

Forum:[Hack Forums](#)

Thread: [How many days a week do you workout and what do you do for exercise?](#)

blackrose_x0x0 - May 15, 2021, 7:16 pm

I'm curious how many of you workout and if you do, how many days a week and if so, what kind of exercise do you do?

I am currently lifting weights 5 days a week hitting each major muscle group twice, light-moderate cardio twice a week either biking or running, and one good yoga session on the weekend to stretch the whole body out.

I am good about being consistent with the weight lifting since I really enjoy it but I have a hard time staying on track with my cardio.

Forensic - May 15, 2021, 7:28 pm

Lately every day around 2-3 hours a day. Mostly cardio. Some weights. A lot of press ups & push ups. I try to do at least 200 each sometimes twice. Honestly once it becomes a custom and a routine it is a lot easier.

The cardio I think can be a concentration or boredom thing? Maybe? Figure a way to get the cardio in but not have your mind too focused on it.

HEISENPUG - May 15, 2021, 10:30 pm

I honestly just walk a lot around 20,000 steps a day along with a healthy vegan diet.

My Name Is Pedro - May 16, 2021, 7:57 am

I workout Sunday-Thursday and take Friday and Saturday as rest days. Each day I do a different muscle. So today is all leg day, tomorrow will be all tricep, and so on. Usually I start every workout at the gym with 30-45 minutes of light cardio just to help get my bpm up and to warm up. Thursday is 1-2 hours of nothing but cardio.

blackrose_x0x0 - May 16, 2021, 9:47 am

(May 15, 2021 07:28 PM)Forensik Wrote: [\[CITE\]](#) Lately every day around 2-3 hours a day. Mostly cardio. Some weights. A lot of press ups & push ups. I try to do at least 200 each sometimes twice. Honestly once it becomes a custom and a routine it is a lot easier.

The cardio I think can be a concentration or boredom thing? Maybe? Figure a way to get the cardio in but not have your mind too focused on it.

I do think it's a boredom issue. Most of the time when I'm doing cardio about halfway through I just want to do something else. I am thinking about getting a mountain bike and hitting up some local trails as a fun way to get my cardio in instead of sitting on a stationary bike or running in circles at the track. I would also love to get one of those Pelaton or NordicTrack bikes as they're interactive with the big screens and you can race other people across the world. Only thing is those bikes are expensive and I just don't see myself putting the money aside for one anytime soon.

I get a little paranoid about my cardiovascular health due to a decade of hard drug abuse (alot of stims) so it's like this internal struggle where I WANT to do cardio for the benefits to my heart but then the boredom kicks in while doing.

Forensic - May 16, 2021, 9:59 am

(May 16, 2021 09:47 AM)blackrosex0x0 Wrote: [\[CITE\]](#) I do think it's a boredom issue. Most of the time when I'm doing cardio about halfway through I just want to do something else. I am thinking about getting a mountain bike and hitting up some local trails as a fun way to get my cardio in instead of sitting on a stationary bike or running in circles at the track. I would also love to get one of those Pelaton or NordicTrack bikes as they're interactive with the big screens and you can race other people across the world. Only thing is those bikes are expensive and I just don't see myself putting the money aside for one anytime soon.

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Yeah local trails or things like this is obviously a lot easier as your mind is distracted. I like that idea also but not going to pay big money for that unless im a millionaire. Best thing is to find ways to keep your mind active without being too focused on what you're doing. So it's like a target of a time or distance covered in say 15 minutes but also with a movie or something on. Just doing it to do it often just gets tiresome especially if you're not adjusted to where it's inbuilt in your routine. Yeah when you understand the effect of drugs or even fatty foods on your body and arteries it definitely makes me paranoid to always workout as much as possible. Had a similar issue to you for awhile though.

Avelt - May 16, 2021, 10:03 am

5 days per week, Thursday and Sunday my relaxing days. Don't think something crazy just basic training.

Hitachi - May 17, 2021, 9:29 am

I run/walk at least 2 miles every day, but if I'm really feeling it I'll go for 5+ miles. Also doing some bodyweight training and lifting. Currently cutting from around 16% BF to 10% for summer, so doing more cardio than usual. When I hit 10%, I'll start slow bulking towards 14-15% BF and do PPL 5-6 times a week. Rinse & repeat.

blackrose_x0x0 - May 17, 2021, 10:32 am

(May 17, 2021 09:29 AM)Hitachi Wrote: [\[CITE\]](#) I run/walk at least 2 miles every day, but if I'm really feeling it I'll go for 5+ miles. Also doing some bodyweight training and lifting. Currently cutting from around 16% BF to 10% for summer, so doing more cardio than usual. When I hit 10%, I'll start slow bulking towards 14-15% BF and do PPL 5-6 times a week. Rinse & repeat.

I'm also striving for around 10% BF for the summer, if I had to take a guess I'd say I'm around 15% right now but I could be higher, I spent a chunk of the winter on a good bulk, gained a good amount of strength and decent size especially on my arms (FINALLY). I'm in a slight calorie deficit at the moment but feeling good overall.

Artichoke - May 17, 2021, 10:49 am

I do a lot of general fitness but don't really lift weights. Run 7-10 miles almost every day, rock climb a few times a week, walk my dogs daily outside of that.

blackrose_x0x0 - May 17, 2021, 11:42 am

(May 17, 2021 10:49 AM)Artichoke Wrote: [\[CITE\]](#) I do a lot of general fitness but don't really lift weights. Run 7-10 miles almost every day, rock climb a few times a week, walk my dogs daily outside of that.

That is awesome, 7-10 miles a day is impressive, your heart must love you with all of that cardio.

Rock climbing seems really fun, I haven't done it since I was a kid. I'm basically looking for more "fun" ways to do cardio. I ended up buying a mountain bike at a yard sale yesterday, going to bring it

on a trail today.

Artichoke - May 17, 2021, 11:49 am

(May 17, 2021 11:42 AM)blackrosex0x0 Wrote: [\[CITE\]](#) That is awesome, 7-10 miles a day is impressive, your heart must love you with all of that cardio.

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It took a long time to get to the point where it no longer exhausts me. I just tune out and listen to music.

Rock climbing is great! Cardio, but also full body workout and builds muscle. I'm a big fan of biking as well, but I don't really have time for it right now. Good luck! It's more fun than running. I'd also try swimming if you can, real good workout thats quicker and less 'boring.'

Hitachi - May 17, 2021, 12:49 pm

(May 17, 2021 10:32 AM)blackrosex0x0 Wrote: [\[CITE\]](#) I'm also striving for around 10% BF for the summer, if I had to take a guess I'd say I'm around 15% right now but I could be higher, I spent a chunk of the winter on a good bulk, gained a good amount of strength and decent size especially on my arms (FINALLY). I'm in a slight calorie deficit at the moment but feeling good overall.

Great job on the progress! I've been on a ~500 kcal deficit and it's not really too bad, though the first week can be pretty shitty if you're coming off a bulk :P. Didn't take too long for me to adjust overall and I've actually learned to love fruits and veggies more.

(May 17, 2021 10:49 AM)Artichoke Wrote: [\[CITE\]](#) I do a lot of general fitness but don't really lift weights. Run 7-10 miles almost every day, rock climb a few times a week, walk my dogs daily outside of that.

Really impressive! Hope I'll hit those numbers one day too. Just gotta keep running every day :)

blackrose_x0x0 - May 17, 2021, 2:09 pm

(May 17, 2021 12:49 PM)Hitachi Wrote: [\[CITE\]](#) Great job on the progress! I've been on a ~500 kcal deficit and it's not really too bad, though the first week can be pretty shitty if you're coming off a bulk :P. Didn't take too long for me to adjust overall and I've actually learned to love fruits and veggies more.

Thank you! So far it's been better than my bulk, I had to change my diet up as I was experiencing all kinds of digestion issues for months, a lot of it due to dairy. Ended up drastically changing my diet to almost 100% whole foods with minimal seasonings and sauces, no dairy except for whey protein which I take lactaid with; really bland but it's working great for me and I feel better than ever.

Yes, the love for fruits and veggies is real! They really make such an awesome difference in how you feel. Also, my blood pressure has gone down a lot (I was borderline hypertension last year) so hurray for a healthy diet and exercise haha.

Hitachi - May 17, 2021, 3:28 pm

(May 17, 2021 02:09 PM)blackrosex0x0 Wrote: [\[CITE\]](#) Thank you! So far it's been better than my bulk, I had to change my diet up as I was experiencing all kinds of digestion issues for months, a lot of it due to dairy. Ended up drastically changing my diet to almost 100% whole foods with minimal seasonings and sauces, no dairy except for whey protein which I take lactaid with; really bland but it's working great for me and I feel better than ever.

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Awesome to hear! I feel exactly the same, healthy diet and exercise ftw. Let's keep it up :D

brightrobber - May 27, 2021, 7:00 am

i try to hit the gym 5-6 times a week and always something new crossfit, weights, combat sports, or just simple running at evenings

A Nobody - May 28, 2021, 4:57 am

Do you consider a few hours of manual labor a day, 5 or 6 days a week to be working out?

omartini - May 28, 2021, 5:48 am

I try to do 6 between weights and then aerobic stuff

blackrose_x0x0 - May 28, 2021, 9:07 am

(May 28, 2021 04:57 AM)A_Vile_User Wrote: [\[CITE\]](#) Do you consider a few hours of manual labor a day, 5 or 6 days a week to be working out?

I view working out as actively going out to pursue a specific goal whether it's building muscle, cutting fat, getting faster, improving cardio health maintaining health, etc...

With manual labor you are definitely active, heart rate is elevated, and you're working the muscles. Thing is, you may be using the same muscles over and over every day and not hitting other body parts because the job simply doesn't demand it. So yes, in a way it is working out but not with a goal in mind.

Manual labor taught me good discipline when I was younger. I had one hell of a strong back from it but the rest of my body was not up to par. Also, one thing I've noticed is many people in manual labor are straight up unhealthy, fat, and out of shape (like most Americans). If they took extra time to improve their health, it would make the job easier. Easier said than done though. The last thing I would want to do after working manual labor would be to go to a gym afterwards.

Pug Life - May 28, 2021, 9:14 am

Zero.

I only ride bike since i lost my drivers license and i feel much better now.

Cars make you really lazy imo atleast that was the case for me 10+ years of driving. I was driving even the smallest distances.

Havent been in a gym for many years now.

Im skateboarding a lot so if my Dirtbike (no gearshift) and that counts i workout almost daily ??

blackrose_x0x0 - May 28, 2021, 9:23 am

(May 28, 2021 09:14 AM)Pug Life Wrote: [\[CITE\]](#) Zero.

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I miss skateboarding a lot. I was really into it as a teenager with my friends. We'd go to skateparks, watch skate videos, obsessed with jackass, shows like viva la bam, we would play tony hawks pro

skater late into the night, it was life. Then it was like one day we all stopped and went our own ways.

I'm looking at getting myself an Alien workshop deck in the near future. I wonder if I can still kickflip... probably not haha

Grim - May 28, 2021, 9:27 am

5 days a week weight lifting as well as cardio on the bike after the weight session. And then I do abs on the weekend

Pug Life - May 28, 2021, 9:35 am

(May 28, 2021 09:23 AM)blackrosex0x0 Wrote: [\[CITE\]](#) I miss skateboarding a lot. I was really into it as a teenager with my friends. We'd go to skateparks, watch skate videos, obsessed with jackass, shows like viva la bam, we would play tony hawks pro skater late into the night, it was life. Then it was like one day we all stopped and went our own ways.

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I feel you, when i was younger we where soooo many skaters but at one point everyone goes one with his life, moves to other citys etc.

But out of like 30 people i was skating with, 25 of them still skate as im aware of. I see theyr insta vids almost daily.

I never stopped but we are like 3-5 active people now, the rest is all over the country shredding.

I mostly Freestyle nowadays but go get any deck fam, you have that kickflip again safe in like no time. ?

30y old boomer - May 28, 2021, 12:06 pm

5 weights (UL-R-PPL-R), 2 cardio, 1 GPP

sad - May 28, 2021, 5:21 pm

Ever since I got back into training after a bad depression I've been doing a 5 day PPL split,

Day 1 - Legs

Day 2 - Rest

Day 3 - Push

Day 4 - Pull

Day 5 - Rest

Repeat

I hit everything to true failure no half assing anything in the gym. Can't grow without giving new stimuli to the muscle.

littleRuu - May 28, 2021, 5:29 pm

I've been doing Upper/Lower splits for working out at the gym.

blackrose_x0x0 - May 28, 2021, 6:23 pm

(May 28, 2021 05:21 PM)-Nordic- Wrote: [\[CITE\]](#) Ever since I got back into training after a bad depression I've been doing a 5 day PPL split,

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I hit everything to true failure no half assing anything in the gym. Can't grow without giving new stimuli to the muscle.

This is what I love to hear! You're exactly right, you have to train HARD AF! It's the only way to push yourself to growth (with proper diet as well of course). Too many people train half assed at the gym. Go to any gym and you'll see the majority of the people barely breaking a sweat, knocking reps out like its nothing because they're using light weight.

I'm usually the guy who starts making grunting sounds because I'm literally pushing myself to failure and going for that one more rep, just one more! When you see someone who's pushing with all their might to get that bar up on the last set but just can't do it, you know they're training seriously and hard! It's the way to go!

Also glad to hear you started training after depression, I'm assuming/hoping that by getting back into training it has helped with your mental health? It's definitely helped with mine. I still have plenty of mental health struggles but not as bad when I was sitting on my ass, eating pizza and mcdonalds every day and getting high&drunk from sun up to sun down.

sad - May 28, 2021, 6:39 pm

(May 28, 2021 06:23 PM)blackrosex0x0 Wrote: [\[CITE\]](#) This is what I love to hear! You're exactly right, you have to train HARD AF! It's the only way to push yourself to growth (with proper diet as well of course). Too many people train half assed at the gym. Go to any gym and you'll see the majority of the people barely breaking a sweat, knocking reps out like its nothing because they're using light weight.

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I can highly recommend you watch some of Jordans Peters podcasts and training videos, he is the reason I changed the way I train.

(May 28, 2021 06:23 PM)blackrosex0x0 Wrote: [\[CITE\]](#) Also glad to hear you started training after depression, I'm assuming/hoping that by getting back into training it has helped with your mental health? It's definitely helped with mine. I still have plenty of mental health struggles but not as bad when I was sitting on my ass, eating pizza and mcdonalds every day and getting high&drunk from sun up to sun down.

Definitely, my sleep schedule was fucked, my food habits sucked, everything sucked. As I gradually got back into training and started eating and sleeping better things turned out for the better. I can still feel the depression linger in the back of my head and I'm a bit afraid that it will come back, but I'm gonna do my best to keep that shit away.

SIM-5022525 - May 28, 2021, 9:34 pm

I normally run 4-5 miles almost every day to maintain my fitness

Roonpara - June 16, 2021, 12:32 pm

I mainly prefer all days in a to do workout as it help to maintain a good physic

blackrose_x0x0 - June 16, 2021, 1:11 pm

(Jun 16, 2021 12:32 PM)Roonpara Wrote: [\[CITE\]](#) I mainly prefer all days in a to do workout as it help to maintain a good physic

So no rest days? Rest days for me as just as if not more important than training days.

kevwinner - June 16, 2021, 8:49 pm

My current split is:

Sunday - Legs

Monday - Chest

Tuesday - Back/Biceps

Wednesday - Shoulders

Thursday - Legs

Friday - Rest

Saturday - Rest

I've been trying to at least do legs twice a week but some weeks i'll throw in some cardio activity. Usually running or boxing if I am for sure in the mood.

Just started a new job and i've been super stressed so it's kind of taken a toll on the progression but you gotta keep on going

blackrose_x0x0 - June 17, 2021, 7:21 pm

(Jun 16, 2021 08:49 PM)kevwinner Wrote: [\[CITE\]](#) My current split is:

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Looks like a pretty legit workout program you got there.

It's tough to push forward and continually show up to work out when stress and other things in life take priority. At least for me though, exercise reduces stress even if its temporary. If I put enough stress on my body then I don't have time to think about other stressors in life at that moment which is nice.

Hope the new job works out and becomes less stressful over time!

Casp?r - June 19, 2021, 2:36 am

I mainly do prison workouts different types of pushups, situps, and pullups etc. For cardio, I just go for long walks. My job is physical so I also get a good workout from that as well.

Yanix - June 19, 2021, 2:44 am

(Jun 19, 2021 02:36 AM)Casp?r Wrote: [\[CITE\]](#) I mainly do prison workouts different types of pushups, situps, and pullups etc. For cardio, I just go for long walks. My job is physical so I also get a good workout from that as well.

Glad to hear that bro and maybe you've got a great body built.

I am planning to do some workout starting maybe in 2 weeks and hoping I can get back on the old

workouts I am doing :D

SIM-3205632 - June 19, 2021, 3:29 am

5-6 gyms just opened up again so currently 4-5 to get back into it.

(Jun 16, 2021 08:49 PM)kevwinner Wrote: [\[CITE\]](#) My current split is:

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Are you on steroids? If not why not just do push/pull/legs? You're doing a brosplit.

Gatez - June 19, 2021, 7:13 am

O, im more of a long walk/jog kind of guy. Impressive to see some of the work you guys put in though.

CollectingTime - June 19, 2021, 7:22 am

Lifting weights 4-5 days per week and doing cardio 3-4 times per week too.