

Forum:[Hack Forums](#)

Thread: [Road to losing 25 pounds](#)

Beherit - August 12, 2020, 10:14 pm

5'5 weighing 160 pounds.

Just started boxing again, the only exercise I actually find enjoyable. I'm mainly focused on shadowboxing right now since I'm not close to a gym that has boxing equipment, and I have some smaller weights 3(2x), 5(2x), 15(2x) pound weights.

Currently, my diet is steamed rice, veggies and some pasta every now and then, with plenty of meat and beans on the side with some meals. I eat 2 full plates of food a day, but in the mornings I keep it light like having coffee, a banana, chicken sandwiches or just some plain chicken nuggets. I don't have a problem overeating and I don't eat any chips or snacks, though I do have a recent soda problem, 8oz. of Pepsi at least 2-3 times a week, which has been contributing to the weight gain, including lack of exercise for 3-4 months.

Being laid off from my job has really gotten me to the laziest and heaviest I've ever been. My routine is shadowboxing everyday, sometimes with the small weights as I bob and weave not punching at full power, same diet as above minus the soda.

Around Sunday or Monday, I woke up with 164 and after drinking a bottle of water I was 165(lol) and I'm not sure if it's just a glitch in my digital scale but I'm around 159-160 after shadowboxing for the last 4 days, 30-40 minutes a day.

Well, just getting this off my chest and need some accountability by posting this; goal is to lose 25lb in 4 weeks ?

raccoonweeweessucker69 - August 12, 2020, 10:18 pm

Just train dude, if you are serious which I can tell you are cause you've written this post extensively I'm sure you'll have your goal by the next 4 weeks.

Verdande - August 12, 2020, 10:19 pm

I used to do MMA and had to lose 25 lbs in a month, I managed to lose 30 in less then 3 weeks, although I am a prior weight-lifter and at the time I was about 380 lbs, I am 6.3 tall.

Yanix - August 12, 2020, 10:51 pm

Just keep your focus and always think of your goal then you will surely get to lose 25 pounds for sure :D

Beherit - August 12, 2020, 11:02 pm

(Aug 12, 2020 10:18 PM)raccoonweeweessucker69 Wrote: [\[CITE\]](#) Just train dude, if you are serious which I can tell you are cause you've written this post extensively I'm sure you'll have your goal by the next 4 weeks.

I'm definitely determined, I know that much.

(Aug 12, 2020 10:19 PM)Elite? Wrote: [\[CITE\]](#) I used to do MMA and had to lose 25 lbs in a month, I managed to lose 30 in less then 3 weeks, although I am a prior weight-lifter and at the time I was about 380 lbs, I am 6.3 tall.
Wow, that's awesome. It's crazy what we can do when we push ourselves.

(Aug 12, 2020 10:51 PM)Yanix Wrote: [\[CITE\]](#) Just keep your focus and always think of your goal then you will surely get to lose 25 pounds for sure :D
Thanks, I plan to do just that!!

Verdande - August 12, 2020, 11:05 pm

"Push" is an understatement, I pulled 790 lbs at 410 lbs, a dead-lift, my father whom is a bodybuilder pulled 725 with a weight of around 180 lbs approx and 5.6 tall.