

Forum:[Hack Forums](#)

Thread: [Anyone have a any fitness goals for the summer?](#)

Cagey - May 21, 2018, 6:57 pm

Yall make it or did y'all get lazy?

Caliban - May 21, 2018, 7:07 pm

Im currently cutting its pretty brutal man

Kawen - May 21, 2018, 7:33 pm

My goal was to be in bulk all year round. but the exams made my neurons burn calories and I lose weight :(

TB12 - May 21, 2018, 7:35 pm

Just going to try to do some pushups and other little things before I go to bed every night. Helps in the long run

boost - May 21, 2018, 7:38 pm

Haven't been going up in weights the past year. Gonna hit it harder in the summer

Cagey - May 21, 2018, 8:08 pm

(May 21, 2018 07:33 PM)Kawen Wrote: [\[CITE\]](#) My goal was to be in bulk all year round. but the exams made my neurons burn calories and I lose weight :(

Get some mass gainer should help

Kawen - May 21, 2018, 8:10 pm

(May 21, 2018 08:08 PM)Cagey Wrote: [\[CITE\]](#) Get some mass gainer should help

Making 6 meals a day helps better by mixing carbohydrates, proteins and fats,

I like to make volume and then maintain and define <3

Cagey - May 21, 2018, 8:15 pm

(May 21, 2018 08:10 PM)Kawen Wrote: [\[CITE\]](#) Making 6 meals a day helps better by mixing carbohydrates, proteins and fats,

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You lean bulking?

AlwaysAwesome - May 21, 2018, 9:01 pm

I've been doing a fairly good job but struggle to make a good gym routine for abs and arms. I've been looking around the internet but I really can't depict which ones are the best to do for how many sets and reps and how much days a week so i've been kind of winging it. Once I come together with a proper gym routine I plan to hammer out a lot better results :)

hostov - May 21, 2018, 9:34 pm

(May 21, 2018 06:57 PM)Cagey Wrote: [\[CITE\]](#) Yall make it or did y'all get lazy?

I create every summer a new fitness Goal

LOL

dont know when I would be able to initiate :(

FamousHater - May 21, 2018, 9:36 pm
making my screwdriver bigger

SIM-964740 - May 22, 2018, 1:49 am
Well I am going to be working through winter here in Aus for Summer later.

Genoboy - May 22, 2018, 5:29 am
Summer's about to end here. Haven't done anything beside hf. Tried cycling but didn't last for long, my bicycle's just staying in here. We only have two seasons lol. I hope I can accomplish something next time.

Zany - May 22, 2018, 5:41 am
My only goal is to feel good.

SIM-964740 - May 22, 2018, 5:43 am
(May 22, 2018 05:41 AM)Zany Wrote: [\[CITE\]](#) My only goal is to feel good.
Well, I suppose that is some peoples drive so good on ya.

Zany - May 22, 2018, 5:46 am
(May 22, 2018 05:43 AM)Deadpan Wrote: [\[CITE\]](#) Well, I suppose that is some peoples drive so good on ya.
Thank you. I am happy as long as I stay around a healthy weight.

SIM-3257834 - May 22, 2018, 5:47 am
After major knee pain I can finally run the Air Force PT standard...above sea level where it's hell when running.

SIM-964740 - May 22, 2018, 5:47 am
(May 22, 2018 05:46 AM)Zany Wrote: [\[CITE\]](#) Thank you. I am happy as long as I feel healthy.
I used to use that as my drive but now in terms of fitness I am looking to bulk further.

pms - May 22, 2018, 5:49 am
Been trying to lose weight lately, hopefully it's going well.

Zany - May 22, 2018, 5:51 am
(May 22, 2018 05:47 AM)Agony. Wrote: [\[CITE\]](#) After major knee pain I can finally run the Air Force PT standard...above sea level where it's hell when running.
Do you mean running at a high elevation is uncomfortable?

Good job getting back on track!

SIM-3257834 - May 22, 2018, 5:59 am
(May 22, 2018 05:51 AM)Zany Wrote: [\[CITE\]](#) Do you mean running at a high elevation is uncomfortable?

Good job getting back on track!
The base I'm stationed at sits slightly below the zone where the standards are easier. So yes elevation has taken a huge toll on my run time and everyone else here as well.

Kawen - May 22, 2018, 6:09 am
(May 21, 2018 08:15 PM)Cagey Wrote: [\[CITE\]](#) You lean bulking?
<3 I want to reach 100kg, I measure 1.80 !

SIM-964740 - May 22, 2018, 6:10 am

(May 22, 2018 06:09 AM)Kawen Wrote: [\[CITE\]](#) <3 I want to reach 100kg, I measure 1.80 !
How much you starting at?

Kawen - May 22, 2018, 6:14 am

(May 22, 2018 06:10 AM)Deadpan Wrote: [\[CITE\]](#) How much you starting at?

I previously weighed 87kg (with a bad physical shape, since I had left the boxing and I started eating junk food) then lower to 70kg making a good definition to stay with 10% body fat, and I am now 7 months making volume and weight 90-91kg (for the exams I have been almost 1 month stuck in 90kg)

CrypticX - May 22, 2018, 6:18 am

My goals were to reach 17% body fat for this summer, but I got lazy for a period of time and consequently I'm still at 30% body fat. I now have set a goal to at least reach 25% body fat or even 20% by August.

WISH ME LUCK ?

SIM-964740 - May 22, 2018, 6:19 am

(May 22, 2018 06:14 AM)Kawen Wrote: [\[CITE\]](#) I previously weighed 87kg (with a bad physical shape, since I had left the boxing and I started eating junk food) then lower to 70kg making a good definition to stay with 10% body fat, and I am now 7 months making volume and weight 90-91kg (for the exams I have been almost 1 month stuck in 90kg)

Damn that is awesome, I am currently 75 from 82, got injured and just waiting to go back to gym. I'm hoping to reach about 85 and then see where to go from there.

Kawen - May 22, 2018, 6:23 am

(May 22, 2018 06:19 AM)Deadpan Wrote: [\[CITE\]](#) Damn that is awesome, I am currently 75 from 82, got injured and just waiting to go back to gym. I'm hoping to reach about 85 and then see where to go from there.

If you train heavy and steady you will surely achieve your goal

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70% is the diet to have a good body and 30% is the gym, my coach: you can get abs just with diet, but you can not get abs just with training (unless you are very very thin)

KaijuDivination - May 22, 2018, 6:24 am

(May 21, 2018 06:57 PM)Cagey Wrote: [\[CITE\]](#) Yall make it or did y'all get lazy?

100 PUSHUPS

100 SITUPS

100 SQUATS

10 KM RUNNING

EVERY SINGLE DAY

a banana in the morning is fine

no aircon , save money

Kawen - May 22, 2018, 6:25 am

(May 22, 2018 06:24 AM)KaijuDivination Wrote: [\[CITE\]](#) 100 PUSHUPS
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100 SQUATS

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That is the ONE PUNCH MAN training! you want to become a monster

DotGlass - May 22, 2018, 6:25 am

My goal is just to keep training hard each day and don't give up, I'm getting very good results in just 4 months, I've lost fat and now my weight is 70kg~

SIM-964740 - May 22, 2018, 6:25 am

(May 22, 2018 06:23 AM)Kawen Wrote: [\[CITE\]](#) If you train heavy and steady you will surely achieve your goal

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I know I can achieve it, I just find it hard getting the calories in to be honest, thats teh hardest part.

Kawen - May 22, 2018, 6:27 am

(May 22, 2018 06:25 AM)Deadpan Wrote: [\[CITE\]](#) I know I can achieve it, I just find it hard getting the calories in to be honest, thats teh hardest part.

eating every 3 hours is a pain in the ass, but when you see the results and how big you, everything is worth it (although now I think of pasta or rice I get retched for the amount I eat per day)

(May 22, 2018 06:25 AM)DotGlass Wrote: [\[CITE\]](#) My goal is just to keep training hard each day and don't give up, I'm getting very good results in just 4 months, I've lost fat and now my weight is 70kg~

If I spend 5 months to lose 87kg to 70kg ! I was doing a lot of cardio and heavy training, now I would recommend you make a good bulk!

SIM-964740 - May 22, 2018, 6:31 am

(May 22, 2018 06:27 AM)Kawen Wrote: [\[CITE\]](#) eating every 3 hours is a pain in the ass, but when you see the results and how big you, everything is worth it (although now I think of pasta or rice I get retched for the amount I eat per day)

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I was also starting to get so sick of my post workout shake, so hard to get it down. Need to switch flavours or something. I also need to really get into meal prepping once i recover

Zany - May 22, 2018, 8:22 am

(May 22, 2018 05:59 AM)Agony. Wrote: [\[CITE\]](#) The base I'm stationed at sits slightly below the zone where the standards are easier. So yes elevation has taken a huge toll on my run time and everyone else here as well.

That is interesting. I would say it definitely depends on what position those Airmen hold. I assume you are not in a combat role, because you don't seem conditioned for that sort-of work, but I could be wrong. Does it seem to affect everyone at your base equally, or do you notice that some people are able to perform just as well as they would at sea level?

Bitcoin_350 - May 23, 2018, 5:31 pm

summer is a hot months you really keep burning a lot of calories if you workout . much better if you stay in your house