

Forum:[Hack Forums](#)

Thread: [Am I at the ready weight to start putting on muscle?](#)

Playboy - February 11, 2019, 3:30 pm

Alright so I got weighed yesterday and weighed in at 137 @ 5'7. However, I do have a belly on me though, but besides that I'm super thin. I walk every where I go so cardio really isn't a problem problem for me, I just lack motivation and transportation to a gym.

Any advice? Should I use any supplements if I do start working out? If so, what kind?

Sixen+ - February 11, 2019, 3:36 pm

You're always ready to start putting on muscle. You have quite a long way to go, but don't be discouraged as initial gains will come fast as you're a beginner.

I suggest looking into various beginner strength training programs (5x5) and focus on your compound lifts such as bench, squat, deadlift, and military press. Also, don't forget about your diet. A classic high carb, high protein, low fat diet should work wonders for you and as long as your calculate your maintenance and add 300-500 calories a day to that, you should start increasing strength and muscle density very rapidly.

Playboy - February 11, 2019, 4:25 pm

(Feb 11, 2019 04:36 PM)Sixen+ Wrote: [\[CITE\]](#) You're always ready to start putting on muscle. You have quite a long way to go, but don't be discouraged as initial gains will come fast as you're a beginner.

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What do you mean by maintenance and adding calories to it? Do you use any supplements like creatine and or protein powder?

Sixen+ - February 11, 2019, 4:29 pm

(Feb 11, 2019 05:25 PM)Sour Blood Wrote: [\[CITE\]](#) Thank you for this

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<https://www.bodybuilding.com/fun/macronutcal.htm>

Use this for a rough estimate. This will calculate it for you.

I do use supplements. Creatine, multivitamin, pre-workout, and protein on occasion when I don't eat enough during the day because of time (I study at a University). Realistically, you don't need any supplements at all. The whole industry is a sham and gives unrealistic expectations about unachievable physiques from these "supplements". Stick to a good diet and see what you're missing. If you want to get anything, just get protein powder and a multivitamin.

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GiraffeBear - February 11, 2019, 9:08 pm

You should start bulking and getting on a proper weightlifting routine for beginners like Starting Strength 5x5.

Jester Race - February 11, 2019, 10:36 pm

(Feb 11, 2019 04:36 PM)Sixen+ Wrote: [\[CITE\]](#) You're always ready to start putting on muscle. You have quite a long way to go, but don't be discouraged as initial gains will come fast as you're a beginner.

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Low fat diet can increase your LDL also by neglecting polysaturated fats. Lack of saturated fats will lower your testosterone. Low fat diet can also cause your cortisol to go up, which can hinder your gains.

<https://www.ncbi.nlm.nih.gov/pubmed/6298507>

<https://academic.oup.com/ajcn/article/64/6/850/4655243>

boost - February 11, 2019, 10:42 pm

I started working out in the beginning of the year of 2017. Just ate a bunch and drank protein shakes. Gained weight quick. Like 15 pounds in a couple weeks. Once you start seeing those gains it feels good af

Sixen+ - February 11, 2019, 10:53 pm

(Feb 11, 2019 11:36 PM)Jester Race Wrote: [\[CITE\]](#) There's no reason to go too low on fats, get at least 25% of your daily calories from fats. Your body needs at least of x amount of lipids to produce x amounts of androgens.

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Yeah this is what I meant by a low fat diet. Like a 40/35/25 split.

I completely agree with you I can see how saying "low fat" is misleading. Thanks for clarifying.

Gold? - February 11, 2019, 11:11 pm

Growth will occur when you:

1. Follow [progressive overload principles](#)

2. Consume excess calories, excess will be used for tissue, bone and muscle repair.

Its that simple. The goal now is maximize growth without setbacks and injury.

Playboy - February 11, 2019, 11:15 pm

Would you guys say working out has improved your self esteem? Would you say it has increased the amount of interest you recieve from women?

Gold? - February 11, 2019, 11:20 pm

(Feb 12, 2019 12:15 AM)Sour Blood Wrote: [\[CITE\]](#) Would you guys say working out has improved your self esteem? Would you say it has increased the amount of interest you recieve from women? Increasing your physical game is the single most powerful thing you can do to attract opposite sex.

Playboy - February 11, 2019, 11:36 pm

(Feb 12, 2019 12:20 AM)Gold? Wrote: [\[CITE\]](#) Increasing your physical game is the single most powerful thing you can do to attract opposite sex.No wonder I never get any interest lol.. the only interest I get is from gay guys.. sigh.

Jester Race - February 12, 2019, 1:02 am

(Feb 11, 2019 11:53 PM)Sixen+ Wrote: [\[CITE\]](#) Yeah this is what I meant by a low fat diet. Like a 40/35/25 split.

I completely agree with you I can see how saying "low fat" is misleading. Thanks for clarifying. I also wouldnt be worrying so much about what to eat exactly, its mostly preference but just get enough protein(.8g/lb)and be on calorie surplus without being on too low amount of fats.

Sixen+ - February 12, 2019, 1:51 am

(Feb 12, 2019 02:02 AM)Jester Race Wrote: [\[CITE\]](#) I also wouldnt be worrying so much about what to eat exactly, its mostly preference but just get enough protein(.8g/lb)and be on calorie surplus without being on too low amount of fats.

This I won't agree with. Teaching people proper diet is fundamental when first diving into the fitness community. You'll always look like shit if you eat like shit and I PROMISE you this. Master it early and it'll help you tremendous amounts years down the road when you hit a physical plateau and you can't figure out why you still look sub par as you shove shit food in your mouth.

Jester Race - February 12, 2019, 2:31 am

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There isnt really anything more to eating "clean" than hitting your macros. Of course it is important to eat well, but your body doesnt know where those nutrients come from. You need positive nitrogen balance to build muscle, which means you need to be on calorie surplus. I never meant that you can eat whatever aslong as you gain weight, but its pretty hard not to hit your macros without eating at mcdonalds 5x/day

Bossk - February 12, 2019, 7:47 am

(Feb 12, 2019 12:15 AM)Sour Blood Wrote: [\[CITE\]](#) Would you guys say working out has improved your self esteem? Would you say it has increased the amount of interest you recieve from women?

Working out really improved my self esteem at first, being the biggest in the room feels good. But my major mistake was beginning to browse 4chan /fit/. /fit/ might actually be the most toxic and hostile place on the internet and some people on there do nothing but insult you and attempt to

establish pseudo science. DON'T VISIT /FIT/ !

OT: You will get fast gains both mass and strength wise when you first start working out, so there's really not that much required to get a decent increase in overall physique. You could probably make decent gains just by working out at home, get a pair of dumbbells to start with and look into some bodyweight exercises as well.

And also, don't get obsessed with dieting. A lot of people are religious towards dieting and will tell you things like "You'll always look like shit if you eat like shit and I PROMISE you this", this is utter bullshit, you just gotta find a reasonable balance. If you enjoy eating tasty shit then do so, what's the point of trying to improve you're self if you diet your way into misery.

Menes47 - March 20, 2019, 5:53 am

There are loads of exercises that build mass without equipment. Pushups leg raises burpees just to name a few