

Forum:[Hack Forums](#)

Thread: [Favorite Exercise](#)

Aeowulf - October 4, 2024, 11:40 am

What's your favorite exercise and why?

I LOVE the PULLUPS.

A simple body weight exercise, it's challenging, but also a good indicator of overall fitness.

Jen - October 5, 2024, 3:31 am

Sex is an underrated exercise, its kept me fit.

Aeowulf - October 5, 2024, 5:07 am

(Oct 5, 2024 03:31 AM)Jennax Wrote: [\[CITE\]](#) Sex is an underrated exercise, its kept me fit. It very much is! Great cardio, full-body workout. Good for mental health too.

Mooooookie - October 11, 2024, 10:54 pm

My favorite exercise would have to probably be pull ups. Forward facing pull ups to be exact, not the ones where you curl your arm. Pull ups really build up them forearms.

Aeowulf - October 12, 2024, 4:26 am

(Oct 11, 2024 10:54 PM)Mooooookie Wrote: [\[CITE\]](#) My favorite exercise would have to probably be pull ups. Forward facing pull ups to be exact, not the ones where you curl your arm. Pull ups really build up them forearms.

YES. These are the ones. The curl type I just call chin-ups.

Zalbai - October 12, 2024, 5:59 am

I love all six pack exercises

Mooooookie - October 12, 2024, 7:00 am

(Oct 12, 2024 04:26 AM)Aeowulf Wrote: [\[CITE\]](#) YES. These are the ones. The curl type I just call chin-ups.

Bingo. And yes, you're right.. chin-ups probably would be the official name to call the other type. Forward facing ones are more difficult, but they sure do a good job at strengthening up the forearm.

Aeowulf - October 12, 2024, 5:59 pm

(Oct 12, 2024 07:00 AM)Mooooookie Wrote: [\[CITE\]](#) Bingo. And yes, you're right.. chin-ups probably would be the official name to call the other type. Forward facing ones are more difficult, but they sure do a good job at strengthening up the forearm.

They're more difficult AT FIRST. When i first started doing both, I could do more chin ups, so I kept doing them. In a year, i went from 8 to 12. Not much improvement. I hurt my wrist so switch to a true pullup, and I could only do 2. Fast forward 2 months and I was doing 14. It took me another year to get to 20, and then another to get to 24 (because I usually just stopped at 20).

Yin Yang - October 12, 2024, 5:59 pm

Incline chest dumbbells for me

Mooooookie - October 12, 2024, 11:16 pm

(Oct 12, 2024 05:59 PM)Aeowulf Wrote: [\[CITE\]](#) They're more difficult AT FIRST. When i first started doing both, I could do more chin ups, so I kept doing them. In a year, i went from 8 to 12. Not much improvement. I hurt my wrist so switch to a true pullup, and I could only do 2. Fast forward 2 months and I was doing 14. It took me another year to get to 20, and then another to get to 24 (because I usually just stopped at 20).

Yeah, that's how it pretty much started for me too. When I first tried them, I was like hell no.. these are too difficult. But after watching my friend doing them repeatedly, it motivated me to start getting myself conditioned to do it. Started small, and as you said, just worked my way up slowly. I haven't done them in sometime.

Chrome - *October 13, 2024, 12:12 am*

Pickleball or any kind of lifting.

DashPHP - *October 13, 2024, 12:19 am*

I've been a huge fan in back related exercises

sharn - *October 13, 2024, 4:42 am*

Pull-ups are my favorite because they really challenge your upper body strength.

Eran - *October 14, 2024, 11:23 am*

I love the bench press, biggest pump and greatest feeling!

RangoWorld - *November 23, 2024, 11:05 pm*

Stretching and Running.