

Forum:[Hack Forums](#)

Thread: [What are you 2023 fitness goals?](#)

Biggy - February 25, 2023, 9:44 pm

What's up HF?

I thought it'd be interesting to get a gauge of HF members fitness goals for this year, then look back on it next year to see how we did.

For me, my goal this year was to get myself back on my healthy lifestyle as the last 2 years I really let go, after nearly 6 years of healthy eating/working out. So far this year, I'm down 45 pounds and feeling pretty good again. My goal for the rest of this year is to continue to eat right, and get my body in the best shape it's ever been.

So what about you? Any plans this year that we can reflect back on next year?

Komodo - February 25, 2023, 9:51 pm

Just maintain, same as I always do.

Glad to hear you're back on the righteous path, now you have no excuses to not post in my daily workout checkin.

I should probably be more active in there as well, I workout everyday but got lazy with posting.

Biggy - February 25, 2023, 9:59 pm

(Feb 25, 2023 10:51 PM)Komodo Wrote: [\[CITE\]](#) Just maintain, same as I always do.

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For sure!

Although right now, I just sprained my ankle playing basketball. It's extremely swollen so I probably won't be lifting until sometime next week.

Here's to praying it's just a sprain. A few months ago, I did the same exact thing to my left ankle, and got it scanned twice, they said nothing broken. Paid over 1000\$ in scans that I'm not trying to pay again.

Komodo - February 25, 2023, 10:02 pm

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I read once in a medical book that if you can walk on it, then usually it's a sprain instead of a fracture.

I read it in the same textbook as the Ottawa Ankle exam, which is an exam MD's use to rule out if they need an X-Ray or not.

Biggy - February 25, 2023, 10:07 pm

(Feb 25, 2023 11:02 PM)Komodo Wrote: [\[CITE\]](#) I read once in a medical book that if you can walk on it, then usually it's a sprain instead of a fracture.

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Well that's helpful, you probably just saved me some money on going to get it checked out.

What's weird is that the pain is starting to go up my leg into my shins. Hopefully it's just a reaction to the ankle pain or something. But to your point, I can somewhat walk on it, so should just be a sprain thankfully.

Komodo - February 25, 2023, 10:12 pm

(Feb 25, 2023 11:07 PM)Biggy Wrote: [\[CITE\]](#) Well that's helpful, you probably just saved me some money on going to get it checked out.

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I read this other medical book once that talked about high ankle sprains, they're pretty cool.

It was a good read, talked about something called a Kleigers Test.

Kleigers Test and the Ottawa Ankle Exam I YouTubed and it showed me exactly how to do it, very informative book.

Eran - February 26, 2023, 5:46 am

To do more clean bulking. I'll bulk for 2 more months then cut for 2 months as well, just to lose that little extra fat for summer. During summer I'll maintain and then back to bulking again.

kimbut - February 26, 2023, 8:11 am

To see my abs again.

I've bulked and lifted the past few years just for my mental and always get compliments from my friends about how big and strong I am.

But I have gotten a bit of a gut I've never had before since I used to be so skinny.

Ex also cheated on me with a dude she said had abs but was "annoying".

So in a way I guess it's another rune to feel more good enough.

Biggy - February 26, 2023, 12:37 pm

(Feb 26, 2023 06:46 AM)Eran Wrote: [\[CITE\]](#) To do more clean bulking. I'll bulk for 2 more months then cut for 2 months as well, just to lose that little extra fat for summer. During summer I'll maintain and then back to bulking again.

Sounds like a good plan. How's your current bulk going?

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You got this man. Get yourself some better abs, and rub it in her face.

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(Feb 26, 2023 01:37 PM)Biggy Wrote: [\[CITE\]](#) Sounds like a good plan. How's your current bulk going?

You got this man. Get yourself some better abs, and rub it in her face.
Pretty well. I have no problems bulking, I love it. Cutting is gonna be hard.

blackrose_x0x0 - February 27, 2023, 12:11 pm

I have a few fitness goals this year, but the main ones are continuing to "maingain" and keep improving strength and hypertrophy. My main goal is to keep training harder and harder for a few obstacle course races I've signed up for, one of them being a Spartan race.

That's about it really. The real challenge is getting after it each and every single day with no excuses. It's easy as hell to go for a workout when you're feeling good, and things are going well in life. It's a totally different thing when you feel like total shit and would be much easier to sit inside, order a pizza, etc...

Dirty - February 27, 2023, 12:19 pm

maintaining my daily habit of going to have my workout before I start working for the day, I used to always use a bunch of excuses after work to not go workout. Not having to think/worry about getting my workout in since it's already been done is a live changer for me, I also absolutely hate going to the gym after work vs all the chill lads I see at 6am

wojack - February 27, 2023, 12:36 pm

this year will be different for me since i was a powerlifter and a wrestler when the time passed i did a surgery that i had to rest from it a year, now all is great i returned and i am back on the track so my goal for this year is to lose weight and stay healthy.

Biggy - March 1, 2023, 9:14 am

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You got this man! Stay motivated and consistent.

(Feb 27, 2023 01:19 PM)Dirtybox Wrote: [\[CITE\]](#) maintaining my daily habit of going to have my workout before I start working for the day, I used to always use a bunch of excuses after work to not go workout. Not having to think/worry about getting my workout in since it's already been done is a live changer for me, I also absolutely hate going to the gym after work vs all the chill lads I see at 6am

How are you doing so far this year on that?

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Good to hear you're back in action. Being put on the sidelines is never fun.

Dirty - March 2, 2023, 12:28 pm

(Mar 1, 2023 10:14 AM)Biggy Wrote: [\[CITE\]](#) You got this man! Stay motivated and consistent.

How are you doing so far this year on that?

Good to hear you're back in action. Being put on the sidelines is never fun.
pretty solid, most days I wake up at 6am, have a 10min walk to the gym workout for about an hour walk back. Shower and whatnot to get going to the office if im not working home, it's improved my mental state alot

????? - March 2, 2023, 12:52 pm

My main fitness goal is maintain my figure and become a more hot and sexy day to day??.

iiFinance - March 3, 2023, 6:55 am

I'd like to be benching 350 by hopefully end of the year if not sooner. Also lose around 10 more pounds when I do it. Lean mean shredded machine!

Biggy - March 3, 2023, 8:54 pm

(Mar 3, 2023 07:55 AM)iiFinance Wrote: [\[CITE\]](#) I'd like to be benching 350 by hopefully end of the year if not sooner. Also lose around 10 more pounds when I do it. Lean mean shredded machine!
Pretty solid goal man. Wishing you the best of luck with it!

SRT - October 9, 2023, 7:17 pm

I want to be able to bench 100kg for 6 - 10 reps easily without a spotter by late 2024.

Also want to make a home gym with the best equipment and all steel weights

vanilla_penguin1 - October 10, 2023, 2:19 pm

Still working towards it, but looking to gain latest 20 pounds of lean muscle. At 10 gained right now, started around 11 months ago but lost a bunch of progress following a depressive episode. Im back to myself now and although I know its gonna be near impossible, still trying finish my goal before the end of the year!

Yin Yang - October 10, 2023, 2:24 pm

A little less than 3 months lefts until '23 is over. I definitely splurged and was having fun over the past year, so I went from 160 to 180. Time to get back into gear & cut until thanksgiving ?

Prettykitty - October 10, 2023, 2:24 pm

Want to gain some weight, and also get stronger in general. Improving blood circulation would be nice. Hope to change my workplace so it promotes myself to move.

Biggy - October 11, 2023, 9:10 am

(Oct 10, 2023 02:24 PM)Yin Yang Wrote: [\[CITE\]](#) A little less than 3 months lefts until '23 is over. I definitely splurged and was having fun over the past year, so I went from 160 to 180. Time to get back into gear & cut until thanksgiving ?

You got this man! That'll come right after with some dedication.

(Oct 10, 2023 02:24 PM)Prettykitty Wrote: [\[CITE\]](#) Want to gain some weight, and also get stronger in general. Improving blood circulation would be nice. Hope to change my workplace so it promotes myself to move.

Good luck! Hold yourself to it and track your progress daily.

Biggy - October 11, 2023, 9:28 am

(Oct 11, 2023 09:26 AM)Focus Broken Wrote: [\[CITE\]](#) I guess it's a little late to specify a goal I already reached, but I surpassed and held my long time weight goal (180 lbs) this year. I can tell it's paid off too in regards to my frame.

Nice man. That's right about where I'm sitting at, 175-180. Started this year at 260.

Aeowulf - October 12, 2023, 6:33 am

To be honest, I need to get more cardio in. My work schedule is going to kill me so I need to improve my cardiovascular health. Just finding the time and energy is the struggle.

Covid19 - October 27, 2023, 10:18 am

I guess mine are more 2024 goals but im hoping to bulk up till spring. then cut it out for summer. ready to get that beach body that the ladies break there necks looking at lol