

Forum:[Hack Forums](#)

Thread: [how much do you weigh and whats your bodyfat %?](#)

Subutex - October 16, 2019, 5:08 am

im 92kg 10% bf on a good week. usually sit around 12-15% bf RIPPED lads.

Wiberg - October 16, 2019, 5:19 am

Im 65kg at 10% ima skinny penis

SIM-2327840 - October 16, 2019, 5:21 am

Op are u juiced ??

And do you lose and gain 2-5% weekly???

Subutex - October 16, 2019, 5:25 am

(Oct 16, 2019 05:21 AM)Maos Wrote: [\[CITE\]](#) Op are u juiced ??

And do you lose and gain 2-5% weekly???

bulking for next summer and yes i'm juiced to the gills mate

SIM-2327840 - October 16, 2019, 5:27 am

(Oct 16, 2019 05:25 AM)*Subutex* Wrote: [\[CITE\]](#) bulking for next summer and yes i'm juiced to the gills mate

Shoot that Deca yeah?

Mirers gotta mire

Pancake Boat - October 16, 2019, 5:39 am

Not sure about the body fat %, but I'm around 90kg.

I'm rather chubby.

Subutex - October 16, 2019, 5:48 am

(Oct 16, 2019 05:27 AM)Maos Wrote: [\[CITE\]](#) Shoot that Deca yeah?

Mirers gotta mire

deca 12 weeks from summer.bulking to 140kg on dbol+test e rn. gonna destroy my insides dbol 6weeks then 12weeks anadrol.

SIM-2327840 - October 16, 2019, 5:52 am

(Oct 16, 2019 05:48 AM)*Subutex* Wrote: [\[CITE\]](#) deca 12 weeks from summer.bulking to 140kg on dbol+test e rn. gonna destroy my insides dbol 6weeks then 12weeks anadrol.

Dont take it personaly but dont be a fool using orals while you bulking. Strength gains are loyal but they damage much more than injectables. Be sure to apply progressive overload and up the test only if your strength stalls. Stronger=Bigger. Good luck ?

Ps. Check trainedbyjp site

Subutex - October 16, 2019, 6:00 am

(Oct 16, 2019 05:52 AM)Maos Wrote: [\[CITE\]](#) Dont take it personaly but dont be a fool using orals while you bulking. Strength gains are loyal but they damage much more than injectables. Be sure to apply progressive overload and up the test only if your strength stalls. Stronger=Bigger. Good luck ?

Ps. Check trainedbyjp site

done 10 years in prison only using orals and clen. 12 weeks on 2 weeks off haha was fun but 4

week course cost £150. but thanks for the advice ill stop using orals after 12 week anadrol course then stick with 500 test-e and bulk up my calories. you do much juicing?

SIM-2327840 - October 16, 2019, 6:02 am

(Oct 16, 2019 06:00 AM)*Subutex* Wrote: [\[CITE\]](#) done 10 years in prison only using orals and clen. 12 weeks on 2 weeks off haha was fun but 4 week course cost £150. but thanks for the advice ill stop using orals after 12 week anadrol course then stick with 500 test-e and bulk up my calories. you do much juicing?

Im not juicing yet gotta max that natty potential first and if its worth it ill start for a pro card. Idk yet if worth the sides. Im researching for over 2 years now tho bbing

Cooligan - October 16, 2019, 6:05 am

I weigh the average weight for my height, it evens out nicely.

My bodyfat %, I have no idea. I'm slim though with barely any bodyfat so most of my weight is from muscle.

Subutex - October 16, 2019, 6:07 am

(Oct 16, 2019 06:02 AM)Maos Wrote: [\[CITE\]](#) Im not juicing yet gotta max that natty potential first and if its worth it ill start for a pro card. Idk yet if worth the sides. Im researching for over 2 years now tho bbing

when you can bench 275kg natty then you might aswell start juicing.im pumping out 385.5kg deadlift. 300kg 6 reps bench press. 340kg squat. whats your stats?

SIM-2327840 - October 16, 2019, 6:08 am

(Oct 16, 2019 06:07 AM)*Subutex* Wrote: [\[CITE\]](#) when you can bench 275kg natty then you might aswell start juicing.im pumping out 385.5kg deadlift. 300kg 6 reps bench press. 340kg squat. whats your stats?

F*ck man. I will never reach those natty. Im not gonna write mine now u will embarass me, you must be huge lol?

Manks - October 16, 2019, 6:10 am

The only type of person that'd make this type of thread is some dumbshit trying to humble brag lmao

glad ur thin, youre still ugly as shit and no one wants your personality as a mate

Subutex - October 16, 2019, 6:12 am

(Oct 16, 2019 06:08 AM)Maos Wrote: [\[CITE\]](#) F*ck man. I will never reach those natty. Im not gonna write mine now u will embarass me, you must be huge lol?

im only 96kg but bro my forearms are massive .my dad,grandad,great grandad all were bodybuilders on my dads side.so got some good genetics.

(Oct 16, 2019 06:10 AM)Manks Wrote: [\[CITE\]](#) The only type of person that'd make this type of thread is some dumbshit trying to humble brag lmao

glad ur thin, youre still ugly as Clay Davis and no one wants your personality as a mate
haha whats wrongs with talking about our stats? dont read the thread if you become insecure so quick.

Subutex - October 16, 2019, 7:20 am

(Oct 16, 2019 07:17 AM)Focus Broken Wrote: [\[CITE\]](#) Liar, lmao. 300kg bench would crush you like a bug, you sure as hell aren't doing it 6 times.

you got a fake facebook? ill show you my first attempt 300kg 2reps then ill upload 300kg 6 reps.

might be 96kg but my bone structure helps ALOT.

Subutex - October 16, 2019, 7:33 am

(Oct 16, 2019 07:25 AM)Focus Broken Wrote: [\[CITE\]](#) I don't, but it's not even slightly believable. There were 4 of us lifters who lived in the same house last year, and even the biggest of us (weighing 225 lbs/~100kg) would max around three plates. Trying to claim you rep out previous world records at 92kg is just bullsnap.

im offering to show you proof even show you me at events benching 275-300. i snort 200mg of coke in a small cup mixed with 50mg speed boosts me like a rocket. tried doing it without the drugs and i max 250kg

coke for boosted heartrate/confidence/added self belief.
speed for boosted heartrate and pumps blood out your heart faster.

u?op ?pisdn - October 16, 2019, 7:34 am

73 kg and about 16% bodyfat, pretty average if you ask me.

Subutex - October 16, 2019, 7:34 am

(Oct 16, 2019 07:25 AM)Focus Broken Wrote: [\[CITE\]](#) I don't, but it's not even slightly believable. There were 4 of us lifters who lived in the same house last year, and even the biggest of us (weighing 225 lbs/~100kg) would max around three plates. Trying to claim you rep out previous world records at 92kg is just bullsnap.
every attempt at 300 blood pours out my nose like mad.

GENT - October 16, 2019, 2:08 pm

(Oct 16, 2019 05:08 AM)*Subutex* Wrote: [\[CITE\]](#) im 92kg 10% bf on a good week. usually sit around 12-15% bf RIPPED lads.

How did you achieve this? Cardio, diet or both?

Manks - October 18, 2019, 6:27 am

(Oct 16, 2019 07:34 AM)*Subutex* Wrote: [\[CITE\]](#) every attempt at 300 blood pours out my nose like mad.

clearly theres something wrong with you lol

FYeah - October 21, 2019, 7:00 pm

I'm 92kg, 6'2 and about 18% BF. Could do with losing a little fat

kpown - October 25, 2019, 8:50 pm

215 pounds, 8% bodyfat currently. Though i believe these numbers are skewed due to water retention. Likely bodyfat % and weight would be a tad bit lower if i ran a quick diuretic protocol for a photoshoot

lelouch 309 - October 30, 2019, 11:31 pm

weight 58kg 11% body fat

Ziamerkov - December 5, 2019, 2:31 am

(Oct 16, 2019 06:08 AM)Mao Wrote: [\[CITE\]](#) F*ck man. I will never reach those natty. Im not gonna write mine now u will embarass me, you must be huge lol?

fakest stats I've ever heard. 300kg bench press impossible natty. Not everyone can even reach 140 for one ever."

on topic: 89 kg, about 13-14% bf

SIM-2327840 - December 5, 2019, 2:35 am

(Dec 5, 2019 03:31 AM)Ziamerkov Wrote: [\[CITE\]](#) fakest stats I've ever heard. 300kg bench press impossible natty. Not everyone can even reach 140 for one ever."

on topic: 89 kg, about 13-14% bf

What do you think about ti [Xo-Zo](#) ? ?

globamsufsie - December 9, 2019, 2:34 pm

i am 90kg and 14% body fat