

Forum:[Hack Forums](#)

Thread: [Bulking now, then keto diet for 2+ months](#)

Eran - January 5, 2025, 2:12 pm

This is my plan, kind of for a nicer summer body.

I will be bulking for the next 2-3 months, then keto diet for 2+ months. I've done keto before and have had great success and results, but I barely worked out during that period. I will be looking to get as much as healthy muscle mass as possible during my bulking phase and then switch to keto which should shred my fat making me leaner.

I might post a day-to-day progress when I start the keto.

Do you have any 2025 workout/gym plans?

Bastille - January 5, 2025, 2:17 pm

Would be nice to see the results of the bulk and keto programs. First time I hear about "keto diet"

I'm back to the gym after my burnout and not moving for almost a year, it's hard, there is not a lot of weights on the bars but it's not the first time I'm going back to the gym after a long pause, I know it will come back with the muscle memory.

I don't schedule my workout, I'm going to the gym when I feel great, usually between 2 and 3 times per week, prioritizing legs, then back and arms.

Eran - January 5, 2025, 2:20 pm

(Jan 5, 2025 03:17 PM)Bastille Wrote: [\[CITE\]](#) Would be nice to see the results of the bulk and keto programs. First time I hear about "keto diet"

I'm back to the gym after my burnout and not moving for almost a year, it's hard, there is not a lot of weights on the bars but it's not the first time I'm going back to the gym after a long pause, I know it will come back with the muscle memory.

I don't schedule my workout, I'm going to the gym when I feel great, usually between 2 and 3 times per week, prioritizing legs, then back and arms.

Here's a short guide I wrote on it:

<https://hackforums.net/showthread.php?tid=6278848>

-although reading it now I'd probably add a bit more protein to the macro ratio.

I workout at home, I have dumbbells and some other basic equipment, will probably buy a bench chair very soon. I will measure how much weight I have now, at the end of my bulk phase and then during & after the keto diet.