

Forum:[Hack Forums](#)

Thread: [Starting a youtube fitness channel.](#)

SIM-3205632 - June 21, 2019, 11:09 pm

I've been looking forward to starting a youtube channel based around fitness and weightloss and just tips in general. My first video would be my weightloss transformation and my second one would be how to bench correctly.

Any other video ideas?

James Burnham - June 21, 2019, 11:11 pm

Ask your viewers to post comments with questions. Then you get ideas for your next videos.

SIM-3205632 - June 22, 2019, 12:03 am

(Jun 21, 2019 11:11 PM)Burnham Wrote: [\[CITE\]](#) Ask your viewers to post comments with questions. Then you get ideas for your next videos.

That's actually a good idea thanks for that!

roman0x - June 22, 2019, 1:03 am

(Jun 21, 2019 11:09 PM)P I M P Wrote: [\[CITE\]](#) ~snip~

Any other video ideas?Fitness related about diet and supplements also, would be good if you provide this information also.

SIM-3205632 - June 22, 2019, 1:05 am

(Jun 22, 2019 01:03 AM)BonusComp Wrote: [\[CITE\]](#) my bad bro i just did that so my account doesnt get deleted i wont make dat mistake again

Why would your account get deleted lol?

(Jun 22, 2019 01:03 AM)roman0x Wrote: [\[CITE\]](#) Fitness related about diet and supplements also, would be good if you provide this information also.

Yeah I'll have to read up on supplements though because I don't really take any besides creatine.

Deal - June 22, 2019, 1:11 am

You should do something to make you stand out.

The transformation is a good idea. The proper bench technique, not so much. There are many high end and well educated profiles creating content like that.

You could create a video about your transformation. And another one where you talk about some issues you were facing and how you overcame them.

I will be starting a calisthenics and martial arts channel when my daughter become older so I have more time.

Good luck with it. Remember to make it clear in your videos that you are talking out of your own experience, with no educational background. Just so you don't end up getting hated on like Chris Heria.

SIM-3205632 - June 22, 2019, 1:17 am

(Jun 22, 2019 01:11 AM)Deal Wrote: [\[CITE\]](#) You should do something to make you stand out.

The transformation is a good idea. The proper bench technique, not so much. There are many high

end and well educated profiles creating content like that.

You could create a video about your transformation. And another one where you talk about some issues you were facing and how you overcame them.

I will be starting a calisthenics and martial arts channel when my daughter become older so I have more time.

Good luck with it. Remember to make it clear in your videos that you are talking out of your own experience, with no educational background. Just so you don't end up getting hated on like Chris Heria.

I don't think that there are actually ENOUGH proper bench techniques though after almost 2 years training I just learned how to bench PROPERLY I can get an insane pump with a 10KG barbell.

Zan - June 22, 2019, 1:35 am

That sounds interesting! Are you planning to gain profit by advertisements or just for fun?

SIM-3205632 - June 22, 2019, 2:51 am

(Jun 22, 2019 01:35 AM)Motify Wrote: [\[CITE\]](#) That sounds interesting! Are you planning to gain profit by advertisements or just for fun?

I don't know I'm mainly doing it to help people but if I can turn it into my job I definately will.

GnosticPlayers - June 22, 2019, 3:44 am

A lot of my friends are somewhat skinny and complain a lot on social media that they can't find videos for people with small builds, such as "building up muscle for skinny guys" etc. You can try making a video asking for peoples concerns, then make a video on their problems and how to overcome them etc, if you know what I mean?

<3

SIM-3205632 - June 22, 2019, 4:05 am

(Jun 22, 2019 03:44 AM)GnosticPlayers Wrote: [\[CITE\]](#) A lot of my friends are somewhat skinny and complain a lot on social media that they can't find videos for people with small builds, such as "building up muscle for skinny guys" etc. You can try making a video asking for peoples concerns, then make a video on their problems and how to overcome them etc, if you know what I mean?

<3

Honestly for skinny guys all they really have to do is eat. Get atleast 1.5g per bodyweight in protein & the rest carbs to bulk up.

GnosticPlayers - June 22, 2019, 7:53 am

(Jun 22, 2019 04:05 AM)P I M P Wrote: [\[CITE\]](#) Honestly for skinny guys all they really have to do is eat. Get atleast 1.5g per bodyweight in protein & the rest carbs to bulk up.

Sadly, that's easier said than done. A large majority of skinny guys have a fast metabolism. They can't simply eat and gain weight.

SecretAchiever101 - June 22, 2019, 8:12 am

(Jun 21, 2019 11:09 PM)P I M P Wrote: [\[CITE\]](#) I've been looking forward to starting a youtube channel based around fitness and weightloss and just tips in general. My first video would be my weightloss transformation and my second one would be how to bench correctly.

Any other video ideas?

With you all the best brother, I hope it goes well

SIM-3205632 - June 22, 2019, 8:39 am

(Jun 22, 2019 08:12 AM)secretachiever101 Wrote: [\[CITE\]](#) With you all the best brother, I hope it goes well

Thanks man appreciate the support.