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Thread: [How many months of GYM before I notice big changes on my body?](#)

Cyam - October 25, 2019, 7:52 am

I've been actively going to GYM for 2 months now. I mostly noticed my hands got a lot bigger. My chest and lats got bigger too, but I feel like I don't have genetics for those muscles so they'll be growing a bit slower.

I'm already happy with my progress. In my first week of GYM - I couldn't pull off a single dip and now, 2 months later I'm doing 5 sets of 5 reps with 4kg.

How many months in GYM have made you realize you got bigger / made you happy with your looks?

Elweth - October 25, 2019, 8:33 am

(Oct 25, 2019 07:52 AM)Klepto Wrote: [\[CITE\]](#) I've been actively going to GYM for 2 months now. I mostly noticed my hands got a lot bigger. My chest and lats got bigger too, but I feel like I don't have genetics for those muscles so they'll be growing a bit slower.

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bout 6-12 months.

juicyjenitals - October 25, 2019, 12:18 pm

When I hit the gym I was working on losing weight and gaining muscle, but I never really gained muscle because I was on a calorie deficit that was too low. However in 1 year I was able to drop 80 lbs and It felt great. People made fun of me because I was overweight but they were impressed when I actually lost all of it, and I tried to motivate other overweight people but they were never able to do it. Its crazy how much you can change in 3 months with whatever goal you have though.

kpown - October 25, 2019, 8:46 pm

The changes are very rapid in the first 6 months-1 year of training. You have no clue what your genetic strong points are at this point so dont even begin blaming that as a reason for certain bodyparts not progressing as quick as others. Tinker with your training volume and frequency and form.

The MOST IMPORTANT driving factor for rapid body composition change is consistency with diet! DO NOT overlook this.