

Forum:[Hack Forums](#)

Thread: [What do you think of my gym transformation?](#)

dawid17 - February 10, 2020, 12:42 pm

What do you guys think? Current weight 69kg 5 Feet, 10. I know im kinda 5kg underweight, still trying to pack on some muscle.

<https://i.imgur.com/vuxN7CC.png>

TheChaosKiller - February 10, 2020, 12:43 pm

You look great man, that's some serious improvement. I don't think you look particularly underweight at all, but I'm no expert. You've done well man.

Bastille - February 10, 2020, 12:43 pm

Nice job buddy, how much time ? What was your routine ?

dawid17 - February 10, 2020, 12:45 pm

(Feb 10, 2020 01:43 PM)Yseurk Wrote: [\[CITE\]](#) Nice job buddy, how much time ?

I started with 55kg, around of 3 years natural training. I never cutted, been bulking always or maintaining atleast. I have a huge problem with eating a lot of food.

Quinster - February 10, 2020, 2:41 pm

(Feb 10, 2020 01:45 PM)dawid17 Wrote: [\[CITE\]](#) I started with 55kg, around of 3 years natural training. I never cutted, been bulking always or maintaining atleast. I have a huge problem with eating a lot of food.

That's some sick improvement men. I have your same problem, can't eat a lot of food. Currently I'm stuck at your starting weight (55kg, wich is pretty underweight for my age and lenght) and can't seem to break it. How did you do it?

Geralt - February 10, 2020, 7:27 pm

Keep up the great work! Try not to bulk up too fast you don't fuck up your body fat %
Lean bulk is the best solution

V1be - February 10, 2020, 10:18 pm

ooking great man keep up the good work

Aqzxk - February 10, 2020, 10:22 pm

Looking good buddy! Consistency is the key!

spradebassen - February 12, 2020, 3:33 am

(Feb 10, 2020 01:45 PM)dawid17 Wrote: [\[CITE\]](#) I started with 55kg, around of 3 years natural training. I never cutted, been bulking always or maintaining atleast. I have a huge problem with eating a lot of food.

There is a lot of ways to easily get the calories you need to stay in the certain surplus. Consuming weight-gainer, blending your food, etc.

Vantos - February 12, 2020, 3:36 am

Just build some mass now and everything will be A+ :)

duplex - February 12, 2020, 3:39 am

(Feb 12, 2020 04:36 AM)Vantos Wrote: [\[CITE\]](#) Just build some mass now and everything will be A+ :)

Not everyone's desired goal is to look like a shredded fat guy, he's got the perfect body to be slim and lean, he don't wanna go down that road of looking like a power lifter ew

OP, you have insane genetics, the skinny look genetics, trust me just keep lifting and eating clean, don't BULK BULK you'll never recover that shredded lean look.

Vantos - February 12, 2020, 3:40 am

(Feb 12, 2020 04:39 AM)duplex Wrote: [\[CITE\]](#) Not everyone's desired goal is to look like a shredded fat guy, he's got the perfect body to be slim and lean, he don't wanna go down that road of looking like a power lifter ew

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69KG is just too low. If he gets to 75 he will be also shredded but will look better

duplex - February 12, 2020, 3:49 am

(Feb 12, 2020 04:40 AM)Vantos Wrote: [\[CITE\]](#) 69KG is just too low. If he gets to 75 he will be also shredded but will look better

Oh yeah of course I'm not saying to not bulk, just don't go down the route of mass bulking and lose that slim/shred look

Vantos - February 12, 2020, 4:02 am

(Feb 12, 2020 04:49 AM)duplex Wrote: [\[CITE\]](#) Oh yeah of course I'm not saying to not bulk, just don't go down the route of mass bulking and lose that slim/shred look

Yeah, for me shredded is 100% better than bulk. But shredded and a little bit bigger is the real thing :)

theoldbrit - February 12, 2020, 6:51 pm

sheesh brotha looking good keep up the hard work!