

Forum:[Hack Forums](#)

Thread: [AMA about training/diets.](#)

problems.x - January 25, 2025, 11:33 pm

Hey team, been a while since I gave back to this forum. I plan on being a bit more active nowadays.

I would like to help or answer any questions you all have based around training for sports, diets, etc.

A bit of background about me is that I'm a professional athlete (it doesn't pay much what I do lmao). I've had a lot of experience in various types of training, especially to do with cutting weight, cardio/strength programs, and also recovery and diets.

Please either PM me or post on this thread if you have any questions whatsoever.

problems.x - January 26, 2025, 12:19 am

(Jan 26, 2025 01:04 AM)Lowkey Wrote: [\[CITE\]](#) Hello yea, what is the best way to gain weight + muscle

Weight is more important in this scenario specific to my question

There's many diets you can try, however I suggest you understand the importance of continuous training whilst putting on mass. You don't want the extra calories to turn into fat.

Personally for me, I've always had success clearing 3,500 calories per day, that seems to put on weight for me if I'm through a light training block.

Don't listen to the dirty bulk theories, they're a crock of shit. How often do you currently work out? What is your current weight? What is your target weight? What is your current diet (approx).

Do you track what you intake in terms of calories, do you track your workouts?

Flan. - February 6, 2025, 7:16 am

Hey, that's great to hear! I've been looking for some advice on cutting weight for my upcoming sports season. Do you have any tips or specific programs you recommend? Thanks in advance!