

Forum:[Hack Forums](#)

Thread: [Strength/Size training \(w/ progress pics\) - Ask questions and leave tips!](#)

Motiv - June 12, 2018, 4:35 pm

I'm currently working towards competing in my first show next year, so I figured I'd open up for questions and also ask some, myself. Not sure if there are any other bodybuilders on here, but I'm working on cross-striations and it's coming along, but I was wondering if anyone else had specific workouts or tips they have enjoyed in the past.

Feel free to ask any questions about diet, nutrition, workouts, or regimen/supplements, and I'll be active in responding!

I'm going to be taking new pictures as these are about a month and a half old and absurdly blurry. I'm currently starting a new diet cleanse and water shed since I just returned from senior week, which included and enormous amount of toxins and nasty food being shoveled into my body.

(Large imgs)

Spoiler [\(Click to View\)](#)

Workout tonight:

Spoiler [\(Click to View\)](#)

6/25

Spoiler [\(Click to View\)](#)

For all you asking for a before picture, this was May 27th 2017

Spoiler [\(Click to View\)](#)

Zanwald - June 13, 2018, 8:33 am

I don't mean any offense when asking this but are you on any roids, TRT, or HGH?

Motiv - June 13, 2018, 9:00 am

(Jun 13, 2018 08:33 AM)Zanwald Wrote: [\[CITE\]](#) I don't mean any offense when asking this but are you on any roids, TRT, or HGH?

None taken haha. No sir, I'm 18 years old and about 13 months into training. I focus on the tiny details and the science behind things and I've had great success with it. My current supplements are protein, Bcaas, multivitamin. I'm in the middle of a cut so I stopped my creatine monohydrate and forgot to switch to a hydrochloride, so I just left it out of my regimen.

Francis Gallagher - June 13, 2018, 9:02 am

What's your current diet?

Are you bulking I'm assuming?

Motiv - June 13, 2018, 9:04 am

(Jun 13, 2018 09:02 AM)Francis Gallagher Wrote: [\[CITE\]](#) What's your current diet?

Are you bulking I'm assuming?

Starting my bulk in about week.

Protein: 220-300g
Sodium: <2200mg
Sugar: <30g
Calories: 2200-2400
Carbs: 225g
Total Fat: 30-60g (it can range for me)
Trans Fat: 0g

I also work @ GNC so I get a lovely 30% discount on everything :)

Francis Gallagher - June 13, 2018, 9:09 am

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I also work @ GNC so I get a lovely 30% discount on everything :)
2200-2400 is your maintenance I'm assuming?

Also, lucky on the supplement discount! I never liked gnc I'm more of a supplement superstore type of person. But, a discount is a discount. It helps.

Motiv - June 13, 2018, 9:12 am

(Jun 13, 2018 09:09 AM)Francis Gallagher Wrote: [\[CITE\]](#) 2200-2400 is your maintenance I'm assuming?

Also, lucky on the supplement discount! I never liked gnc I'm more of a supplement superstore type of person. But, a discount is a discount. It helps.

2500 is my maintenance, 2200 is for my cutting. I only took off 300 because I love to eat, but I add in extra cardio to make up for it.

I'm actually not a GNC fan. My dad is a power lifter and works @ bodybuilding.com, so every Friday any boxes that are damaged or labeled wrong in the warehouse are free to take home. I'll upload pictures of my basement later on. We have an absurd amount of proteins and various supplements down there.

Next week, my calories are going to be between 4k-5k. I haven't been taking this as seriously as I'd like to for my goals, so I'm turning it up a notch with my meal prepping.

My favorite meal to prep for the week is hamburger helper. A shitload of low fat beef mixed the the pasta stays good for 5-6 days, and you can make crazy amounts of it.

Wolf - June 13, 2018, 9:14 am

I love how your traps are looking. How often do you target them, which exercises do you use?

Francis Gallagher - June 13, 2018, 9:15 am

That's luck man! Bb.com helped me lose over 100lbs before(the forums) and I use to exclusively buy supplements off there.

My worst part is diet. I fucking crave too much food to cut, appetite suppressants don't work (I was previously on ECA for like 2 months and still couldn't cut cravings).

Zanwald - June 13, 2018, 9:18 am

I'd love to know your entire upper body routine honestly. Including abs.

Hailstone - June 13, 2018, 10:11 am

(Jun 13, 2018 09:00 AM)Motiv Wrote: [\[CITE\]](#) None taken haha. No sir, I'm 18 years old and about 13 months into training. I focus on the tiny details and the science behind things and I've had great success with it. My current supplements are protein, Bcaas, multivitamin. I'm in the middle of a cut so I stopped my creatine monohydrate and forgot to switch to a hydrochloride, so I just left it out of my regimen.

So according to you, you've only been training for 13 months and are natural and look like that? Something seems off...that physique is definitely obtainable naturally but in 13 months?

Manks - June 13, 2018, 10:14 am

(Jun 13, 2018 10:11 AM)Chichona Wrote: [\[CITE\]](#) So according to you, you've only been training for 13 months and are natural and look like that? Something seems off...that physique is definitely obtainable naturally but in 13 months?

Based on other posts, he probably was already a fairly fit guy before he actually trained, which is why his physique is like OD now haha

Motiv - June 13, 2018, 10:38 am

(Jun 13, 2018 09:14 AM)V u k Wrote: [\[CITE\]](#) I love how your traps are looking. How often do you target them, which exercises do you use?

I use a variation of a face pull with a rope on a cable. They for sure built my traps. I train traps on shoulder day.

(Jun 13, 2018 10:11 AM)Chichona Wrote: [\[CITE\]](#) So according to you, you've only been training for 13 months and are natural and look like that? Something seems off...that physique is definitely obtainable naturally but in 13 months?

Yup. May 20th last summer.

(Jun 13, 2018 10:14 AM)Manks Wrote: [\[CITE\]](#) Based on other posts, he probably was already a fairly fit guy before he actually trained, which is why his physique is like OD now haha

I'm not even aware of what OD is haha. And I wasn't unhealthy or anything, but I'll find a picture of me before lifting. It's kinda comical how small I was.

(Jun 13, 2018 09:18 AM)Zanwald Wrote: [\[CITE\]](#) I'd love to know your entire upper body routine honestly. Including abs.

PM me for my discord and I can go through it with you tonight. I heavily focus on abs/core as I used to be a wrestler and was actually going D2 but I prefer bodybuilding haha. Core was a key part in the sport so I love training it now.

(Jun 13, 2018 09:15 AM)Francis Gallagher Wrote: [\[CITE\]](#) That's luck man! Bb.com helped me lose over 100lbs before(the forums) and I use to exclusively buy supplements off there.

My worst part is diet. I fucking crave too much food to cut, appetite suppressants don't work (I was previously on ECA for like 2 months and still couldn't cut cravings).

For cravings I use protein bars (BSN bars taste like rice Krispy treats,) or Total Lean Shakes have a resistant starch in them to curb cravings which works decently. Try making your meals smaller, but eat more frequently.

Also, try eating hating gummy bears post-workout.

I just hit back about an hour ago, I'll upload a picture soon. I'm doing non-stim workouts with no pump products or anything taken before.

(Jun 13, 2018 10:14 AM)Manks Wrote: [\[CITE\]](#) Based on other posts, he probably was already a fairly fit guy before he actually trained, which is why his physique is like OD now haha
Which posts are you referring to?

ORK24 - June 13, 2018, 2:59 pm

Don't forget to not completely dehydrate on the competition day, a lot of people over do it and look flat.

Also don't forget to carb up 24 hours before getting on stage, good luck (;

OGPaper - June 13, 2018, 3:26 pm

Read a post and you said: "Also, try eating hating gummy bears post-workout."

Don't you mean pre workout/during the workout so that the glucose is converted directly into energy to fuel the workout.

You've made good progress within 13 months, what are your 1RM lifts, body fat % and height/weight.

I did a bit of strength training but I'm on and off.

Only semi decent lift is a 400 lb squat, my deadlift is near there too but I should be able to pull a lot more, always been a bit slow with bench press.

Can leg press near 850lb for reps as well.

Motiv - June 13, 2018, 4:19 pm

(Jun 13, 2018 03:26 PM)OGPaper Wrote: [\[CITE\]](#) Read a post and you said: "Also, try eating hating gummy bears post-workout."

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Only semi decent lift is a 400 lb squat, my deadlift is near there too but I should be able to pull a lot more, always been a bit slow with bench press.

Can leg press near 850lb for reps as well.

No, I meant right after your workout. It's good to restore your glycogen before your protein intake post-workout. I've used dextrose supplements pre/intra, but any source will do for post. A dextrose supplement is best for absorption for intra.

But, I was mainly giving him a way to curb cravings.

Manks - June 13, 2018, 4:48 pm

(Jun 13, 2018 10:38 AM)Motiv Wrote: [\[CITE\]](#) I'm not even aware of what OD is haha. And I wasn't unhealthy or anything, but I'll find a picture of me before lifting. It's kinda comical how small I was.

Which posts are you referring to?

OD=overdose, i meant it that you're way larger than the average lifter.

Posts refer to ones you made on Page 1 like how your dad is a powerlifter, and that he works(ed) for bodybuilder.com

Usually fit parents = fit kids

OGPaper - June 13, 2018, 6:33 pm

Genetics wise, I do think having a parent who has been training gives a child a boost, power lifters etc do pass on that gene IMO. If not, then from a young age they tend to train their children to be good.

Examples of this are CT Fletcher, his sons like 21 and lifting 180kg/405lbs on bench press which is pretty impressive for a natty.

Most of the industry is filled with juiced fake nattys, examples are David Laid/Ryan Casey, no 17/18 year old naturally can be lifting 350 lbs on incline when they've trained incline barbell especially when they've only trained for a year or so. It's all juice that they've found, your strength doesn't increase by 60% after the "newbie gains" period. Shame to see people fake what they say, but that's the world, no hate on the athletes, they're lifting a lot at young ages but when they reach 30s they'll start having heart issues.

Shame to see good people like Rich Piana go away, he was so informative but that image he created of being this big freak of mass with I imagine 24 inch+ biceps isn't what Humans are meant to look like at all. Once you go on steroids, you'll want to keep juicing because otherwise your lifts will deter, that big 3D look will disappear too, I've read up on it, it's not worth it unless your life is dedicated to it and that's what you do for a living, e.g. Kai Greene/Ronny Coleman.

I could be juicing and lifting double of what I do now, but it won't feel the same because I know I've not obtained that naturally (myself). It's legal to take in the UK (where I'm from) so I can see why so many people are juiced up. Zyzz died of similar issues I believe and it just goes to say that there's risks involved with taking enhancers.

OP - what are you max compound lifts?

Motiv - June 13, 2018, 7:22 pm

(Jun 13, 2018 04:48 PM)Manks Wrote: [\[CITE\]](#) OD=overdose, i meant it that you're way larger than the average lifter.

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It's my step-dad and he just popped into my life 2 years ago lol.

KanyeMidEast - June 14, 2018, 6:16 am

Shit I started working 4 months ago and this posts motivates me to keep at it I doubt i'd look like you but I def want some abs and arms I got twigs haha, what is your ab workout like? And how many days a week do you lift? Good shit brother and I hope you kill it at the contest!

Motiv - June 14, 2018, 8:52 am

(Jun 14, 2018 06:16 AM)KanyeMidEast Wrote: [\[CITE\]](#) Shit I started working 4 months ago and this posts motivates me to keep at it I doubt i'd look like you but I def want some abs and arms I got

twigs haha, what is your ab workout like? And how many days a week do you lift? Good shit brother and I hope you kill it at the contest!

Cable Crunches, Broomstick twist, hanging leg raises, and decline leg raises are my favorite ab workouts. Targets lower abs, upper abs, obliques, and core. Cable Crunches are best for upper abs and gives them a nice blocky look :)

It depends on workouts that I'm doing at the time. During my cut, I usually workout 4-5 days a week (depending on the program,) but my workouts are fairly long, which is why I have 2-3 rest days. I also try to mix in cardio when I have the willpower.

During my bulk, I've done a couple programs, which would be more intense and significantly shorter. The muscle group were split up into more days than my cutting ones, so it's usually 6 days a week, but the duration of the workouts was only 40-50 minutes long.

minimalist - June 16, 2018, 3:34 pm

Still no mentions of your lifts and numbers ?

Motiv - June 16, 2018, 4:21 pm

(Jun 16, 2018 03:34 PM)Minimalist Wrote: [\[CITE\]](#) Still no mentions of your lifts and numbers ?

Sorry sorry haha. I started out training as a power lifter then decided to make the switch over as I preferred bodybuilding, so I haven't tracked numbers for nearly 4 months! When I was strength training I weighed 155lbs benching 265 1RM and squat was 315lbs if I remember correctly! I'm all physique now. I'm sure I couldn't bench over 220lbs now as it's all for show and aesthetics :) No need to bench 265lbs while bodybuilding.

And I'm 5'7" 147lbs. Just wrapping up a cut.

(Jun 13, 2018 06:33 PM)OGPaper Wrote: [\[CITE\]](#) Genetics wise, I do think having a parent who has been training gives a child a boost, power lifters etc do pass on that gene IMO. If not, then from a young age they tend to train their children to be good.

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I could be juicing and lifting double of what I do now, but it won't feel the same because I know I've not obtained that naturally (myself). It's legal to take in the UK (where I'm from) so I can see why so many people are juiced up. Zyzz died of similar issues I believe and it just goes to say that there's risks involved with taking enhancers.

OP - what are you max compound lifts?

I'm not a power lifter and my dad wasn't either. I actually have had a lot of struggles with genetics that I've had to overcome. It's actually my step-dad who was a power lifter.

OGPaper - June 16, 2018, 5:06 pm

Do you advise a mix of strength training and high volume work for aesthetics at all or do you just implement full body workouts or calisthenics/endurance work with a lot of focus on isometrics and isolation on each muscle, e.g. lower/middle/upper back.

A lot of people who power lift undertrain or don't focus on each body part because obviously they don't really need to, it's more technique and repetitive movement with trying to focus on form and speed.

Motiv - June 17, 2018, 8:21 am

(Jun 16, 2018 05:06 PM)OGPaper Wrote: [\[CITE\]](#) Do you advise a mix of strength training and high volume work for aesthetics at all or do you just implement full body workouts or calisthenics/endurance work with a lot of focus on isometrics and isolation on each muscle, e.g. lower/middle/upper back.

A lot of people who power lift undertrain or don't focus on each body part because obviously they don't really need to, it's more technique and repetitive movement with trying to focus on form and speed.

You're spot on. My training was different when I was going to powerlift.

For example, on shoulder day, I'll split up front, side, and rear delts.

OGPaper - June 17, 2018, 9:00 am

You got a Skype name at all buddy? Would love to speak with you there because you seem pretty chill and your progress is inspiring my man!

Motiv - June 17, 2018, 9:45 am

(Jun 17, 2018 09:00 AM)OGPaper Wrote: [\[CITE\]](#) You got a Skype name at all buddy? Would love to speak with you there because you seem pretty chill and your progress is inspiring my man!

PMed you my discord. I really appreciate you sayin that! In all honesty, I'm so big because the gym has been my outlet for anything negative in my life...which has been a lot this past year haha. If your motivation is strong enough, you truly can do amazing things.

Motiv - June 23, 2018, 5:34 pm

Bulk is starting tomorrow :)

Myrtti112 - June 24, 2018, 7:28 am

Wow sick physic man I started lifting a lot since 4 months now and making some nice gains. Ordered a 500g creatine too. How many days are you in the gym a week? Whats your routine? Pull - Push - Legs?

Motiv - June 24, 2018, 10:27 am

(Jun 24, 2018 07:28 AM)Myrtti112 Wrote: [\[CITE\]](#) Wow sick physic man I started lifting a lot since 4 months now and making some nice gains. Ordered a 500g creatine too. How many days are you in the gym a week? Whats your routine? Pull - Push - Legs?

I'm taking 2 weeks off then starting my bulk. My split is going to be

Chest, Calves, Abs

Back, Forearms

Delts, Rear Delts, Traps, Calves

Biceps, Triceps, Forearms
Rest
Hamstrings, Quadriceps, Calves, Abs

In my 2 weeks off I'm eating 4,000 calories /day, 300g of protein, and doing 2 whole body workouts /week to maintain my current muscle for the bulk.

BSM72910 - June 24, 2018, 10:55 am

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If you're 5'7 and around 150lbs why in the fuck would you need 4000 cals a day? Where do you maintain at? And 300g of protein?

Motiv - June 24, 2018, 12:29 pm

(Jun 24, 2018 10:55 AM)BSM72910 Wrote: [\[CITE\]](#) If you're 5'7 and around 150lbs why in the fuck would you need 4000 cals a day? Where do you maintain at? And 300g of protein?

2*lb/bw in protein is what I used on my last bulk.

Myrtti112 - June 25, 2018, 2:17 am

Do you think I could pull this off:

Monday - Back + Biceps
Tuesday - Legs + Shoulders
Wednesday - Rest
Thursday - Chest + Triceps
Friday - Back + Biceps
Saturday Legs + Shoulders
Sunday - Chest + Triceps

Im 19, dont do any other physical work but gym. I eat really well and a lot of protein and sleep a good sleep at least 8 hours.

Do you think its too much?

itsMeCherry - June 25, 2018, 3:04 am

ahhahah 13 months into training and he looks like that, yet claims he hasnt touched steds.

LMFAO i cant stop laughing when i read shit like this. for anyone who has stepped into the gym for longer than 5 months knows what shit he is talking. why even bother lying like people are gonna believe you. :lol:

(Jun 24, 2018 10:55 AM)BSM72910 Wrote: [\[CITE\]](#) If you're 5'7 and around 150lbs why in the fuck would you need 4000 cals a day? Where do you maintain at? And 300g of protein?

the "i eat 4000 calories" is usually a steroid users excuse for taking steds. But they usually dont

have a reason for their such low fat %. like this idiot lol. he probably lies to his family and friends too, poor soul.

inb4 he responds with the usual "thanks for the compliments dude, i take them positively since im natural"

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inb4 he responds with the usual "thanks for the compliments dude, i take them positively since im natural"

thanks for the compliments dude

In all seriousness, I'll humor your response. I eat so much because I burn quite a bit and I have a smaller time frame than previously planned to reach my goal weight. My last bulk consisted of 3200-3500 calories /day. I didn't make my diet this time around. If you don't like what I'm doing, I'll keep growing, and you can keep masquerading as someone who is able to tell that someone is using steroids by ONE picture online with consistent training for a year. Also, my body fat is sub-bar for someone who wants to compete. Not to mention that I would have SIGNIFICANTLY more mass if I was taking a steroid. Maybe if I was walking about at 170 at my height with no fat and cartoonish muscles. Keep talkin and I'll keel growin over here.

Hailstone - June 25, 2018, 8:24 am

(Jun 25, 2018 05:21 AM)Motiv Wrote: [\[CITE\]](#) thanks for the compliments dude

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Are you able to upload better pictures? The first one you look like 7% bodyfat with rounded motherfucking delts (3D look). I've seen one year natural progression and the best ones dont nearly compare with yours. You look like you've been training for 2+ years minimum

Motiv - June 25, 2018, 8:38 am

(Jun 25, 2018 08:24 AM)Chudd Wrote: [\[CITE\]](#) Are you able to upload better pictures? The first one you look like 7% bodyfat with rounded motherfucking delts (3D look). I've seen one year natural progression and the best ones dont nearly compare with yours. You look like you've been training for 2+ years minimum

Yeah, absolutely! I'll upload more later today and shoot you a PM when I do.

Added one more picture. I have a whole body lightweight workout on Tuesday, so I'll take some core pictures then and I'll try to find someone to take a lay spread pic or I'll do some poses or somin.

BSM72910 - June 25, 2018, 10:27 am

I don't mean to sound like a hater man you do you and I'm sure you know what you're doing. While strength isn't specific to a body type and everyone's different, even your lifts don't make sense for someone who just started lifting a year ago.

Yeah I understand you burn a lot, unless you're some genetic freak I'm pretty sure 4000 is WAY too much for a 5'7 150lbs guy, you'd be putting on fat like nothing. I know guys that are 6'4 220+ lbs with considerable muscle mass that don't take in 300g of protein or eat anywhere near 4000 cal a day.

I do know of new lifters who believe eating 5000 cal a day is the best way to go and while they do gain a lot of muscle in a year, they'll be left with lbs of fat they otherwise wouldn't need to burn off had they bulked properly. So 4000 doesn't really make sense to me if you STILL look like that.

No hating, just genuinely confused. Interested to see these updated pics though!

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I don't mind if people question what I do. Just helps me strengthen it. You can do a lot in a year if you set your mind and body to it. I haven't been "casually lifting" for a year, I've dedicated and committed myself to it completely. 4,000 calories doesn't mean just fat. It's not just the calories that matter, it's the source of the calories as well.

With all due respect, to those of you that have made accusation of roids, why don't you take it as seriously as I have for a year and see what happens? It's been an emotional year and bb has been an outlet and I'm happy to see what I have to show for it, but it saddens me to see that people are so immature as to accuse when none of you have seen me lift, or know of any motivation or sacrifices I've had to make to get here.

These accusations and criticisms of my diet are coming from ignorance of what bodybuilding training looks like, and I can't get salty over ignorance. I'm happy to teach and explain my methods with anyone over discord :)

BSM72910 - June 25, 2018, 10:54 am

(Jun 25, 2018 10:34 AM)Motiv Wrote: [\[CITE\]](#) I don't mind if people question what I do. Just helps me strengthen it. You can do a lot in a year if you set your mind and body to it. I haven't been "casually lifting" for a year, I've dedicated and committed myself to it completely. 4,000 calories doesn't mean just fat. It's not just the calories that matter, it's the source of the calories as well.

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If you're natural you aren't spending more than an hour in the gym, hour and half MAX. You need to let your body rest and grow. You can't be doing multiple workouts a day. To say someone does this and isn't dedicated wouldn't make sense. I've seen guys eat properly their first year, be on good programs, hit each muscle group 2x and they don't look ANYWHERE as good as you. This is to your "casually lifting", I'm not going to argue about roids because I honestly dont care and I've never accused you of it. Although I will say you almost look as good as some natty guys that have been lifting for 5+ years. Take that as you want.

It honestly doesn't matter. At the end of the day a surplus of cals will cause fat gain.

If you take in 4000 cals a day and 300g of protien, 300×4 that means you take in 1200 cals of protein.

Lets assume you want about 25% of your cals to be fats. $.25 \times 4000 = 1000 / 9 = 111\text{g}$ of fat a day. Do I need to tell you how retarded this # is? Guys way bigger than you dont consume this much fat in their diets even on bulks.

$(4000-1000-1200) / 4 = 450\text{g}$ of carbs.

Even if you try to argue that you hit for 15% for fats, your carbs intake would shoot up.

Not only do your macros dont make any fucking sense at all, theyre literally 2x of what a proper natural decent sized dude WHOS WAY TALLER and WAY BIGGER would be taking in with many more years of lifting on you.

Motiv - June 25, 2018, 11:05 am

(Jun 25, 2018 10:54 AM)BSM72910 Wrote: [\[CITE\]](#) If you're natural you aren't spending more than an hour in the gym, hour and half MAX. You need to let your body rest and grow. You can't be doing multiple workouts a day. To say someone does this and isn't dedicated wouldn't make sense. I've seen guys eat properly their first year, be on good programs, hit each muscle group 2x and they don't look ANYWHERE as good as you. This is to your "casually lifting", I'm not going to argue about roids because I honestly dont care and I've never accused you of it. Although I will say you almost look as good as some natty guys that have been lifting for 5+ years. Take that as you want.

It honestly doesn't matter. At the end of the day a surplus of cals will cause fat gain.

If you take in 4000 cals a day and 300g of protien, 300×4 that means you take in 1200 cals of protein.

Lets assume you want about 25% of your cals to be fats. $.25 \times 4000 = 1000 / 9 = 111\text{g}$ of fat a day. Do I need to tell you how retarded this # is? Guys way bigger than you dont consume this much fat in their diets even on bulks.

$(4000-1000-1200) / 4 = 450\text{g}$ of carbs.

Even if you try to argue that you hit for 15% for fats, your carbs intake would shoot up.

Not only do your macros dont make any fucking sense at all, theyre literally 2x of what a proper natural decent sized dude WHOS WAY TALLER and WAY BIGGER would be taking in with many more years of lifting on you.

I specifically said "to those of you that accused me," because I was disregarding you in that comment.

I take that as a compliment.

And I look the way I do because after I was on a 4k diet, I cut. Hence my decently low bf (it's not too great at the moment.) I focus on the tiny details whether it's food or supplementation, and it has clearly worked for me. You can talk and talk as much as you want, but I have the methods that have given me my desired results.

BSM72910 - June 25, 2018, 11:11 am

(Jun 25, 2018 11:05 AM)Motiv Wrote: [\[CITE\]](#) I specifically said "to those of you that accused me," because I was disregarding you in that comment.

I take that as a compliment.

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Do you? It should be impossible. Do you have a starting picture (when you hadn't ever lifted)

Yeah? You cut in a years time on a 4k cals a day bulk which according to the macros you'd be gaining about 2lbs of fat a week or more and gained all that muscle mass? In a year? "I focus on the.." Idk what youre talking about, I'm focusing on the details here and you're just hitting me with the "this is how I did it. Believe it or not."

Your macros are way above dudes that are 6'4 220lbs lean af natural with many years of experience and decent muscle mass. And even then your macros FOR THEM would be a dirty bulk.

Motiv - June 25, 2018, 11:21 am

(Jun 25, 2018 11:11 AM)BSM72910 Wrote: [\[CITE\]](#) Still doesn't answer what makes you different from these other guys.

Do you? It should be impossible. Do you have a starting picture (when you hadn't ever lifted)

Yeah? You cut in a years time on a 4k cals a day bulk which according to the macros you'd be gaining about 2lbs of fat a week or more and gained all that muscle mass? In a year? "I focus on the.." Idk what youre talking about, I'm focusing on the details here and you're just hitting me with the "this is how I did it. Believe it or not."

Your macros are way above dudes that are 6'4 220lbs lean af natural with many years of experience and decent muscle mass. And even then your macros FOR THEM would be a dirty bulk.

Picture is after a 2 weeks water shed as well, my bf is not as low as you think. It's obviously in check. Nothin makes me "different," you just haven't done the work. You can talk in theory all you want, but the moral of the story is that IT WORKED. Im proof of it, and I'm going to continue what I'm doing. Not to mention my test is most likely at an all time high so I'm basically on steroids at my age as is. I don't have starting pictures that I took with that purpose, but I'm sure I can find some from the beach. I wasn't fat or out of shape coming into lifting, so don't make assumptions.

Like I said, put in the work yourself and see what you can do with it. And yeah, I am hitting you with the "believe it or not," because I DID. And my macros varied. 4,000 is an average. I most certainly

hit that number the majority of days. Between meal prepping and mass gainer at the end of the night, it was rough, but I was definitely able to do it. You are ignorant of the training required for bodybuilding. I didn't make my diet myself or choose my numbers. I built my own regimen and workout plan, and my step-dad did all the diet and prepping for me.

Actually - I'm gonna get to the bottom of this. You don't think I'm on roids, you don't think what I did is possible, so how did I do it? Please, inform me.

BSM72910 - June 25, 2018, 12:04 pm

(Jun 25, 2018 11:21 AM)Motiv Wrote: [\[CITE\]](#) Picture is after a 2 weeks water shed as well, my bf is not as low as you think. It's obviously in check. Nothin makes me "different," you just haven't done the work. You can talk in theory all you want, but the moral of the story is that IT WORKED. Im proof of it, and I'm going to continue what I'm doing. Not to mention my test is most likely at an all time high so I'm basically on steroids at my age as is. I don't have starting pictures that I took with that purpose, but I'm sure I can find some from the beach. I wasn't fat or out of shape coming into lifting, so don't make assumptions.

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Right, you did but 90% of the natural lifters dont look that good in a year of training. You mustve been more dedicated than everyone else. How? I'm not sure. You cant workout more than an hr or hr and a half a day as a natty lifter but you must be doing something magical.

Stop telling me to put in the work myself, I workout 5 times a week and I eat properly according to my REAL macros and dont look good as you. That is not to say I'm jealous, I don't workout to impress others, but it doesn't make sense to tell me to put in the work myself when I don't claim such crazy macros, lifts, and say i've done it all in a year.

"basically on steroids" lol.

"nothing makes me different" so no one else does the work huh? You dont look like you've been lifting for a year visually and stats wise.

Yeah please have some pictures of when you WERENT lifting in your next reply. No hate, it'll just clear everything up. You can't tell me you didnt take pictures throughout your teens. Even pictures with a shirt on would do.

Once again, you're disregarding the actual macros. 400+ g of carbs, 111g of fats, 300g of protein. I dont need to do a PhD to tell you these macros are either straight up lies, or you will BECOME OBESE following this for many months.

Listen man, the only explanation to this would be you're a genetic freak. And that would be proven with pics before you ever lifted at all. Otherwise if you cant provide pics, dont want to, or look like someone who truly never lifted then

1) You are not natty. Could be an option, I really dont care.

- 2) That is not you in the pictures.
- 3) That is you, you ARE natty, but you're lying about the 1 year.
- 4) You're a genetic freak

The macros dont make sense at all though, unless youre not natty. So you're 110% lying about that, no offense.

Its funny because everytime I reply I feel like I may actually be discrediting your hard work. Then I look at your pics and it assures me, THAT IS NOT POSSIBLE IN A YEAR FOR A NATURAL LIFTER. NO MATTER HOW HARD YOU WORKOUT OR HOW DEDICATED YOU ARE. You are probably around 10-12%~ BF in those pics. You mean to tell me you ate 4000 cals a considerable amount of the year, cut down to 10-12% BF, and gained ALL OF THAT muscle mass. Sure bud, and i'm a blue unicorn that lives on the moon.

I hate to tell you what you did, I get it. Only you know the truth and i'm just some random person on the internet but AT THE VERY LEAST you could've given me proper macros so I somewhat thought you probably knew what you were doing and it made sense. Your macros dont make any sense RELATIVE to your height and weight, and you have no possible explanation for it. The time frame makes no sense vs the muscle mass growth and the stats on your lifts RELATIVE to your height and weight.

If you don't care to prove me wrong, so be it. Otherwise, in your next reply have some previous pics so we can ACTUALLY see a transformation otherwise I won't waste both of our time arguing. I've already said what I've wanted to say.

Motiv - June 25, 2018, 12:37 pm

(Jun 25, 2018 12:04 PM)BSM72910 Wrote: [CITE](#) Right, you did but 90% of the natural lifters dont look that good in a year of training. You mustve been more dedicated than everyone else. How? I'm not sure. You cant workout more than an hr or hr and a half a day as a natty lifter but you must be doing something magical.

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If you don't care to prove me wrong, so be it. Otherwise, in your next reply have some previous pics so we can ACTUALLY see a transformation otherwise I won't waste both of our time arguing. I've already said what I've wanted to say.

So all of what you're saying is wrong is I give a previous picture? How the hell does that make sense...

I'm natural and I don't need to prove that to any jealous prick on here.

BSM72910 - June 25, 2018, 12:40 pm

(Jun 25, 2018 12:37 PM)Motiv Wrote: [\[CITE\]](#) So all of what you're saying is wrong is I give a previous picture? How the hell does that make sense...

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Hey man no ones going to force you to post a pic. If you don't want to, forsure we can end this right here.

Yeah the macros will never make sense, but it can put your lifts and current phsyique into perspective. Lmk. Crop out your head, shit if anything you should do it to motivate the other new lifters browsing this subforum. I don't see why you wouldn't want to.

Motiv - June 25, 2018, 12:46 pm

(Jun 25, 2018 12:40 PM)BSM72910 Wrote: [\[CITE\]](#) Hey man no ones going to force you to post a pic. If you don't want to, forsure we can end this right here.

Yeah the macros will never make sense, but it can put your lifts and current phsyique into perspective. Lmk. Crop out your head, shit if anything you should do it to motivate the other new lifters browsing this subforum. I don't see why you wouldn't want to.

Huh? I am looking for a picture as we speak.

I have one from 2016? Looking for 2017 rn.

BSM72910 - June 25, 2018, 2:35 pm

(Jun 25, 2018 12:46 PM)Motiv Wrote: [\[CITE\]](#) Huh? I am looking for a picture as we speak.

I have one from 2016? Looking for 2017 rn.

Sure man whatever you think will show your progession and justify it.

minimalist - June 25, 2018, 6:42 pm

I don't care that he's a fake natty if he's not trying to push a product. Likely just trying to cover his tracks if he ever decides to compete - same as others who don't explicitly pronounce their PED usage. That progress is simply not possible unless his wrestling elicited ~2 years' worth of muscle gain, and even then, it's a stretch.

Steroid users also have hilariously low strength to size ratios. I'm not nearly as big as he is and my strength on bench is equivalent to his peak strength. Frankly looks like a 315+ bencher.

Hailstone - June 25, 2018, 8:06 pm

(Jun 25, 2018 06:42 PM)Minimalist Wrote: [\[CITE\]](#) I don't care that he's a fake natty if he's not trying to push a product. Likely just trying to cover his tracks if he ever decides to compete - same as others who don't explicitly pronounce their PED usage. That progress is simply not possible unless his wrestling elicited ~2 years' worth of muscle gain, and even then, it's a stretch.

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What exactly are PEDs? See them in videos and whatnot with no explanation. And yeah theres a guy in my gym who was struggling with 135 lb rows and 80lb DB decline but was fucking jacked.

sad to see OP lying about his progress but whatever

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(Jun 25, 2018 08:06 PM)Chudd Wrote: [\[CITE\]](#) What exactly are PEDs? See them in videos and whatnot with no explanation. And yeah theres a guy in my gym who was struggling with 135 lb rows and 80lb DB decline but was fucking jacked.

sad to see OP lying about his progress but whatever

PEDs = performance enhancing drugs. HGH, steroids, etc.

itsMeCherry - June 26, 2018, 12:44 am

hahaha i love how his comback is "why dont you train seriously for a year" kid i been training for 4 years and never have i been shredded as you and got that much mass in 1-2 years, or seen other naturals (not because im not training good enough, because its impossible to burn like that and gain mass). dont try talk shit to us when we know about lifting. save the lies for the 13 year old little girls you probably try and impress now that your juiced up on steds. Not even your mom is going to believe you Imfao.

Also, who lifts like he 'does' and only has pictures from 2 years ago after searching for them so hard lol. I bet he has tons of pictures of his penis shrinking over the years though.

Man.. i feel sorry for this guy i really do. to think he is so socially fucked and insecure that he has to lie ONLINE, imagine how fake he is an irl person. I have friends in the gym who gladly admit they take steds irl, because they are not little boys.

Motiv - June 29, 2018, 5:05 pm

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I'd have no problem admitting if I was taking anything. Just got back from some irl stuff.

--CHECK THREAD FOR UPDATED PIC--

I'd really have no problem admitting, nonetheless online, but I'm currently taking BCAAs from Scivation, ON and Syntha protein, and a few other products for cortisol and my joints.

I truly take your accusations as compliments.

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My macros are fine. Pro bodybuilders eat 10,000-12,000 /day but they don't get "fat." Your numeric reduction of training works in theory, but not in reality. That's why I can't justify my macros - BECAUSE YOU ARE WRONG! But I am absolutely not taking any banned substance other than DMAA aim some products occasionally. I have no taken any testosterone booster, pro homorone,

steroid, or anything of the nature. The time frame is possible, why the fuck do you assume I was tiny in the beginning?

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I don't care enough about accusations to buy a test, but if anyone IRL or ok here wants to ship me a test, I'll take it. I'll get blood work done to measure my test levels, I'll take any steroid or banned substance test needed. I'm also wrestling D2 next semester, and I'm guessing they test for banned substances, but not sure if NCAA only does that for D1 or if it's 2 as well.

Oh, and why the fuck is it impossible to do this in 13 months? Don't make assumptions (those of you that did,) based on nothing. I probably only gained 10-12lbs of solid lean muscle in those 13 months. The strongest man in the world can gain 22.1lbs of muscle in a year. I'm at 10-12. That's perfectly reasonable. I wear it well at my height, My arms are low bf which aids with the look of vascularity, plus I've been focusing on symmetry and all physique, not strength. Hence the unnatural look.

Hailstone - June 29, 2018, 5:51 pm

(Jun 29, 2018 05:05 PM)Motiv Wrote: [\[CITE\]](#) I'd have no problem admitting if I was taking anything. Just got back from some irl stuff.

I had a picture from wrestling season. This picture was taken February 26th. As you can see, I've progressed from even then. I weighed 145 on a large weight cut from 160, and I'm currently around 148lbs.

Spoiler [\(Click to View\)](#) (I'm on top in the picture)

I'd really have no problem admitting, nonetheless online, but I'm currently taking BCAAs from Scivation, ON and Syntha protein, and a few other products for cortisol and my joints.

I truly take your accusations as compliments.

Why would I cover tracks on hackforums? I'm competing next year btw. And i weigh 148...a 315lbs bench would be a nice power lifter lift, but I've been training a rep range of 8-15 and definitely haven't focused on strength. another limiting factor is my health atm. I'm having serious joint issues (doc thinks juvenile arthritis,) but my bulk starts a week from now. Whenever I start lifting heavier I'd like to get my max bench to 270, but I 150% will not be at 315 anytime soon.

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You look like this guy but a lot leaner, he's like 5'4 and weights i think he said 147 and can max bench 315, claims natural and says he's been working out for 2+ years

[Video: <https://www.youtube.com/watch?v=Trx6i9dYWiw>]

BSM72910 - June 29, 2018, 6:14 pm

(Jun 29, 2018 05:51 PM)Chudd Wrote: [\[CITE\]](#) You look like this guy but a lot leaner, he's like 5'4 and weights i think he said 147 and can max bench 315, claims natural and says he's been working out for 2+ years

[Video: <https://www.youtube.com/watch?v=Trx6i9dYWiw>]

OP looks bigger and more shredded than that guy. Or he's just a wizard at taking pics and we're all being fooled.

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Firstly, welcome back.

Secondly, that picture would probably be about well over 9 months into your "transformation" right? We want before pics. And hopefully proper angled ones.

Ok I dont know what supplements youre taking has to do with anything.

Well man, if you TRULY are natural (which I HIGHLY doubt) then these are all compliments.

No your macros are not fine..

Bodybuilders who eat 10k-12k cals a day are all shredded roided the fuck up 5 year professional BIG DUDES who compete at the top. Key word ROIDED.

Link me ONE BODYBUILDER, JUST ONE, That eats 10-12k cals a day and competes in natural bodybuilding. Your lack of knowledge and the fact that you follow these diets shows me a lot.

For the LAST FUCKING TIME, guys WAY BIGGER than you height and bone structure wise who are confirmed naturals that took TEN YEARS to get there dont even eat 4000 cals a day.

Go back up and read what I just said again, because it doesnt seem to go through your head.

Motiv - June 29, 2018, 6:26 pm

(Jun 29, 2018 06:14 PM)BSM72910 Wrote: [CITE](#) OP looks bigger and more shredded than that guy. Or he's just a wizard at taking pics and we're all being fooled.

Firstly, welcome back.

Secondly, that picture would probably be about well over 9 months into your "transformation" right? We want before pics. And hopefully proper angled ones.

Ok I dont know what supplements youre taking has to do with anything.

Well man, if you TRULY are natural (which I HIGHLY doubt) then these are all compliments.

No your macros are not fine..

Bodybuilders who eat 10k-12k cals a day are all shredded roided the fuck up 5 year professional BIG DUDES who compete at the top. Key word ROIDED.

Link me ONE BODYBUILDER, JUST ONE, That eats 10-12k cals a day and competes in natural bodybuilding. Your lack of knowledge and the fact that you follow these diets shows me a lot.

For the LAST FUCKING TIME, guys WAY BIGGER than you height and bone structure wise who are confirmed naturals that took TEN YEARS to get there dont even eat 4000 cals a day.

Go back up and read what I just said again, because it doesnt seem to go through your head.

Yes, they are roided, and I'm not eating 12k calories /day. You can eat 4K /day and not gain fat. That's ignorant to say you must be fat if you eat that many calories. I'm done arguing with you. I

don't need to prove anything to anyone.

BSM72910 - June 29, 2018, 6:33 pm

(Jun 29, 2018 06:26 PM)Motiv Wrote: [\[CITE\]](#) Yes, they are roided, and I'm not eating 12k calories /day. You can eat 4K /day and not gain fat. That's ignorant to say you must be fat if you eat that many calories. I'm done arguing with you. I don't need to prove anything to anyone.

You're comparing a 200+ lbs dude with huge huge amounts of muscle mass that is clearly on something and competes to YOU and you think its a fair comparsion. (just because he eats 10k cals a day doesnt mean I cant eat 4k!!)

You're actually retarded if you think 4000 cals isnt a caloric surplus to YOUR body.

Negging me wont make you natural again!

Still waiting on those pics.

Motiv - June 29, 2018, 6:36 pm

(Jun 29, 2018 06:33 PM)BSM72910 Wrote: [\[CITE\]](#) You're comparing a 200+ lbs dude with huge huge amounts of muscle mass that is clearly on something and competes to YOU and you think its a fair comparsion. (just because he eats 10k cals a day doesnt mean I cant eat 4k!!)

You're actually retarded if you think 4000 cals isnt a caloric surplus to YOUR body.

Negging me wont make you natural again!

Still waiting on those pics.

I'm done arguing with ignorance. I added a pic. 4,000 IS a surplus. Hence gaining weight. Weight isn't always fat. Welcome to my ignore list. Quit shitposting on other people's threads btw.

?I??? - June 29, 2018, 6:37 pm

God dam , only 18 and this shredded, ay hmu with your arm workout routine and upper body , Ive been working out for a few months now

Motiv - June 29, 2018, 6:37 pm

(Jun 29, 2018 06:37 PM)?I??? Wrote: [\[CITE\]](#) God dam , only 18 and this shredded, ay hmu with your arm workout routine and upper body , Ive been working out for a few months now
PMed you.

BSM72910 - June 29, 2018, 6:43 pm

(Jun 29, 2018 06:36 PM)Motiv Wrote: [\[CITE\]](#) I'm done arguing with ignorance. I added a pic. 4,000 IS a surplus. Hence gaining weight. Weight isn't always fat. Welcome to my ignore list. Quit shitposting on other people's threads btw.

A pic that was 1) 4 months ago 2) A shitty pic that doesnt show off what you looked like at all before your journey let alone what you looked like in february

To gain muscle you must go in a caloric surplus which will also cause you to gain fat. Anything above 500-600+ cals of your maintenance and thats (pushing it) will maximize gains and minimize fat BUT there will be some. Anything more than that around 700-1200 extra cals will increase fat and muscle. Anything above that is dirty bulking and YOU WILL gain lots of fat regardless.

So unless your 5'7 150lbs body maintains at 3500 cals WHICH I HIGHLY HIGHLY doubt you will gain lots of weight.

The fact that I have to educate you on this..

minimalist - June 29, 2018, 7:05 pm

(Jun 29, 2018 05:05 PM)Motiv Wrote: [\[CITE\]](#) Why would I cover tracks on hackforums? I'm

competing next year btw. And i weigh 148...a 315lbs bench would be a nice power lifter lift, but I've been training a rep range of 8-15 and definitely haven't focused on strength. another limiting factor is my health atm. I'm having serious joint issues (doc thinks juvenile arthritis,) but my bulk starts a week from now. Whenever I start lifting heavier I'd like to get my max bench to 270, but I 150% will not be at 315 anytime soon.

You're obviously conscious of the fact that your persona on HF connects to you IRL if you're leaving your face out of the pictures.

Motiv - June 29, 2018, 7:18 pm

(Jun 29, 2018 07:05 PM)Minimalist Wrote: [\[CITE\]](#) You're obviously conscious of the fact that your persona on HF connects to you IRL if you're leaving your face out of the pictures.

Tis a hacking forum. Just for privacy purposes. Your logic is that I'm going to compete, and an official is going to search "Motiv" on HF and find my post, then match the pictures.

minimalist - June 29, 2018, 7:18 pm

(Jun 29, 2018 07:18 PM)Motiv Wrote: [\[CITE\]](#) Tis a hacking forum. Just for privacy purposes. Your logic is that I'm going to compete, and an official is going to search "Motiv" on HF and find my post, then match the pictures.

Always a possibility, pseudonym or not.

Motiv - June 29, 2018, 7:21 pm

(Jun 29, 2018 07:18 PM)Minimalist Wrote: [\[CITE\]](#) Always a possibility, pseudonym or not. Ok...thanks for your input I guess.

BSM72910 - June 29, 2018, 7:29 pm

Looks like an average guy to me in the pic. You know you'd expect someone gaining muscle like this to be taking countless pics throughout the year. If he had a decent body beforehand, he'd probably have some pics from his teens too. I still don't see the pic justifying it and honestly the things he has said make me believe he doesn't know what he's talking about. But to anyone that reads the thread and gets motivated:

It's good to be motivated, but don't have unrealistic expectations. Don't bulk on 4k cals, dont hope to be looking like him in one year and be let down. Use it as motivation not expectation. If it's too good to be true...

Hailstone - June 29, 2018, 8:12 pm

(Jun 29, 2018 07:29 PM)BSM72910 Wrote: [\[CITE\]](#) Looks like an average guy to me in the pic. You know you'd expect someone gaining muscle like this to be taking countless pics throughout the year. If he had a decent body beforehand, he'd probably have some pics from his teens too. I still don't see the pic justifying it and honestly the things he has said make me believe he doesn't know what he's talking about. But to anyone that reads the thread and gets motivated:

It's good to be motivated, but don't have unrealistic expectations. Don't bulk on 4k cals, dont hope to be looking like him in one year and be let down. Use it as motivation not expectation. If it's too good to be true...

Yeah not gonna lie his 1 year progress was average, to be honest it was a little sub par. 250 bench is a year is fucking awful he should be been able to rep out 315. Fucking average guys am I right..

Motiv - June 29, 2018, 8:14 pm

(Jun 29, 2018 08:12 PM)Chudd Wrote: [\[CITE\]](#) Yeah not gonna lie his 1 year progress was average, to be honest it was a little sub par. 250 bench is a year is fucking awful he should be been able to rep out 315. Fucking average guys am I right..

I was a little disappointed :)

BSM72910 - June 29, 2018, 8:26 pm

(Jun 29, 2018 08:12 PM)Chudd Wrote: [\[CITE\]](#) Yeah not gonna lie his 1 year progress was average, to be honest it was a little sub par. 250 bench is a year is fucking awful he should be been able to rep out 315. Fucking average guys am I right..

Talking about his before pic, which isn't much of one anyway.

Motiv - June 29, 2018, 11:33 pm

(Jun 29, 2018 08:26 PM)BSM72910 Wrote: [\[CITE\]](#) Talking about his before pic, which isn't much of one anyway.

There a before pic on the front page. Thanks!