, Matt Ogus has a great tutorial on that [Video: <https://www.youtube.com/watch?v=dkCT-hAP8SU>]

You're not going anywhere till you fix up your diet, start weighing your food (I know it seems like a chore but you said it yourself, you would try anything right?)

You would probably need to start bulking and gradually increase your carb intake, you can also buy a Mass Gainer if you're having a really hard time consuming a lot of food, but do keep in mind that the carbs in it are mostly sugar and are very low quality.

2. You need to go more than two times a week to the gym, start with a program of sorts, you can try progressive overload, and after you're done with that switch routines often, personally I don't have a "routine", I change the exercise I'm doing every day but I still work with splits, for example: Chest+Shoulders, Legs, Back+Arms, and another day for weak spots, I decide which exercises I'm going to do on the fly, but you should start with a basic program.

3. Weigh yourself everyday after going to the bathroom in the morning before eating or drinking anything, this will give you a more accurate weight of yourself, do this every day or two to see if you're progressing, if not something is wrong and you need to change your diet.

4. Go check your TEST-Total and Estrogen, if something is fucked with your hormones that could be why you're not gaining much, I saw in your last thread that you pretty much assumed you had low T levels, don't just assume something.. go check, and if it's true you'll get everything you need to put you back on track, there are many health complications that could come to men with low T levels, or high Estrogen levels.

5. Don't focus too much on the six pack as it's the last thing you're going to get probably, put on some mass and then start worrying about "aesthetics".

Good luck ?

Jiren - March 24, 2018, 10:19 am

I'm glad you didn't go with the steroids because clearly you have no idea what you're doing Imfao.

Check how much calories you first need to put on weight, to help you try a mass weight gainer - <https://www.bodybuilding.com/fun/build-your-own-mass-gainer.html>

Start a strong program like stronglifts

SIM-2484984 - March 24, 2018, 2:37 pm

Please dont just stuff food down your throat... Just eat normal food but try to eat more and more, everyday a little bit more, it doesnt have to be fast just do what feels the best. Dont eat yourself so full that you are going to puke, that wont make progress.

Try to go to the gym atleast 4 times a week. Also one of the users above told you to weigh yourself everyday. I would not advise you to do that, that will give you a wrong picture of yourself, try not to weigh yourself or continuously watch yourself in the mirror its a slow process and you will feel the process when you are making it.

That1Dude - March 24, 2018, 4:29 pm

Updated thread with another video :)

ORK24 - March 25, 2018, 7:31 am

(Mar 24, 2018 04:29 PM)That1Dude Wrote: [\[CITE\]](#) Updated thread with another video :)

Did your friend tell you to get HGH? Am I getting this right? I really hope you're not being serious and if you are tell you're friend he's dumb as hell

That1Dude - March 25, 2018, 7:58 am

(Mar 25, 2018 07:31 AM)ORK24 Wrote: [\[CITE\]](#) Did your friend tell you to get HGH? Am I getting this right? I really hope you're not being serious and if you are tell you're friend he's dumb as hell yeah he told me that, is it bad?

ORK24 - March 25, 2018, 8:20 am

(Mar 25, 2018 07:58 AM)That1Dude Wrote: [\[CITE\]](#) yeah he told me that, is it bad?

[Video: https://www.youtube.com/watch?v=n3nKO_hmpck]

That1Dude - March 25, 2018, 8:29 am

(Mar 25, 2018 08:20 AM)ORK24 Wrote: [\[CITE\]](#) [Video: https://www.youtube.com/watch?v=n3nKO_hmpck]

Oh shit, that explains How he got big so fast,
I aint tryna get a hardattack

ORK24 - March 25, 2018, 9:01 am

(Mar 25, 2018 08:29 AM)That1Dude Wrote: [\[CITE\]](#) Oh shit, that explains How he got big so fast,
I aint tryna get a hardattack

You can use it without getting a heart attack and live a very long happy life, but you have to educate yourself on how to use it and get guidance which I don't think you really have at the moment also I personally wouldn't buy it from some trash wannabe pharma company.

Start off slow, you're still quite young (anything under 30) and you have a lot of room to grow without using any "extras"

SIM-2484984 - March 25, 2018, 1:53 pm

(Mar 25, 2018 08:29 AM)That1Dude Wrote: [\[CITE\]](#) Oh shit, that explains How he got big so fast,
I aint tryna get a hardattack

Do not start using steroids without being educated in them. I see what you are looking for, a quick way to get more muscle or mass. You are not getting that with steroids without risking your health.

I advice you not to take ANY performance enhancing drugs without ATLEAST being educated enough on how they work on your body and even then i do not advice you to use them in your case. Like i previously said its a slow process, if you don't have the discipline nor motivation to do it without drugs then don't do it at all.

Tartarus. - March 26, 2018, 10:05 am

Lol wants to take steroids and didn't even train properly, you should keep in mind it takes a long time, you won't see a difference within a couple of weeks even months.

Watch this, he's also Dutch: https://www.youtube.com/watch?v=PW_2bBgMa5E

Watch his other videos about training and nutrition.

SIM-2484984 - March 26, 2018, 12:23 pm

(Mar 26, 2018 10:05 AM)Tartarus. Wrote: [\[CITE\]](#) Lol wants to take steroids and didn't even train properly, you should keep in mind it takes a long time, you won't see a difference within a couple of weeks even months.

Watch this, he's also Dutch: https://www.youtube.com/watch?v=PW_2bBgMa5E

Watch his other videos about training and nutrition.

That's a good video. But his transformation was pretty weak. That is achievable in about a one year with hard work and good diet. And it might also be the genes, not everybody has good genes. But for OP if he really works hard and eats well he can achieve better in a shorter time than that dude.

Kify - March 26, 2018, 1:17 pm

What city are you from b? Thinking about going to the gym too because I'm skinny asf lol, hell lets go together
hmu

That1Dude - March 26, 2018, 6:30 pm

(Mar 26, 2018 01:17 PM)Kify Wrote: [\[CITE\]](#) What city are you from b? Thinking about going to the gym too because I'm skinny asf lol, hell lets go together

hmu
Eindhoven rwinaaaaaa

BestService. - *March 28, 2018, 6:58 am*

nice check my transformation instagram [quinten_king_](#)