

Forum:[Hack Forums](#)

Thread: [Need fitness advice](#)

Ahmad - November 11, 2018, 9:41 pm

Need advice about fitness

Im not really fat in more of a skinny guy with love handles and a bit of a belly. I gained them all since june till now, before that i was maintaining a one meal per day diet and i was satisfied with my body, now i gained over 18 pounds i dont really know why but i just stopped my diet when summer began. So i decided to get a gym membership because i dont think i can go on a one meal a day diet again, im not a exercise type of guy, i dont mind cardio though so what do you guys recommend to do? Just note im open for deit ideas and types of workouts. The thing is due to a really really tight schedule I can only go an hour maximum per day to the gym

Ovidiu - November 13, 2018, 3:46 am

Depending how often you go to the gym, find a program either for 3 , 4 , 5 days, do some weight training, you can find loads of programs on google , make sure you do a split too, for example if you'd do Chest today, do some

- bench press
- dumbbell incline
- flies / flies/ dips
- etc etc

or you can train 2 muscles a day like since chest usually uses triceps, you can train chest and triceps same day.

You can do 30 min cardio at the end of the session, and on diet try to eat more meals but small meals, make sure you eat 1g of protein per bodyweight in pounds, drink loads of water, and overall just research look on YouTube you can learn anything there.

Sixen+ - November 13, 2018, 4:33 am

I think it's pretty important that if you're at the gym, you should be lifting weights AND doing cardio. In order to achieve the body you want, you'll need to do both. You also won't see any results in the gym by only eating one meal a day. Your body needs the calories to grow. The easiest way to keep weight off is to add more muscle. Muscle is energetically expensive, so the more lean mass you have, the more calories your body is burning at rest. Seriously, I can't stress this enough, start lifting heavy and eating right. There's no better way to getting the body you want than eating the right types of food, and really pushing yourself during that one hour you have. If you need help with what a week of lifting should look like along with various lifts, I can help you out with that.

SIM-3205632 - November 13, 2018, 4:36 am

Can i get your: "Age, Height, Weight, Gender" please?

From that i'll be able to check how many calories you need to eat to lose weight.

Malwhere? - November 13, 2018, 4:38 am

Just cut bread and sugar and you'll be fine.

Don't need to cut to one meal a day if you eat the right foods and right portions.

Grimzyy - November 13, 2018, 5:42 am

(Nov 13, 2018 05:38 AM)Tidy Wrote: [\[CITE\]](#) Just cut bread and sugar and you'll be fine.

Don't need to cut to one meal a day if you eat the right foods and right portions.
Why does he need to cut out carbohydrates to lose weight?

OP:

Look at a basic upper/lower workout routine and start tracking calories and macro nutrients.
ENSURE you're losing weight whilst eating as much as possible. You'll look much better after lifting and losing weight as you'll be maintaining and even perhaps adding some muscle as you're new to the gym and noobie gains come quickly and you'll be losing fat rather than just overall weight.

Read this: <http://liamrosen.com/fitness.html>

Any upper/lower or full body routine from bodybuilding.com will suffice for you starting out. Ensure you're doing compound movements like bench press, deadlifts, squats and overhead press's.
Bodyweight exercises like dips and pullups are also great.

Ahmad - November 13, 2018, 6:12 am

(Nov 13, 2018 05:36 AM)BroEveryUsernameIsTaken Wrote: [\[CITE\]](#) Can i get your: "Age, Height, Weight, Gender" please?

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17, 175cm, 155pounds, male

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You right, thanks for the advice

SIM-3205632 - November 13, 2018, 6:22 am

(Nov 13, 2018 07:12 AM)Ahmad. Wrote: [\[CITE\]](#) 17, 175cm, 155pounds, maleYour calories & macros
V

Calories: 1792

CARBS: 170 G PER DAY.

PROTEIN: 170 G PER DAY.

FATS: 38 G PER DAY.

Download <https://www.myfitnesspal.com/nl> so you can count your macros by scanning etickets of the product or looking on the back and importing them manually.

I'd also suggest you to walk atleast 7000 steps a day. If you don't know what to eat just look up "healthy" meals and fit some of them into your diet try to eat atleast 6 times a day.

Breakfast

Snack (fruit)

Lunch

(Snack) (fruit)
Dinner
(Snack) (greek yoghurt)

Malwhere? - November 13, 2018, 9:30 am

(Nov 13, 2018 06:42 AM)Grimzyy Wrote: [\[CITE\]](#) Why does he need to cut out carbohydrates to lose weight?

High calories
Low nutritional value
Refined starch
Often high in sugar

Sixen+ - November 13, 2018, 9:39 am

(Nov 13, 2018 10:30 AM)Tidy Wrote: [\[CITE\]](#) High calories

Low nutritional value
Refined starch
Often high in sugar

Glucose is important for our electron transport chain in cellular respiration. There is no need to cut out carbohydrates. If you're lifting heavy, and working hard, your body is going to demand this fuel and it's an extremely easy source of fuel to consume.

It's either high fat/high protein or high carb/high protein diets. What gets people in trouble is when they starting mixing these diets and aren't carefully monitoring how much they are consuming of either fats or carbs. If you go on a low carb diet, you're going to need to eat plenty of fats and I'll be honest.. a keto diet is tough. Especially for someone who's a beginner in fitness and doesn't know much about the actual biological process behind it.

@OP Shove the carbs and protein down, and reduce your fat intake. Lift heavy, and make sure you're eating. As a beginner, you will see results as long as your diet is consistent and your training is half decent.

Malwhere? - November 13, 2018, 9:48 am

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From reading his original post I did not get the impression that he wants to be the Michelin man.

Not to mention I was talking about bread and sugary foods which is bloody obvious, not good carbs like brown rice, nuts, fruit & veg etc.

Sixen+ - November 13, 2018, 9:52 am

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I'm literally just responding to your quote on why he should cut out carbs. Bread and sugary foods are obvious, I get that. That doesn't mean you should be cutting carbs out of your diet. I'm sure you know there are plenty of other ways to consume carbohydrates than through those two routes. My point is, he should gain a good understanding of what a clean diet looks like. Understanding which carbs he should be consuming is part of his fitness journey and the answer isn't as simple as just "cut this out".

No hate, was just responding to what you said.

Malwhere? - November 13, 2018, 9:57 am

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No hate, was just responding to what you said.

Maybe you should have read my original post before proving a point wrong that I never made, we literally agree. I never told him to cut carbs, I listed bad carbs that he should cut out, I then listed reasons why he should cut out bread.

You have to put it into perspective, he's a 17 year old kid who doesn't like exercise who is currently focused on cardio to lose his belly, I wouldn't be jumping on him telling him to shove carbs down and lift heavy, if he wants to lose belly fat, the best advice I'd give to a 17 year old is cut out what most 17 year olds eat.

EIDoc - November 13, 2018, 10:01 am

(Nov 11, 2018 10:41 PM)Ahmad. Wrote: [\[CITE\]](#) Need advice about fitness

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Go out and be active, go on walks with friends, go dancing, run when you can, lift when you can. If what everyone's saying is true and you're under 18 then don't worry about supplements\drugs to aid in weight loss.

Sixen+ - November 13, 2018, 10:08 am

(Nov 13, 2018 10:57 AM)Tidy Wrote: [\[CITE\]](#) Maybe you should have read my original post before proving a point wrong that I never made, we literally agree. I never told him to cut carbs, I listed bad carbs that he should cut out, I then listed reasons why he should cut out bread.

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I didn't see that first post, and the sequence of quotes made it a little confusing. My bad. Anyway, I still stand by my original point when I said that he should be eating multiple meals a day, and training heavy. From his description, it is apparent that he doesn't have enough muscle density to ever really shed that body fat. Which is why I recommend that he should be lifting weights and not focusing completely on his cardio. Without enough lean mass, it becomes increasingly difficult to shed body fat. It is likely that he started putting on belly fat when he began eating only one meal a day. Once he lost enough muscle mass, he decreased his overall metabolic rate and starting gaining fat due to that.