

Forum:[Hack Forums](#)

Thread: [How do I start my cut? Can I burn fat whilst gaining size/strength?](#)

Godlypkz - March 14, 2019, 5:34 pm

So I'm looking to start cutting for the summer.

I'm currently around 73 kg, 6ft. I used to box at around 60kg so I've put on 13kg from November to now.

Although I've gotten considerably bigger and stronger, I used to be extremely lean whereas now I have quite a fat abdomen.

I'm thinking to start cutting so I can get my 6 pack back for the summer for my own aesthetic appeal, but don't really wish to lose the strength and size. Is this possible?

My current diet is 3000 calories a day (2500 maintenance), 900 comes from a serious mass shake. I was thinking to swap the serious mass for a promax lean shake which is only 260 calories, putting me at 2340 calories, and then burning 340 via cardio everyday so I'd be at around 2000 calories a day. I'd attempt to keep my protein intake extremely high, and cut out fats.

Is it possible to burn fat whilst still gaining size/strength? I hit every muscle group twice a week (PPLPPL)

Dr. Gonzo - March 14, 2019, 5:53 pm

(Mar 14, 2019 05:34 PM)Godlypkz Wrote: [\[CITE\]](#) So I'm looking to start cutting for the summer.

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Yes You can gain muscle on a cut. BUT only if you're not close to your genetic potential. That being said, you'll probably want to be on no more than a 200 calorie deficit if you want to minimize muscle loss. But it'll take alot longer to get to the amount of leanness you want so thats up to you.

Sounds like you already know how much you need to eat and stuff. Wouldn't hurt to add a bit of anerobic cardio (not over an hour per day) to your regimen if you haven't already.

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(Mar 14, 2019 05:53 PM)Great White Shark Wrote: [\[CITE\]](#) Yes You can gain muscle on a cut. BUT only if you're not close to your genetic potential. That being said, you'll probably want to be on no

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I read something about HIIT. Ops?

Sixen+ - March 14, 2019, 6:27 pm

You can, but this is really hard and is usually left to people who are cycling on gear. You'd maximize your gains by first bulking and then cutting after you've put on a decent amount of size and strength.

Quick - March 15, 2019, 12:09 pm

You can do this but you should really adapt the calorie lost to your morphotype. Needs quite some experience to find the right amount for you.

Menes47 - March 20, 2019, 5:11 am

I think this is more about developing a healthy lifestyle that will get you where you want to be. If it's not a lifestyle after you get it you might lose it again.

Menes47 - March 20, 2019, 5:12 am

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dracx - March 20, 2019, 6:13 am

Give me some of those fats bra, could really use em. Lmao

Nadisty - March 20, 2019, 8:57 am

You can gain whilst on a cut, but like others have said it's really hard. Bulk up first then cut.