

## Forum: [Hack Forums](#)

Thread: [body type myths](#)

**surveyraider2** - April 26, 2019, 1:44 pm

Hey guys,

I'm wondering how much your body type plays into building muscle mass. So, if you are skinny to start, do you have to eat up before you start working out (like bulk and cut I guess) or can you do strength training as you eat more? Sorry if I am mixing up terms. Thanks for the help!

**spradebassen** - April 26, 2019, 3:06 pm

when you wanna gain muscle, you need to gain weight. you do that with a calorie surplus, which means eating more than you burn in terms of calories. its obviously important that you get the right amounts of protein and so on, to increase/maximize the muscle growth.

genetics do play a significant role in terms of getting some of the ideal bodies which you've stumbled upon in the body building competitions, but that being said, its not impossible to gain a somewhat big physique. genetics mostly play a role when you look at the muscle forms. i although do believe, that genetics plays a role in terms of building muscle as well..

when bulking or cutting you don't stop the "strength" training, but you change your workouts to fit your desired goals.

forexample when cutting, you do high reps and more cardio, while when bulking for mass or strength you either add volume/weight to the different exercises.

but overall it sounds like you're inexperienced with lifting, so id recommend you to check out youtube or atleast some other websites than hackforums if your goal is to start doing fitness..

im not an expert on this level, and i do know some guys from other forums who has a bigger knowledge regarding subjects like these.. you dont find these people on here mostly