

Forum:[Hack Forums](#)

Thread: [Are 48cm \(19 inch\) wide shoulders narrow for 6'4?](#)

Spam - May 28, 2019, 9:18 am

Well the width (not the circumference) of my shoulders is 19 inches or 48 cm at 6 foot 4 tall and 18 years old, will my shoulder bones get wider or have I stopped growing? Also my waist is 26 cm or 10 inches wide (though this one may be off a bit). Can I get wide shoulders and a V taper?

Edit: Also my upper hips are the same width as the widest part of my chest, and my lower hips (femur necks) are a little bit narrower than my shoulders.

Thanks!!!

Maskin - May 28, 2019, 10:37 am

I honestly don't understand some of the words you use (English isn't my native) but this sounds like something you can 'fix' at the gym.

I also found this: <https://www.healthline.com/health/exercise-fitness/how-to-get-wide-shoulders>

SIM-3205632 - May 28, 2019, 10:41 am

Could you send me a picture of you shirtless?

Or just post one if you're comfortable with that because it's hard to guess like this.

Bossk - May 28, 2019, 11:32 am

Just post a picture OP, hard to tell by INTEGERS

Spam - May 28, 2019, 1:58 pm

Sent each one of you a selfie through PM box

Please do not show anyone else

Sword - May 28, 2019, 2:16 pm

(May 28, 2019 01:58 PM)Spam Wrote: [\[CITE\]](#) Sent each one of you a selfie through PM box

Please do not show anyone else

Please show me too so I can admire it.

I don't mind sending you a shirtless picture in return...

Spam - May 28, 2019, 2:51 pm

(May 28, 2019 02:16 PM)Sword Wrote: [\[CITE\]](#) Please show me too so I can admire it.

I don't mind sending you a shirtless picture in return...

Please don't judge me I've been an amateur body builder for about 2 years now

Riizq - May 28, 2019, 2:56 pm

You stop growing after 18. There will be slight changes in 5 years or so, but nothing noticeable.

I could be wrong too.

You look strong mate.

Keep it up.

p.s: do not forget leg days!

JackOfTrades - May 28, 2019, 2:58 pm

(May 28, 2019 02:51 PM)Spam Wrote: [\[CITE\]](#) Please don't judge me I've been an amateur body builder for about 2 years now

/i.imgur.com/faVG6Fg.jpg[/img]

lol put the roids down dude as girls only care about whats in your shorts

Spam - May 28, 2019, 3:01 pm

(May 28, 2019 02:58 PM)JackOfTrades Wrote: [\[CITE\]](#) lol put the roids down dude as girls only care about whats in your shorts

I don't use roids.. I don't even take protein or vitamins

JackOfTrades - May 28, 2019, 3:02 pm

(May 28, 2019 03:01 PM)Spam Wrote: [\[CITE\]](#) I don't use roids.. I don't even take protein or vitamins what do u take? lol

cause i see some roid juice in bottle in pic

Spam - May 28, 2019, 3:03 pm

(May 28, 2019 03:02 PM)JackOfTrades Wrote: [\[CITE\]](#) what do u take? lolNothing really

I have a book that I keep daily logs in to count calories ect.

Cam you believe I've only eaten about 600 calories in carbs so far this month?

Present - May 28, 2019, 5:13 pm

(May 28, 2019 02:51 PM)Spam Wrote: [\[CITE\]](#) Please don't judge me I've been an amateur body builder for about 2 years now

Wait so you've been in the gym for 2 years and no vtaper? The only way to get a wide back and a v taper is to get baseball delts and nice lat insertions. Sad to say this is a genetic thing but it's still possible to get a slightly visible v taper but it'll take hell of a lot longer than you would expect it to.

Eagle 95 - May 29, 2019, 2:05 am

<https://www.bodybuilding.com/fun/teen-amateur-of-the-week-massive-success.html>

Yeah, that's you on the picture. Get out troll.