

Forum: [Hack Forums](#)

Thread: [Fitness and nutrition for 3-4 people](#)

luffy - October 17, 2018, 11:28 am

Hey guys,

I'll jump straight to it. I'm looking for 3, or maybe 4 people motivated in breaking down the barrier to fitness and getting started. I'm a canfitpro certified personal trainer, currently completing a bachelors in exercise science at university, have been devoted to fitness for 4+ years now, and spend an unhealthy amount of time researching everything about it. Looking to expand to online clientele again, so it will be a bit of a test run for me too, so this will ofcourse be absolutely free, but don't worry, I fully intend to treat you like I would a paying client.

What I offer:

A training plan suited to your goals

A nutrition plan / nutritional guidance to help you reach your goals

Online form checks (Send me videos and i'll give you correctional advice/tips)

Constant access to me via personal chat to answer any questions, bounce back ideas, learn new things

Motivation - I get very invested in other people's fitness very quickly, so I will make it a point to try and help motivate you to build the discipline you need to make a change!

Science based approach - I spend A LOT of time researching new studies on nutrition, biochemistry and physiology as it relates to exercise. Not that I'd claim to be even close to an educated member in the field of fitness, but you can be sure that I'll avoid spewing broscience at you, and having you bench 12 times a week J

Who I am looking for:

Somebody over the age of 16

Any weight, doesn't matter

Motivated for change - I will do what I can to help you along the way, but you will need to be willing

and hungry for change. I want to help you along the path, but the person walking the path is you.

Access to a gym

Able to purchase/cook food to meet your dietary needs

Male/female

Natural lifter (I don't have experience with performance enhancing drugs, as such I refuse to give any insight on them)

Beginner to fitness would be ideal

Speak decent english

If you're interested, or would like me to give you any information about myself, i'd be happy to discuss why I would be a good choice to help you meet your goals.

PM me, with either a discord or a skype for further contact (or any questions you'd like answered first). Please note that I may decline if I feel like you're not serious about the change, I'm looking for people I can commit to just as much as they will commit to me.

Available spots: 2/4

(Please excuse any poor formatting, I'll probably edit it when I get home).

Yin Yang - October 17, 2018, 11:37 am

I'll take this guide and give it a review as well

luffy - October 17, 2018, 12:36 pm

(Oct 17, 2018 11:37 AM)Yin Yang Wrote: [\[CITE\]](#) I'll take this guide and give it a review as well
This isn't exactly a written guide.

It's one on one training . Personalized for your goals. Thanks for the offer though :)

November - October 17, 2018, 3:09 pm

Where do i sign up!?

Really interested!

luffy - October 17, 2018, 3:14 pm

(Oct 17, 2018 03:09 PM)ayy420lmao Wrote: [\[CITE\]](#) Where do i sign up!?

Really interested!

Do you use discord or Skype to chat on ? Or if not please PM me with your goals and about yourself and we can discuss there.

Look forward to hearing from you soon :)

untrusted - October 17, 2018, 3:52 pm

I'm extremely interested in this! I'm in the Marine Corps and have been struggling to find a good to gain mass for quite some time after losing 40 lbs due to bootcamp. PM me your Discord if you think I could work!

luffy - October 17, 2018, 6:14 pm

(Oct 17, 2018 03:52 PM)untrusted Wrote: [\[CITE\]](#) I'm extremely interested in this! I'm in the Marine Corps and have been struggling to find a good to gain mass for quite some time after losing 40 lbs due to bootcamp. PM me your Discord if you think I could work!

Sent you my discord

HackFourmIsHelpful - October 17, 2018, 6:16 pm

Im super interested, i've been trying to build muscles for 2 years now, and only gain maybe 5 pounds of muscle! If you could pm your discord or I can pm you about all the info, doesn't matter. Lmk!

luffy - October 17, 2018, 6:28 pm

(Oct 17, 2018 06:16 PM)HackFourmIsHelpful Wrote: [\[CITE\]](#) Im super interested, i've been trying to build muscles for 2 years now, and only gain maybe 5 pounds of muscle! If you could pm your discord or I can pm you about all the info, doesn't matter. Lmk!

Hope I can help, sent you a pm!

Prince™ - October 17, 2018, 6:50 pm

Well, I want to share few things to you before I intent my interest towards your generous offering.

About 4 years before, I was staying away from my Home because of my University and munched on everything and anything that appeared before my eyes. I went on to become 94KG. Oh I'm 5'10" by the way. So, as you can see I became very unhealthy and almost obese by that time. I decided to make a change, went through strict diet of no sugar, fast food along with 6 days of gym a week and I successfully dropped to 68KGs which is a good BMI for me.

Again, now couple of years back I had to move because of a new job. Once again history repeated itself and now, I've become 84KGS. I quit that job and have moved back to hometown & home sweet home to begin a healthy life again. I would love to be a part of your program to make some serious changes both losing fat and staying healthy.

I live in India though so most likely I will not be able to prepare the exact meals as you would suggest me to.

If you still think I'm one of the person you're looking for, hit me up. Oh and last thing, I'm getting a gym membership by Monday (22nd Oct)

Phoenix_Riser69 - October 18, 2018, 12:45 am

really interested, let me know :)

luffy - October 18, 2018, 6:46 am

(Oct 17, 2018 06:50 PM)Prince™ Wrote: [\[CITE\]](#) Well, I want to share few things to you before I intent

my interest towards your generous offering.

About 4 years before, I was staying away from my Home because of my University and munched on everything and anything that appeared before my eyes. I went on to become 94KG. Oh I'm 5'10" by the way. So, as you can see I became very unhealthy and almost obese by that time. I decided to make a change, went through strict diet of no sugar, fast food along with 6 days of gym a week and I successfully dropped to 68KGs which is a good BMI for me.

Again, now couple of years back I had to move because of a new job. Once again history repeated itself and now, I've become 84KGS. I quit that job and have moved back to hometown & home sweet home to begin a healthy life again. I would love to be a part of your program to make some serious changes both losing fat and staying healthy.

I live in India though so most likely I will not be able to prepare the exact meals as you would suggest me to.

If you still think I'm one of the person you're looking for, hit me up. Oh and last thing, I'm getting a gym membership by Monday (22nd Oct)

Hey man, I went through something very similar so I believe I can help. Pm'd you

(Oct 18, 2018 12:45 AM)Phoenix_Riser69 Wrote: [\[CITE\]](#) really interested, let me know :)
Also sent a pm for contact

luffy - October 19, 2018, 12:35 pm

Looking for 2 more people still!

Ziamerkov - October 19, 2018, 1:40 pm

Please send me your discord in pms. Intrested.

luffy - October 19, 2018, 6:33 pm

(Oct 19, 2018 01:40 PM)Ziamerkov Wrote: [\[CITE\]](#) Please send me your discord in pms. Intrested.

Pmed ya

OttoTheEmperor - October 19, 2018, 7:00 pm

Pm'd. I would love to be a part of this :)

luffy - October 22, 2018, 1:56 pm

Looking for two more people still :)

Porn - October 22, 2018, 8:13 pm

(Oct 22, 2018 01:56 PM)luffy Wrote: [\[CITE\]](#) Looking for two more people still :)
I'm very interested I will send you a pm

AlphaTurtle - October 23, 2018, 2:06 am

I am PMing you about this!

Abbaas - November 21, 2018, 12:33 am

This sounds awesome, can i get it? Thanks in advance!