

Forum:[Hack Forums](#)

Thread: [My Fitness Journey - Video Journal](#)

mothh - June 29, 2019, 4:54 pm

Recently I started doing fitness again and I wanted to record videos to share the progress I make.

I will try to upload a new video every week showing off my progress, the videos include information like the devices I use and how many reps per set I do.

Let me know if you have any feedback or suggestions.

Here is the latest video:

[Video: <https://www.youtube.com/watch?v=Mtk0CvKWbG8>]

Subscribe to the channel:

All episodes:

<https://www.youtube.com/playlist?list=PLJKkr8pcpZ-p1Qsycs-Sdpi-15jh-P7md>

Dr.BrokenGod - June 30, 2019, 2:36 am

I find this kind of cool. Just do not give up and keep the progress and videos coming.

mothh - June 30, 2019, 9:30 am

(Jun 30, 2019 02:36 AM)Dr.BrokenGod Wrote: [\[CITE\]](#) I find this kind of cool. Just do not give up and keep the progress and videos coming.Thanks, I will upload a new video every week.

I might skip one week though due to the way I recorded this video, the next video will include the before and after photos of my progress of that week.

mothh - July 6, 2019, 9:22 am

A new episode has been uploaded.

Dorrance - July 6, 2019, 9:58 am

What are you hoping to achieve? What are your goals in this progress?

mothh - July 6, 2019, 1:09 pm

(Jul 6, 2019 09:58 AM)Dorrance Wrote: [\[CITE\]](#) What are you hoping to achieve? What are your goals in this progress?

I want to lose weight and gain muscle, have a six pack and that stuff.

Dorrance - July 6, 2019, 1:17 pm

(Jul 6, 2019 01:09 PM)mothh Wrote: [\[CITE\]](#) I want to lose weight and gain muscle, have a six pack and that stuff.

A lot of cardio may be needed, take in the proper nutrients weigh out your food. Understand the amount nutrients you need to take in, if you don't cook. I would look at start doing it.

mothh - July 6, 2019, 3:04 pm

(Jul 6, 2019 01:17 PM)Dorrance Wrote: [\[CITE\]](#) A lot of cardio may be needed, take in the proper

nutrients weigh out your food. Understand the amount nutrients you need to take in, if you don't cook. I would look at start doing it.

I am doing a fair bit of cardio and I try to eat healthy.

Dorrance - July 6, 2019, 4:20 pm

(Jul 6, 2019 03:04 PM)mothh Wrote: [\[CITE\]](#) I am doing a fair bit of cardio and I try to eat healthy. You gotta make that full 100% percent commitment to see growth.

mothh - July 7, 2019, 2:51 am

(Jul 6, 2019 04:20 PM)Dorrance Wrote: [\[CITE\]](#) You gotta make that full 100% percent commitment to see growth.I know.

Thank you for the advice.

Ziamerkov - July 7, 2019, 3:47 am

Very nice progress. Can already see small changes from week zero and two. Specially on love handles and chest

Wise Investments - July 7, 2019, 5:11 am

It's nice to record your progress. You will know exactly how far you've went :)

mothh - July 8, 2019, 2:23 am

(Jul 7, 2019 03:47 AM)Ziamerkov Wrote: [\[CITE\]](#) Very nice progress. Can already see small changes from week zero and two. Specially on love handles and chestI noticed the love handles difference as well but I am not sure if that is because my arms are more angled inwards or because they are actually less.

mothh - July 13, 2019, 9:38 am

A new episode has been uploaded.

Fruitcake - July 13, 2019, 9:41 am

Good shit man! Dropped a comment on it for ya

mothh - July 13, 2019, 9:53 am

(Jul 13, 2019 09:41 AM)Fruitcake Wrote: [\[CITE\]](#) Good shit man! Dropped a comment on it for ya Thanks!

If you want to sub, that would help a lot as well.

mothh - July 20, 2019, 12:03 pm

A new episode has been uploaded.

This time I added shots of me working out and b-roll footage, let me know what you think of it.

DMAccounts - July 21, 2019, 12:26 am

do you have cheat days?

If so, what does it consists?

You look awesome man!

mothh - July 21, 2019, 3:25 am

(Jul 21, 2019 12:26 AM)DMAccounts Wrote: [\[CITE\]](#) do you have cheat days?

If so, what does it consists?

You look awesome man!

I do have cheat days, usually on Saturday or Sunday but only if I feel like my body needs one.

Let me know if you have any other questions.

Consider subscribing to the channel, it helps me out a lot!

TristanLec - July 21, 2019, 7:03 pm

Good work my friend. Keep it up!

DMAccounts - July 22, 2019, 10:51 pm

Will do sub to you, your videos are cool

Thanks heaps for sharing your journey

powerline0 - July 23, 2019, 2:05 am

How do you keep yourself motivated?

mothh - July 23, 2019, 4:06 am

(Jul 23, 2019 02:05 AM)powerline0 Wrote: [\[CITE\]](#) How do you keep yourself motivated?By making videos and making weekly progress photos.

Tpot - July 23, 2019, 8:54 am

This is inspiring, good for you..

mothh - July 27, 2019, 1:00 pm

A new episode has been uploaded.

The highlight of this episode is that I can see my abs kind off if light shines in a specific way.

K4RMAf - July 28, 2019, 4:54 pm

This was my entry to an online body transformation contest.

[Video: <https://www.youtube.com/watch?v=VBVLiQiNZLM>]

Now I'm better, cutting for a natural bodybuilding show in October.

Keep up, and never quit.

Persistence and consistency bring the results buddy!

mothh - July 29, 2019, 10:20 am

(Jul 28, 2019 04:54 PM)dealmeida Wrote: [\[CITE\]](#) This was my entry to an online body transformation contest.

[Video: <https://www.youtube.com/watch?v=VBVLiQiNZLM>]

Now I'm better, cutting for a natural bodybuilding show in October.

Keep up, and never quit.

Persistence and consistency bring the results buddy!
That link is dead.

K4RMAf - July 31, 2019, 4:42 pm

(Jul 29, 2019 10:20 AM)mothh Wrote: [\[CITE\]](#) That link is dead.
There you go bro!

<https://youtu.be/VBVLiQiNZLM>

Zátox Bea - August 1, 2019, 3:30 am

Great work mate, keep on going the hard work!!

mothh - August 1, 2019, 10:08 am

(Jul 31, 2019 04:42 PM)dealmeida Wrote: [\[CITE\]](#) There you go bro!

<https://youtu.be/VBVLiQiNZLM>

Thanks.

Nice progress.

(Aug 1, 2019 03:30 AM)Zátox Bea Wrote: [\[CITE\]](#) Great work mate, keep on going the hard work!!
Thanks for the feedback.

mothh - August 3, 2019, 11:50 am

I uploaded a new episode.

In this episode I will do 15 pull ups.

[Video: <https://www.youtube.com/watch?v=xMaIBdUdfHo>]

mothh - August 11, 2019, 1:02 pm

I released a new episode, this time I broke my bench press PR twice and I also failed with a squat machine:

[Video: <https://www.youtube.com/watch?v=Mtk0CvKWbG8>]