

Forum:[Hack Forums](#)

Thread: [How big can one get with just bodyweight exercise?](#)

SteezyLeff - October 29, 2019, 4:02 pm

This is a theoretical question which has piqued my interest.

Recently I heard of the story of Herschel Walker, who was a football player and MMA artist(not too sure but something fighting related), who got as huge as he was from doing a ton of pushups. According to him, he does 1500 a day.

[Herschel Walker: I Do 3,500 Sit Ups. 1,500 Push Ups Every Day - YouTube](#)

Granted, it's quite likely that he's roided up, so how big do you think your average Joe could get from doing various bodyweight exercises?

kpown - October 30, 2019, 1:08 am

(Oct 29, 2019 04:02 PM)SteezyLeff Wrote: [\[CITE\]](#) This is a theoretical question which has piqued my interest.

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Granted, it's quite likely that he's roided up, so how big do you think your average Joe could get from doing various bodyweight exercises?

You're not gunna get huge doing bodyweight exercises but you can build a respectable athletic physique compared to the common person on the streets. The extent to which you grow doing this is largely determined by genetics... and yes herschel walker is on PEDs i can say with 99% certainty. But I also believe he has great genetics.

Some examples you can look at are calisthenics youtubers such as austin dunham or officialthenx. However, being a small ripped guy wont make you look impressive in a T shirt, though you can impress people with your insane calisthenics movements lol. Austin probably has the most impressive physique of the popular calisthenics youtubers.

To actually accrue large amounts of tissue you're going to need to incorporate progressive overload and time under tension with weighted resistance... this you cannot fully do with bodyweight movements... yes you can do more reps and strap weights on yourself to achieve this, but there will come a point where you will be eating in a caloric surplus to grow, and your weight will get too high to do the amount of reps that you need to do per set to incorporate the principles i highlighted below.

If youre trying to be big and jacked, just hit the gym, put on size, then cut and be a greek god

If youre trying to be smaller and ripped and impress people with cool moves, calisthenics is what you want.

SteezyLeff - October 30, 2019, 5:41 am

(Oct 30, 2019 01:08 AM)kpown Wrote: [\[CITE\]](#) You're not gunna get huge doing bodyweight exercises but you can build a respectable athletic physique compared to the common person on the streets. The extent to which you grow doing this is largely determined by genetics... and yes herschel walker is on PEDs i can say with 99% certainty. But I also believe he has great genetics.

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I don't have time to go to the gym, so I'll probably be looking for a lean physique. I've never really cared too much about being huge. I wouldn't say necessarily get smaller as you say, as there isn't much room for me; I'm around 5'9 and 150 pounds. Doing moves and all would be cool as shit though.

kpown - October 30, 2019, 5:43 am

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Everyone claims they dont have time to go to the gym. You only need 1 hour to day to build muscle mass...

If Elon Musk has time to go to the gym then so do you

SteezyLeff - October 30, 2019, 8:50 am

(Oct 30, 2019 05:43 AM)kpown Wrote: [\[CITE\]](#) Everyone claims they dont have time to go to the gym. You only need 1 hour to day to build muscle mass...

If Elon Musk has time to go to the gym then so do you
You caught me.

Jester Race - October 31, 2019, 12:50 pm

(Oct 30, 2019 05:43 AM)kpown Wrote: [\[CITE\]](#) Everyone claims they dont have time to go to the gym. You only need 1 hour to day to build muscle mass...

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If Elon Musk has time to send a car to the spacd then so do you