

Forum:[Hack Forums](#)

Thread: [Weird transformation?](#)

Present - May 5, 2019, 6:06 pm

So I started weightlifting about 9-10 weeks ago.

Here's my progress:

I struggled with 5 KILOS on the inclined dumbbell press. When I say struggled I mean I had to switch to 2.5 at times. Now I'm sitting at 20kg on each palm.

I struggled benching the bar and now I can do 65kg which amazes me.

Started with a fairly strong 80kg deadlift and now I'm at 160kg

I could barely even shoulder press without any plate without getting tired. Now I can press 25kg on each arm.

I find this is a weird transformation, felt too fast. What do you guys think is causing this? You reckon form? Because I remember having shitty form with the bench.

Bacardi Cola Lime - May 6, 2019, 4:38 am

It is something that can happen if you are dedicated on going to the gym and following a good diet. What was your body type when you first started training? Do you have any past experience with the gym or any sport? Do you take supplements?

Present - May 6, 2019, 4:39 pm

(May 6, 2019 04:38 AM)mentoles Wrote: [\[CITE\]](#) It is something that can happen if you are dedicated on going to the gym and following a good diet. What was your body type when you first started training? Do you have any past experience with the gym or any sport? Do you take supplements?

Ectomorph, skinny fat. I'd look like a god damn stick in photos but I could easily grab a shit ton of fat from a pinch.

Before working out I kid you not I was the most inactive person. I'd be on my phone, laying on my bed all day. So basically no physical activity whatsoever or supplements.

Psychedelic. - May 6, 2019, 4:51 pm

Could be a sudden motivation, keep eating healthy and working towards your goals. Eventually you will get to them, but you need to stay strong and never allow yourself to cheat.

Lindros - May 6, 2019, 5:01 pm

Most people report amazing gains when they first hit the gym. I know I did. This is normal, part of it could be form, conditioning but most of it is an uptick in strength and muscle mass.

Bacardi Cola Lime - May 7, 2019, 12:47 am

(May 6, 2019 04:39 PM)Present Wrote: [\[CITE\]](#) Ectomorph, skinny fat. I'd look like a god damn stick in photos but I could easily grab a shit ton of fat from a pinch.

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The case for same for me when I started. If you are a complete beginner you can see results pretty fast as you shock your body. The progress will be slower but steadier after some point. The key is to keep a good diet that will help you with your goal.

debian - May 7, 2019, 10:39 am

(May 5, 2019 06:06 PM)Present Wrote: [\[CITE\]](#) So I started weightlifting about 9-10 weeks ago.

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Make sure you have a spotter on the bench - not only for safety but it helps you to maintain good form while doing reps. Also make sure you have rest days in there to let your muscles grow