

Forum:[Hack Forums](#)

Thread: [Transformation from Bulking to Cutting](#)

Sigma - August 5, 2023, 4:57 pm

This cut took me about 6 months in total.

Yin Yang - August 5, 2023, 5:01 pm

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Sigma - August 5, 2023, 5:02 pm

(Aug 5, 2023 05:01 PM)Yin Yang Wrote: [\[CITE\]](#) Your attachment isn't loading for me

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How do I fix that because it is showing on my side?

Yin Yang - August 5, 2023, 5:03 pm

(Aug 5, 2023 05:02 PM)Sigma Wrote: [\[CITE\]](#) How do I fix that because it is showing on my side?
Hmm maybe it's just me, I'm mobile on iPhone safari

Reactor - August 5, 2023, 5:24 pm

nice work man 6 months of hard work or like 1~2 hours ? i think to do like you did but don't have enough time i think

Wilmer - August 6, 2023, 12:05 am

(Aug 5, 2023 04:57 PM)Sigma Wrote: [\[CITE\]](#) This cut took me about 6 months in total.

Looking good man! As someone who loves the gym I know that wasn't easy. Takes crazy discipline especially in the kitchen. Not today but one day I'll look like you too. Goals for sure!

grilledservices - August 6, 2023, 4:58 am

Good shit bro! Jumping back on the bulk yet?

Sigma - August 6, 2023, 7:53 am

(Aug 6, 2023 04:58 AM)grilledservices Wrote: [\[CITE\]](#) Good shit bro! Jumping back on the bulk yet?
Funny you ask! I am starting on a slow bulk at the end of August. Been on maintenance for a bit since my body was fighting back too much at that low of body fat.