

Forum:[Hack Forums](#)

Thread: [Dirty or clean bulk?](#)

Shelob - February 22, 2019, 5:34 am

Hey guys ive been working out since a long time and im sticking to clean bulk carb and food i eat breads, like 200g oats everyday, getting my protein,fat and carb intake around 2500 calories a day tho im not gaining much, my body burns calories so fast and i train hard,i go 5 times to gym per week gained 5kg so hard

do you think dirty bulking would work with me?

boost - February 22, 2019, 11:55 am

I did dirty bulking a few months ago and that look was not it lol. Gained like 7-10 lbs fast af, but had a gut and started looking smooth.

SIM-2908357 - February 22, 2019, 12:06 pm

Start drinking 1-2k calorie shake everyday to get your calories up

Polymath - February 22, 2019, 12:13 pm

Never do dirty bulk man, its always best to go on a long clean bulk gaining pure mass with very little body fat. I did dirty bulking when I first started lifting heavy weights, it only got me fat as fuck so I had to do a shit tonne of cardio and was back to square 1 with only little muscle gained. Much better to focus on high protein meals. Only increase your carbs on your workout days, and decrease carbs on rest days. Also do not over train yourself, for example if you did squats on one day avoid squats until the day after. You need to have rest days, I recommend you get on a full body program 3 times a week instead like Stronglifts 5x5 or Fierce 5. If you have any questions let me know bro

Shelob - February 22, 2019, 12:38 pm

(Feb 22, 2019 01:06 PM)Hydroponics Wrote: [\[CITE\]](#) Start drinking 1-2k calorie shake everyday to get your calories up

Yeah my oats shake is around 1k calories

(Feb 22, 2019 01:13 PM)Godfather6 Wrote: [\[CITE\]](#) Never do dirty bulk man, its always best to go on a long clean bulk gaining pure mass with very little body fat. I did dirty bulking when I first started lifting heavy weights, it only got me fat as fuck so I had to do a shit tonne of cardio and was back to square 1 with only little muscle gained. Much better to focus on high protein meals. Only increase your carbs on your workout days, and decrease carbs on rest days. Also do not over train yourself, for example if you did squats on one day avoid squats until the day after. You need to have rest days, I recommend you get on a full body program 3 times a week instead like Stronglifts 5x5 or Fierce 5. If you have any questions let me know bro

Yeah its a long ass time tbh, my body fat is low yeah around 12% and my body looks fit and its good, its just bulking is taking a long time for me, i train hard because i love the gym, its a therapy for me going 5 days a week, what you suggest 3 days full body is better?

Polymath - February 22, 2019, 12:51 pm

(Feb 22, 2019 01:38 PM)Shelob Wrote: [\[CITE\]](#) Yeah its a long ass time tbh, my body fat is low yeah around 12% and my body looks fit and its good, its just bulking is taking a long time for me, i train hard because i love the gym, its a therapy for me going 5 days a week, what you suggest 3 days full body is better?Nothing is easy, ofcourse it takes a long time to achieve long term goals. As long as

you are hitting your short term goals every week and increasing your compound lifts getting stronger and bigger. What days you train don't matter too much but what does matter is you are consistent with it, eat well enough and have enough rest days. 5 times a week is not recommended for beginners though, 3 days a week is much better in my opinion full body workouts.

Look at Fierce 5 it is an excellent novice program or do Stronglifts 5x5.

Shelob - February 22, 2019, 1:04 pm

(Feb 22, 2019 01:51 PM)Godfather6 Wrote: [\[CITE\]](#) Nothing is easy, ofcourse it takes a long time to achieve long term goals. As long as you are hitting your short term goals every week and increasing your compound lifts getting stronger and bigger. What days you train don't matter too much but what does matter is you are consistent with it, eat well enough and have enough rest days. 5 times a week is not recommended for beginners though, 3 days a week is much better in my opinion full body workouts.

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Im not beginner ive been working out for almost 3 years now

Though thank you, i will look for what you suggested

boost - February 22, 2019, 1:09 pm

(Feb 22, 2019 01:13 PM)Godfather6 Wrote: [\[CITE\]](#) Never do dirty bulk man, its always best to go on a long clean bulk gaining pure mass with very little body fat. I did dirty bulking when I first started lifting heavy weights, it only got me fat as fuck so I had to do a shit tonne of cardio and was back to square 1 with only little muscle gained. Much better to focus on high protein meals. Only increase your carbs on your workout days, and decrease carbs on rest days. Also do not over train yourself, for example if you did squats on one day avoid squats until the day after. You need to have rest days, I recommend you get on a full body program 3 times a week instead like Stronglifts 5x5 or Fierce 5. If you have any questions let me know bro

That's me right now. Started doing some cardio to burn the fat I had. Now I do cardio regularly which I never did, but still can't run a full mile without getting tired af lol. How much cardio do you usually do weekly?

Polymath - February 22, 2019, 1:36 pm

(Feb 22, 2019 02:04 PM)Shelob Wrote: [\[CITE\]](#) Im not beginner ive been working out for almost 3 years now

Though thank you, i will look for what you suggestedWhat are your max lifts for squats, deads and benches? Some people can be lifting for years but doesn't mean you are strong or any where near your goals.. I know people who been lifting for years and they don't look any bigger. Also Fierce 5 is aimed at Novices too who have been lifting weights for a while so I definitely recommend it.

(Feb 22, 2019 02:09 PM)boost Wrote: [\[CITE\]](#) That's me right now. Started doing some cardio to burn the fat I had. Now I do cardio regularly which I never did, but still can't run a full mile without getting tired af lol. How much cardio do you usually do weekly?Haha bro what I did was I went on a calorie deficit and did moderate cardio to lose the weight. I still do cardio but not that much, like once a week just to keep myself healthy. My main priority right now is increasing my strength.

If being fit and athletic is your goal then keep at it. Go for a MMA fighter's type training, their programs are designed to increase muscle endurance and stamina. Unless you have Conor McGregor's genetics, where you run out of breathe after 5 minutes lol.

boost - February 22, 2019, 1:44 pm

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Mainly, I want to increase my strength a good amount from where it's at now, but I don't want the huge body builder look. Being fit and athletic is ideal as well though

Polymath - February 22, 2019, 2:08 pm

(Feb 22, 2019 02:44 PM)boost Wrote: [\[CITE\]](#) Mainly, I want to increase my strength a good amount from where it's at now, but I don't want the huge body builder look. Being fit and athletic is ideal as well though Same here, I don't really like the bodybuilder look, looks too bloated, stiff and unnatural and my missus doesn't like it either. Much prefer being strong and athletic. I would say focus on your strength first before doing the athletic stuff because compound lifts can reduce flexibility in sports. That is why MMA fighters do the lifting weights when there is no fights coming up or early on the training months and then the aerobics and endurance stuff nearer to the fight. You should definitely try Fierce 5 though, it has a mix of compound lifts and isolation exercises so it definitely is not boring and has a lot of variation.

boost - February 22, 2019, 2:11 pm

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Dope, thanks for the info! Will look more into this

Grimzyy - February 23, 2019, 2:10 am

I'd keep it to a fairly clean bulk, thats what I'm doing atm. Currently 13-14lb up and doing very well :)

AMAVI - February 23, 2019, 7:10 pm

I finished bulking a month or so ago and took the dirty bulk approach.. honestly it's not even worth it, you just torture your self with a longer cut..

Bossk - February 25, 2019, 7:03 am

Dirty bulk all the way, you deserve to enjoy life to the fullest and you should really think through your feelings and well being if eating tasty shit from time to time gives you anxiety.