

Forum:[Hack Forums](#)

Thread: [8 months into taking care of myself, 4 months into the gym, 77 pounds down](#)

zSerity - February 17, 2020, 2:14 pm

Starting weight was 263, down to 186 currently.

At first I did keto for a good 6-8 months on and off, and around October started hitting the gym hard 6 times a week

I've been following the coolcicada PPLPPL plan

Here is my current progress, hoping to have some great definition by the summer

<https://imgur.com/a/O0Q3e4G>

mrknol - February 17, 2020, 2:17 pm

That's amazing work man! You actually motivated me to start gym again.

zSerity - February 17, 2020, 2:41 pm

(Feb 17, 2020 03:17 PM)mrknol Wrote: [\[CITE\]](#) That's amazing work man! You actually motivated me to start gym again.

Get ittt!!! And thank you ??

Aqzxk - February 17, 2020, 7:01 pm

Wish I could gain some of the weight you're losing. Great job though! Very smart to go straight to weight lifting rather than cardio

Yin Yang - February 17, 2020, 7:14 pm

Good stuff! Just remember: it's calories in vs calories out, no matter what diet plan/regimen you follow.

I know a bunch of people that do flash diets and crash after a couple of months since they can't consistently follow it.

What's your goal weight?

Geralt - February 17, 2020, 7:18 pm

Someone wrote in comments "tampons in your ears" lmao

On a serious note, sick progress, keep it up!

Where did you get that wallpaper in the background on the first pic?

zSerity - February 17, 2020, 10:00 pm

(Feb 17, 2020 08:18 PM)Geralt Wrote: [\[CITE\]](#) Someone wrote in comments "tampons in your ears" lmao

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Lmao imgur comments have no chill

(Feb 17, 2020 08:14 PM)Yin Yang Wrote: [\[CITE\]](#) Good stuff! Just remember: it's calories in vs calories out, no matter what diet plan/regimen you follow.

I know a bunch of people that do flash diets and crash after a couple of months since they can't consistently follow it.

What's your goal weight?

Thank you:) I'm pretty happy where I am right now but probably around 170.

I did Keto for awhile but now I just eat a full range of natural, whole foods, and cut out the sugar/processed crap. I really transformed the entire way I look at food so I'm confident I can stick to it, plus I still have my cheat weeks when I go on vacation haha

(Feb 17, 2020 08:18 PM)Geralt Wrote: [\[CITE\]](#) Someone wrote in comments "tampons in your ears" lmao

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If you mean the scarface money thing, it's a nice plaque poster. Got it longggg ago not sure where it was a gift

Glare - February 23, 2020, 1:49 am

Wow congratulations man, I'm just starting my journey now. I'm 300lb 6'3, hoping to get down to atleast 250. I was drinking around 15k calories a week in beer, and im 7 days sober now so i'm hoping it just starts falling off lol

LinK - February 23, 2020, 5:29 pm

Good work dude, keep it up. Let us know how far you get as time progresses.

zSerity - May 5, 2020, 4:56 pm

(Feb 23, 2020 06:29 PM)LinK Wrote: [\[CITE\]](#) Good work dude, keep it up. Let us know how far you get as time progresses.

Will do! If only the gyms would open back up ???

Salacity - May 5, 2020, 5:01 pm

(Feb 17, 2020 08:01 PM)jesse s Wrote: [\[CITE\]](#) Wish I could gain some of the weight you're losing. Great job though! Very smart to go straight to weight lifting rather than cardio

Hey man, why do you think its smart to go straight into weights instead of cardio?

Casual - May 5, 2020, 5:04 pm

Badass man! Keep it up!

My local gym allowed members to take equipment home for the duration of the closure. Kept the members happy, and the owners still collecting cash.

See if yours will allow you to do the same :)

zSerity - May 5, 2020, 5:08 pm

(May 5, 2020 05:01 PM)kafir Wrote: [\[CITE\]](#) Hey man, why do you think its smart to go straight into weights instead of cardio?

At least in my experience I was able to gain muscle while losing a lotta fat with the high intensity weight training, cardio probably would just make you lose fat

(May 5, 2020 05:04 PM)Casual Wrote: [\[CITE\]](#) Badass man! Keep it up!

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Damn I wish mine did that but all the tweekers here would probably keep the equipment lolol

Salacity - May 5, 2020, 5:10 pm

(May 5, 2020 05:08 PM)zSerity Wrote: [\[CITE\]](#) At least in my experience I was able to gain muscle while losing a lotta fat with the high intensity weight training, cardio probably would just make you lose fat

Damn I wish mine did that but all the tweekers here would probably keep the equipment lolol
I thought that was the goal though, to lose fat?

brawrrrski - May 5, 2020, 5:12 pm

(Feb 17, 2020 03:14 PM)zSerity Wrote: [\[CITE\]](#) Starting weight was 263, down to 186 currently.
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This is incredible work man! Those are some life changing results right there. Keep on trucking bro, you've come so far and need to keep crushing it.

How do you feel physically / mentally? Do you notice a large increase in energy / overall motivation & just an overall sense of well being and confidence? I was in a similar starting position as you were and it changed my life in the best possible ways. Curious on how you're doing!

zSerity - May 5, 2020, 5:16 pm

(May 5, 2020 05:10 PM)kafir Wrote: [\[CITE\]](#) I thought that was the goal though, to lose fat?

If that's your only goal yeah people have different goals, I wanted to build muscle at the same time

(May 5, 2020 05:12 PM)brawrrrski Wrote: [\[CITE\]](#) This is incredible work man! Those are some life changing results right there. Keep on trucking bro, you've come so far and need to keep crushing it.

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Physically I can do everything I couldn't do before, and don't get tired just from walking so that part is great. Also a lot more confident. But I do still find myself energy drained and tired a lot of days, probably moreso now with all this lockdown shit. Looking forward to getting back into a normal routine asap

Salacity - May 5, 2020, 5:19 pm

(May 5, 2020 05:16 PM)zSerity Wrote: [\[CITE\]](#) If that's your only goal yeah people have different goals, I wanted to build muscle at the same time

Ohh, I see. I'm glad you're achieving your goals! You leak amazing!

shreder - May 5, 2020, 7:39 pm

That's huge huge progress man good for you!

Deany - May 5, 2020, 7:40 pm

[Tsundere](#) should go to a gym he thicc af

Simplex - May 5, 2020, 7:47 pm

Wow, zSerity. Great results. Keep it up. Proud of you.

zSerity - May 5, 2020, 11:39 pm

(May 5, 2020 05:19 PM)kafir Wrote: [\[CITE\]](#) Ohh, I see. I'm glad you're achieving your goals! You leak amazing!

Thanks bro

(May 5, 2020 07:39 PM)shreder Wrote: [\[CITE\]](#) That's huge huge progress man good for you! I appreciate ya!

(May 5, 2020 07:40 PM)Deany Wrote: [\[CITE\]](#) [Tsundere](#) should go to a gym he thicc af
Hahaha I could tag a few people

(May 5, 2020 07:47 PM)Simplex Wrote: [\[CITE\]](#) Wow, zSerity. Great results. Keep it up. Proud of you.

Thanks so much brotha

Aqzxk - May 6, 2020, 1:07 am

(May 5, 2020 05:01 PM)kafir Wrote: [\[CITE\]](#) Hey man, why do you think its smart to go straight into weights instead of cardio?

I'll reply in the morning I'm so damn tired