

Forum:[Hack Forums](#)

Thread: [\[AMA\] Hard work finally paid off](#)

Strato - August 31, 2019, 5:01 am

As I can see this Health Wise part of the forum is not really active and I'd really like to see that change. I think health should be an important part of all of our lives even if you're geek, businessman or whatever. Like it's said: Mens sana in corpore sano - "a healthy mind in a healthy body".

I would like to share some of my recent pictures and if any of you need some guidance you can reach out to me and talk about your problems/goals.

Spoiler [\(Click to View\)](#)

Been training every day for 2 and a half years, strict diet and right supplements. I'm planning on competing soon, we'll see how that goes. Anyway, if you have any questions, just post below or if you want more privacy, send me a personal message.

Bossk - August 31, 2019, 6:06 am

Looking like a beast ! Half-natty lighting though !!! :P

Strato - August 31, 2019, 6:11 am

(Aug 31, 2019 06:06 AM)Bossk Wrote: [\[CITE\]](#) Looking like a beast ! Half-natty lighting though !!! :P Thanks!

Yeah, light plays a huge role for sure hahah.

Sigma - August 31, 2019, 12:50 pm

Let me see your before picture. No way in hell you put that on in two years unless you have amazing genetics.

Strato - August 31, 2019, 1:02 pm

(Aug 31, 2019 12:50 PM)Sigma Wrote: [\[CITE\]](#) Let me see your before picture. No way in hell you put that on in two years unless you have amazing genetics.

I've been working out for 5 years but been tracking macros, doing research and started working out every day only for the last two and a half years. It's crazy how much you can do in a so little time. I dedicated a lot of time and effort into getting to this stage of physique. I don't have amazing genetics, I mean I was always fit but never trained any sports or anything like that. I'll try to dig some old photos of myself.

Sigma - August 31, 2019, 2:22 pm

Still, you are competition shredded while holding on to a lot of muscle. Are you on anabolics?

Strato - August 31, 2019, 2:37 pm

(Aug 31, 2019 02:22 PM)Sigma Wrote: [\[CITE\]](#) Still, you are competition shredded while holding on to

a lot of muscle. Are you on anabolics?

Of course not, it's all hard work and dedication. It's not only physical, there's a lot of reading and studying on movement, nutrition and our body in general. I mean, my goal is to compete so yeah I'm obviously spending a lot of time in gym and it take a lot of time each day, but never even thought about taking steroids.

For the past 2 and a half years I've been 200kcal in deficit which made me gain muscle and cut fat in the same time and a lot of people think it's impossible to do that in the same time. Well it really is possible, but you need to hit the right macros and don't forget about micro nutrients, they play a huge role.

Sigma - August 31, 2019, 3:35 pm

What foods do you eat for carbs? And what are your current calories/macros?

Strato - August 31, 2019, 4:02 pm

(Aug 31, 2019 03:35 PM)Sigma Wrote: [\[CITE\]](#) What foods do you eat for carbs? And what are your current calories/macros?

I try to eat carbs through the morning, before working out and the latest I'd eat them is around 5pm. For carbs I eat oats, sweet potato, pasta and rice, a lot of fruits(healthy sugar) and vegetables (mixed salad with almost every meal, kale, broccoli, spinach). Fun fact about green salad, it actually has negative calories, it takes more energy for our body to digest the salad than the salad actually give to you.

To make it easier to imagine, this is how I take carbs. When I wake up, I eat oats with frozen fruit (berries), cinnamon and almond milk. Maybe 30 minutes after that, I eat one medium size banana and I drink protein shake with 5g dextrose. For the lunch, I'll have some meat or fish and vegetables + rice or pasta. And at around 4-5 pm I eat some fruit (oranges, grapes, apple). #Edit: I also eat other stuff this is just where I take carbs.

Nutrients at the moment:

Protein: 200-205g

Carbs: 335-350g

Fat: up to 60g (try to do even less than that, around 45-50)

Around 2900-3000 kcal just in food, without considering losing calories from training.

Make sure to always hit daily limit of vitamins and other micro nutrients, but taking a pill won't have the same effect as taking them through food. I always squeeze some fresh lemon to my water bottle and drink it like that through day. It makes water nicer, it's fresh and full of vitamin C.

boost - September 1, 2019, 8:40 am

Damn I started working out 2 years ago and no where near that lol.

What was your height and weight before working out and now?

Strato - September 1, 2019, 8:50 am

(Sep 1, 2019 08:40 AM)boost Wrote: [\[CITE\]](#) Damn I started working out 2 years ago and no where near that lol.

What was your height and weight before working out and now?

I mean, you probably didn't take it as serious as I did, I was aiming for a competition all that time. I have gym buddies that are going to gym with me and they started the same day as I did, but they're

not even close to this physique. It's all about how serious you take it, but you have to be careful especially if you're in a school or a student. This lifestyle takes a lot of time and usually you can't focus on other stuff. You can't go out and drink, you can't use drugs on Sunday night because on Monday morning I have to train, you can't eat anything you want, it's tough.

My current height is: 191 cm / 6.26 ft

My current weight: 89 kg

When I started I was maybe 188 cm tall and probably had around 77-80kg. At some point I had 105 kg and after that I was just cutting (200kcal in deficit) for almost 3 years now.