

Forum:[Hack Forums](#)

Thread: [Gym Routine -](#)

RootRXXT - January 15, 2025, 9:57 am

So just trying to get to full strength and super fit so I can race dirtbikes again.

Go to the gym
start a 20min cycle session at intermediate pace
take the stairs machine of death 20 mins
then 20 min of ab crunches and Russian twists

this is me for the next 2 weeks.

Secrets - January 15, 2025, 10:52 am

(Jan 15, 2025 10:57 AM)RootRXXT Wrote: [\[CITE\]](#) So just trying to get to full strength and super fit so I can race dirtbikes again.

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start a 20min cycle session at intermediate pace
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Core strength is essential for stability and control while riding. I suggest including some variety in that scene.

Just remember to recover and rest as well to avoid injury or burnout, none the less solid. ?

Eran - January 16, 2025, 4:46 am

Why next 2 weeks? What happens then? :D

plops - January 17, 2025, 7:14 am

2 weeks is all you need to be super fit? Wish i had those genetics

Omniscient - January 18, 2025, 11:40 am

Good luck on your routine. It doesn't appear well-rounded to me. Feels like some things are missing.

What about leg and back strengthening?

RootRXXT - January 20, 2025, 9:49 am

(Jan 18, 2025 12:40 PM)Omniscient Wrote: [\[CITE\]](#) Good luck on your routine. It doesn't appear well-rounded to me. Feels like some things are missing.

What about leg and back strengthening?

Good question Omni, my plan is to actually just get my legs into a semi workable shape, had a few dirt bike accidents in the past, so just want to warm them up into that essentially.

For back, I will be taking that up fortnightly.

Komodo - January 20, 2025, 10:00 am

(Jan 20, 2025 10:49 AM)RootRXXT Wrote: [\[CITE\]](#) Good question Omni, my plan is to actually just get my legs into a semi workable shape, had a few dirt bike accidents in the past, so just want to warm them up into that essentially.

For back, I will be taking that up fortnightly.

If I were you, I'd hit my legs with weightlifting exercises as well as the bike / stairs / cardio to strength them even more.

Tyr - January 20, 2025, 1:09 pm

Will I see any gains if I am just working out 2-3x a week in my late twenties (used to be 6'0 170 all muscle 10 years ago) after losing a significant amount of my muscle? Does anyone have a meal prep plan they would recommend? Proteins? I've been putting this off for awhile because my knees are starting to hurt but I do core in my room every day.

Ty

RootRXXT - January 20, 2025, 2:45 pm

(Jan 20, 2025 02:09 PM)Tyr Wrote: [\[CITE\]](#) Will I see any gains if I am just working out 2-3x a week in my late twenties (used to be 6'0 170 all muscle 10 years ago) after losing a significant amount of my muscle? Does anyone have a meal prep plan they would recommend? Proteins? I've been putting this off for awhile because my knees are starting to hurt but I do core in my room every day.

Ty

yea man, can give you my meal plan if you want it, 3 times a week is heaps, but meals is the key!

HALx86 - January 20, 2025, 9:19 pm

The workout that works best for me a push day, a pull day, and a leg day. Not sure if it'll work for you but love the passion for fitness.