

Forum: [Hack Forums](#)

Thread: [My fitness journey so far + questions](#)

Aqzxk - December 16, 2018, 10:33 pm

I've been working out for a few months now, late july to be exact. I started at 116 and I'm hovering around 130. I've always been small, I am happy with how I'm looking. I have definition in my arms and I have an ass now.

Advise: Do NOT smoke weed if you are my weight with a high metabolism and low body fat. You will lose those pounds fast.

I'm taking a mass gainer and it's definitely a big help. Also taking creatine and pre-workout.

Questions:

What supplements should I be taking?

What vegetables are required/should I be eating?

Is overtraining a thing? I love going everytime I go to the gym. I feel like I could go 2x a day, 7 days a week. Obviously, i don't this week was 7 days for about an hour an average.

Meals/and stuff.

Maybe share your workouts?

My workouts:

Monday: Chest. Either bench or dumbbell press.

Incline/decline. I usually do decline another day.

Finish with flies and dips. Superset. I never run the same weight or reps consecutively, I'll wait a week.

Tuesday is legs: Squat, leg press, leg extension, lunges, (help I want more)

Wed: shoulders

Military press with one arm dumbbell, side raises, shoulder raises, face pulls, (need a couple more)

Thurs: traps, tris, biceps

Farmer carry, I literally do everything for bis and tris. I tend to switch it up if you have anything more concrete lmk.

Friday: back

Deadlift, thrusts, rows, pull-ups. (I really think this is all I need, it's 2 compounds and I go off)

Weekends are usually abs and light work.

Grimzyy - December 17, 2018, 3:23 am

Questions:

What supplements should I be taking?

Creatine and maybe a whey protein if you struggle to get enough protein from food will do just fine.

What vegetables are required/should I be eating?

I eat broccoli most of the time not a big fan of vegetables lol probably something I should change

Is overtraining a thing? I love going everytime I go to the gym. I feel like I could go 2x a day, 7 days a week. Obviously, i don't this week was 7 days for about an hour an average.

I go 5 days a week whilst bulking, as a natural lifter you will burn out if you try going twice a day 7 days a week. You should be able to hit all muscles well enough in this time.

Meals/and stuff.

Meals are pretty boring, I eat your standard chicken and rice, steaks, eggs and more rice.

Maybe share your workouts?

Currently doing just each body part once a week but this will be changing very soon. For yourself I'd suggest training everything twice a week as this benefits natural lifters much more than just training their muscles once a week.

DuelPit - December 17, 2018, 9:26 pm

What supplements should I be taking?

- If you'd like to gain as much as possible, whilst training your hardest, take whey protein for muscle recovery, creatine for endurance and strength, pre-workout for that extra energy during your workout. This is currently what I use.

What vegetables are required/should I be eating?

- Broccoli never failed me.

Is overtraining a thing? I love going everytime I go to the gym. I feel like I could go 2x a day, 7 days a week. Obviously, i don't this week was 7 days for about an hour an average.

- Yes it's a thing and if you overtrain, you can do damage in the long run that can cause a major setback in your progress. I usually hit the gym 6-7 times a week and just recently had a week break to let my body fully recover and rest up. It was amazing to come back a week later and feel completely energised and ready

Meals/and stuff.

- PROTEIN BRUV. I try and get 5-6 meals in a day with loads of protein :3

Maybe share your workouts?

- Monday: Chest and Bi's Tuesday: Legs Wednesday: Back Thursday: Tri's n Shoulder Friday: Chest and Bi's Saturday: Back and calves Sunday: Rest or if I feel like it, train anything

Jester Race - December 18, 2018, 3:49 am

Why do you dedicate whole day to shoulders and to biceps triceps and traps lol.

You should be dividing your chest day into two; left chest and right chest. Also i suggest dedicating whole day to forearms

Bossk - December 18, 2018, 6:06 am

Glad you're happy with your progression, you should post some pics btw! :)

My anecdotes:

1. You should not dedicate an entire day to shoulders, your deltoids are very small in comparison to other muscles so you should just do a few isolated delt exercises each day tbh.

2. "I'm taking a mass gainer and it's definitely a big help.". This is placebo. There's no true

measurable difference between someone who takes these supplements and someone who doesn't, assuming they do identical workouts etc.. It's a good supplement if you have trouble eating but it's a waste of money in all honesty. Still, I also use mass gainer for the thought of it helping me but I don't really think it does.

3. "Also taking creatine and pre-workout". Definitely increases short-time strength, you shouldn't be dependent on it though

4. Overtraining is a thing, give minimum 24h rest to muscles that are sore the day after workout.

davidjks - February 27, 2019, 12:06 pm

Have no questions but congratulations, I personally started on the other side of the spectrum being fat as fuuuuuuck at 115kg (around 260lbs) now I've gone down to 78kg (Around 170lbs) and on the way to seeing abs hehe :)

Ziamerkov - February 27, 2019, 2:46 pm

Supplements:

L-Glutamine

Beta Alanine

Coffein (not in extreme like pwo)

Whey or Casein Protein

Omega 3

Multi vitamins

BCAAs.

Pm me and I can gibe you great plans.

If you only have worked out a few months you should wait doing decline until you have developed a chest.

as said. pm me and i will guide you. Anyone can pm me.

Overtraining is a thing. However if you can manage to train 2x a day its just awesome. Although you need to give each muscle group about 48 hours of rest.

Btw zink and magnesium is also great for recovery supplements. Along with Glutamine.

Abs you can train every day, same with calves, forearms and perhaps shrugs oftener. They have different muscle fibers than most.

Also rhe days should be:

Chest and tri

Back And Bi

Legs and Shoulders

Also you can add some cardio or something. Perhaps calistenthics. Or some pure arm days. However this is standard unless you do push pull legs program.

Aqzxc - February 28, 2019, 11:20 pm

(Feb 27, 2019 03:46 PM)Ziamerkov Wrote: [\[CITE\]](#) Supplements:

L-Glutamine

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Coffein (not in extreme like pwo)

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However this is standard unless you do push pull legs program.Thanks for the great response.

Right now, I do fully upper, and full lower. As much as I can go, whenever I feel it. Which is often.
Starting to get obsessed with it really, because it meets the 48 hour window and makes sure I train and meet 48 hours of muscle synthesis and hit it right again after. Whenver I do splits, it feels like I always miss something and I won't hit it for a week. Training once a week won't meet the results I'm after.

Eating is just god awful. Need to dicipline myself and stop going out and drinking on the weekends, then eating fast shitty foods only

Cocaine - February 28, 2019, 11:48 pm

(Feb 27, 2019 03:46 PM)Ziamerkov Wrote: [\[CITE\]](#) Supplements:

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Also you can add some cardio or something. Perhaps calisthenics. Or some pure arm days. However this is standard unless you do push pull legs program. Since your PM box is full any reason why you think it is okay to ask personal info from another member on this forum? Tisk tisk attempting to Dox fellow members because of your shit post. <https://prnt.sc/mrp2qo>

Ziamerkov - March 1, 2019, 1:01 am

(Mar 1, 2019 12:48 AM)Xanax Wrote: [\[CITE\]](#) Since your PM box is full any reason why you think it is okay to ask personal info from another member on this forum? Tisk tisk attempting to Dox fellow members because of your shit post. <https://prnt.sc/mrp2qo>
pm box is not full. This just proves that you are a keyboard warrior which I assumed. bitch

Cocaine - March 1, 2019, 1:04 am

(Mar 1, 2019 02:01 AM)Ziamerkov Wrote: [\[CITE\]](#) pm box is not full. This just proves that you are a keyboard warrior which I assumed. bitch it was full my fine sir haha. Doxing members on here is just going to get you banned lol.

SIM-3205632 - March 1, 2019, 1:19 am

Go 5 max 6 days your muscles need time to recover.

Else you'll never grow.

Ziamerkov - March 1, 2019, 2:47 am

(Mar 1, 2019 02:04 AM)Xanax Wrote: [\[CITE\]](#) it was full my fine sir haha. Doxing members on here is just going to get you banned lol.
not gonna dox u cuz im not a keyboard like you. Inbox never were full. you just fucking lame

hampros2 - March 1, 2019, 10:38 am

bro just drink ur own cum ?

SIM-3479004 - March 1, 2019, 10:41 am

(Mar 1, 2019 11:38 AM)hampros2 Wrote: [\[CITE\]](#) bro just drink ur own cum ?
yes I believe this is definitely overlooked by most natural bodybuilders nowadays anyways
i usually mix cum with my own yellow piss in the morning then smudge some poop filled with protein before bed as face mask and for chest recovery

hampros2 - March 1, 2019, 10:42 am

(Mar 1, 2019 11:41 AM)Stereotypist Wrote: [\[CITE\]](#) yes I believe this is definitely overlooked by most natural bodybuilders nowadays anyways
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grimzyy is that you ?? thanks for posting your expert opinion on this topic brother

SIM-3479004 - March 1, 2019, 10:42 am

(Mar 1, 2019 11:42 AM)hampros2 Wrote: [\[CITE\]](#) grimzyy is that you ?? thanks for posting your expert opinion on this topic brother

no im bignatty09 man but its ok ill take the compliment

Yin Yang - March 1, 2019, 10:44 am

You definitely want to take mono creatine as a supplement.

Take 5g daily. It helps you train harder and recover faster. I rarely use hyperbole to describe anything in fitness but creatine is really that good. In effectiveness, in studies supporting its efficacy and how to take it, in cost, in benefits, everything. Creatine is a natural occurring amino acid that helps pulls water into the muscles making them healthy and strong (muscle is 70% water).

As far as veggies go, broccoli, asparagus, and mixed veggies are fine.

Cocaine - March 1, 2019, 10:50 am

(Mar 1, 2019 03:47 AM)Ziamerkov Wrote: [\[CITE\]](#) not gonna dox u cuz im not a keyboard like you. Inbox never were full. you just fucking lamelt is never full? Okay bud you are unupgraded that is how it works lmao good try tho. Also, you fucking suck at dox what HF member is going to give u that info? Get your your skills up you fucking skid.

Ziamerkov - March 1, 2019, 10:59 am

(Mar 1, 2019 11:50 AM)Xanax Wrote: [\[CITE\]](#) It is never full? Okay bud you are unupgraded that is how it works lmao good try tho. Also, you fucking suck at dox what HF member is going to give u that info? Get your your skills up you fucking skid.

its not full i checked after u wrote 1 post fucking mong

u just keyboard obviously lol. talking about doxing. did not even strife my mind when i asked u.

fucking nerd. "skid" - most nerd diss ever.

Cocaine - March 1, 2019, 11:11 am

(Mar 1, 2019 11:59 AM)Ziamerkov Wrote: [\[CITE\]](#) its not full i checked after u wrote 1 post fucking mong

u just keyboard obviously lol. talking about doxing. did not even strife my mind when i asked u.

fucking nerd. "skid" - most nerd diss ever. I am a nerd lol. Man if you actually you know were able to dox me you would know otherwise. It would also be pointless since I don't hide and I have a big social media following. Asking for a snap and hometown? Ya okay dude don't lie for the forum members here lol. Find me bro and know who I actually am and then you can talk shit. Until then you sir are the keyboard warrior :)

Saint - March 1, 2019, 11:15 am

Post pictures of your progress now you twig ?

Ziamerkov - March 1, 2019, 11:36 am

(Mar 1, 2019 12:20 AM)Aqzxc Wrote: [\[CITE\]](#) Thanks for the great response.

Right now, I do fully upper, and full lower. As much as I can go, whenever I feel it. Which is often. Starting to get obsessed with it really, because it meets the 48 hour window and makes sure I train and meet 48 hours of muscle synthesis and hit it right again after. Whenever I do splits, it feels like I always miss something and I won't hit it for a week. Training once a week won't meet the results I'm

after.

Eating is just god awful. Need to dicipline myself and stop going out and drinking on the weekends, then eating fast shitty foods only

If you are into doing full upper and full lower you should definetly try PPL

if you are not familiar with ppl its short for push pull legs.

Push focuses on Chest shoulders and tri while pull is Back, biceps, traps. Legs obvious. You will easy make it into 48hours window and its less exhausting due to the fact that you dont need to do as many excersises each day and therefore more quality sets.

Also you sill be able to hit every major muscle group twice and more a week.

Drinking and eating shit food is ok in the weekend.

500ml kalinka is about 1000kcal and if you want to gain strength its not a big issue. then you need calorie surplus no matter. Also coubtibg the shit food also you probably are at around 1800cals.. If you then eat 1200 calories of high quality food you will reach a nice amount of protein also.

Just dont make it every day. Dont feel harsh on your self, you should enjoy life also lol.

I can share a lifting session with you if you want. Its from dailypower. Was a member for 1 month cuz the advertising was tempting. Its programs made from dylan mckenna and david laid. They had a full upper body workour there and one lower if youd like to test it out or perhaps lend some of the excercises and implement them in your own! The programs arent anything special though.

Aqzxk - March 1, 2019, 11:39 am

(Mar 1, 2019 12:15 PM)Saint Wrote: [\[CITE\]](#) Post pictures of your progress now you twig ?

Never gonna happen hahahahaha I refuse to be a fag what if my homies found that pic i would be roasted to submission

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exercises and implement them in your own! The programs aren't anything special though. Stop pining me with your fucking bullshit it is full and I could care less. <https://i.imgur.com/xWRzdAd.png>

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yeah right

Cocaine - March 1, 2019, 12:39 pm

(Mar 1, 2019 01:36 PM) Ziamerkov Wrote: [\[CITE\]](#) <https://prnt.sc/ms0ewi>

yeah right Too bad I have proof bud idky this is still going? All I did was post on a thread mr. keyboard warrior.

jascorp - March 1, 2019, 2:22 pm

(Mar 1, 2019 02:19 AM) Traangas. Wrote: [\[CITE\]](#) Go 5 max 6 days your muscles need time to recover.

Else you'll never grow. As long as, he can manage well what kind of training is needed, I'm sure he will get a goal.

For OP, takes good sleeping time, I think it is another important.

Aqzxk - March 1, 2019, 10:36 pm

(Mar 1, 2019 01:39 PM) Cocaine Wrote: [\[CITE\]](#) Too bad I have proof bud idky this is still going? All I did was post on a thread mr. keyboard warrior.

Enough. Bring it to PM, this is not your place to argue.

(Mar 1, 2019 01:36 PM) Ziamerkov Wrote: [\[CITE\]](#) <https://prnt.sc/ms0ewi>

yeah right

You too. I appreciate the responses, but respect my thread. Stop or be stopped.

Saint - March 3, 2019, 8:58 pm

(Mar 1, 2019 12:39 PM) Aqzxk Wrote: [\[CITE\]](#) Never gonna happen hahahahaha I refuse to be a fag what if my homies found that pic I would be roasted to submission

Hahahaha shitt I feel you man, hopefully those gains are coming along great!