

Forum:[Hack Forums](#)

Thread: [Lost over 100 lbs, generally stopped being a piece of shit](#)

zSerity - November 30, 2020, 5:55 am

Well this marks close to 3 years since I started taking care of myself. Initially I started with keto to shed the first few dozen pounds but stuff didn't really click until I started lifting and following a proper program (coolcicada PPL). My relationships have improved, confidence is off the charts, and just generally feel better day-to-day. It's also improved my business endeavors as a result as everything is all-encompassing.

If anyone is inspired or wants help getting started don't hesitate ?

workpres - November 30, 2020, 6:00 am

Insane progress in that time. Respect

Yanix - November 30, 2020, 6:19 am

(Nov 30, 2020 06:55 AM)zSerity Wrote: [\[CITE\]](#) Well this marks close to 3 years since I started taking care of myself. Initially I started with keto to shed the first few dozen pounds but stuff didn't really click until I started lifting and following a proper program (coolcicada PPL). My relationships have improved, confidence is off the charts, and just generally feel better day-to-day. It's also improved my business endeavors as a result as everything is all-encompassing.

Progress pics:

<https://i.imgur.com/HDjewVX.jpg>

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Whoa in just 8 months bro it was a great transformation....you did it pretty well, congrats.

Keep up the good work and body built.

axel - November 30, 2020, 6:22 am

Looking good brother, congrats on the amazing results. You look a lot more confident now!!

zSerity - November 30, 2020, 6:37 am

(Nov 30, 2020 07:00 AM)workpres Wrote: [\[CITE\]](#) Insane progress in that time. Respect

(Nov 30, 2020 07:19 AM)Yanix Wrote: [\[CITE\]](#) Whoa in just 8 months bro it was a great transformation....you did it pretty well, congrats.

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(Nov 30, 2020 07:22 AM)axel Wrote: [\[CITE\]](#) Looking good brother, congrats on the amazing results. You look a lot more confident now!!

I appreciate you all ??

PAXFun - November 30, 2020, 6:43 am

(Nov 30, 2020 06:55 AM)zSerity Wrote: [\[CITE\]](#) Well this marks close to 3 years since I started taking care of myself. Initially I started with keto to shed the first few dozen pounds but stuff didn't really click until I started lifting and following a proper program (coolcicada PPL). My relationships have improved, confidence is off the charts, and just generally feel better day-to-day. It's also improved my business endeavors as a result as everything is all-encompassing.

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Well done bro!

I am sure u will motivate more people to do that now.

Mind - November 30, 2020, 6:46 am

Mind-blowing results. Congratulations on your transformation!

Vibe - November 30, 2020, 6:50 am

Congratulations man you look like one of those ads for some simple weight loss in 4 weeks tv bullshit, I mean this in a good way! Keep grinding the work's paying off!

K1. - November 30, 2020, 6:59 am

Go you homie!

Big progress, hope you keep going!

SantanDave - November 30, 2020, 2:25 pm

Congrats on the progress bro, gonna hit you up for a couple tips

Yin Yang - November 30, 2020, 2:27 pm

Diet and consistency gets results. Nice work!

SIM-3205632 - November 30, 2020, 3:20 pm

Good shit bro! I lost 220 pounds in like a year and a few months. Heres some progress pics to motivate you a little. <https://www.instagram.com/roidheufd/>

A + - November 30, 2020, 3:21 pm

Congrats man, that's quite a transformation. I learned a lot about fitness and nutrition, eat healthy 90% of the time, and go to the gym 4-5 days a week. It's a hell of a lifestyle, keep it up.

junkie - November 30, 2020, 3:21 pm

WTF, two different people.

Congrats on your progress!

Grim - November 30, 2020, 3:23 pm

Hell yea man! thats awesome iv started going back as well mostly frustrating that all the gyms keep closing around where i live because of covid

zSerity - November 30, 2020, 9:29 pm

Damn the love on this thread is crazy, thank you all :)
And it's true just takes consistency

RNDUNKNOWN1010 - December 6, 2020, 11:59 am

Congrats dude! Really awesome seeing you progress.

Blogger - December 6, 2020, 1:30 pm

Dang. Nice progress, and so quickly! Great job!

debug - December 6, 2020, 1:45 pm

Nice work man. Was this natty?

zSerity - December 6, 2020, 4:49 pm

(Dec 6, 2020 02:45 PM)debug Wrote: [\[CITE\]](#) Nice work man. Was this natty?

Yessir :) The only supplements I use are multi vitamin, protein powder, creatine, fish oil

d3 ? - December 6, 2020, 4:50 pm

lets fucking go OP its such a good feeling

Sugawara - December 6, 2020, 6:13 pm

Now that's some transformation.

Thank you for inspiring.

1337GAMER - December 6, 2020, 6:15 pm

Congrats man!

I will also say that the first two comments on your Imgur post/link made me LOL

mgtowsoldier - December 7, 2020, 12:22 am

Pretty inspiring. I'm considering loosing some weight too, I'm just so addicted to eating out :(

zSerity - December 7, 2020, 5:14 pm

(Dec 6, 2020 07:15 PM)1337GAMER Wrote: [\[CITE\]](#) Congrats man!

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Bahaha imgur never fails to amuse

(Dec 7, 2020 01:22 AM)mgtowsoldier Wrote: [\[CITE\]](#) Pretty inspiring. I'm considering loosing some weight too, I'm just so addicted to eating out :(

Just try to control portion sizes, and skip the sodas always

zeroday - December 9, 2020, 11:12 am

Your progress is exceptional. Maybe one day I can join you

Nima304 - December 10, 2020, 2:20 am

That's some serious progress, congratulations!

Loved - December 10, 2020, 12:45 pm

Holy shit dude you're shredded as hell. Great work and grind, keep it up!

7 - December 10, 2020, 12:51 pm

Good shit man well done!

I been hitting the gym myself the past few days, hitting it hard.

Speed Test - December 10, 2020, 6:16 pm

Good progress brother

Keep it up

2xTheTap115 - December 11, 2020, 12:58 pm

you have made amazing progress It's a long hard road, and for that you deserve respect, bro??

Tjm - December 11, 2020, 6:14 pm

(Nov 30, 2020 06:55 AM)zSerity Wrote: [\[CITE\]](#) Well this marks close to 3 years since I started taking care of myself. Initially I started with keto to shed the first few dozen pounds but stuff didn't really click until I started lifting and following a proper program (coolcicada PPL). My relationships have improved, confidence is off the charts, and just generally feel better day-to-day. It's also improved my business endeavors as a result as everything is all-encompassing.

Progress pics:

<https://imgur.com/gallery/3krZdt5>

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Hell yeah man! I lost a bunch of weight back 3-4 years ago. Had left my ex, was about 175lbs and just put all my effort into looking and feeling better. Lost 55lbs within about 6 months and I've kept it off since. Naturally had a fast metabolism before so I just needed to kickstart it back up.

Jetsetter - December 13, 2020, 10:13 pm

Amazing! Love hearing stories like this. I'm at the start of my journey after a pretty shit year which saw me gain 66 pounds in about 18 months due to the stress. I'm week one, so will channel your progress vibes for inspo.

TobiTee - December 14, 2020, 5:09 pm

Smashed it bro! Congratulations! Hard work and determination pays off!!!

iMario - December 15, 2020, 8:54 am

Amazing transformation! I admire you! Good job mate

Qwaiz - December 16, 2020, 10:10 am

Well done for taking your life for the next level. it must be hard for you.

zSerity - December 18, 2020, 9:24 am

Thank you all I appreciate it :)))

SIM-3106893 - January 13, 2021, 8:47 pm

Damn I wish I could lose weight but I loose motivation after a week and go back to my old habits lol

WallStreetBets - January 14, 2021, 6:12 am

Nice progress indeed. But what are you going to do with that extra skin you got ?

Elijah - January 14, 2021, 6:56 am

nice weight loss man.

Good luck.

Renowned - January 14, 2021, 2:48 pm

Congrats on the weight loss man!

finish - January 15, 2021, 11:27 am

Jesus that transformation is very impressive. good shit bro, congrats on the huge transformation!

Regulus - January 15, 2021, 11:37 am

That's sick mate, amazing progression!

Keep it up buddy <3