

Forum:[Hack Forums](#)

Thread: [Day 2 of 7am gym visits](#)

Hackers - January 21, 2026, 5:21 am

Second day in a row of 7am gym. Yesterday i focused on running only for 5&5 alternating walk/run for an hour. Today I did a 5 minute speed walk 5 minute run 5 minute speed walk, and then I did back & shoulder workouts on the machine, few minutes of intense abs, and then finished up with 5 minute walk, 3 minute run, and 2 minute cooldown walk.

I didn't really take breaks so it got my heartrate up and had me practicing the fine art of breathing. I am making this a routine, I feel great and it's a solid way to wake up & kick the day off right with a better metabolism. and mental confidence about the day.

I'm treating it with a mantra of "I will kill every negative feeling in this gym before I go to work"

7 - January 21, 2026, 6:01 am

Good for you mate. It really makes a difference to your life.

I used to be part of the 5am club but I have to stay online until 2am now so I cant do 5am its just not enough sleep

Hackers - January 21, 2026, 6:25 am

(Jan 21, 2026 07:01 AM)7 Wrote: [\[CITE\]](#) Good for you mate. It really makes a difference to your life.

I used to be part of the 5am club but I have to stay online until 2am now so I cant do 5am its just not enough sleep

Thanks, it seems to be cheering me up a lot this week. I love it and am determined not to fall out of the habit. I am going back this evening for a light workout again and then hanging out in the gym's sauna & jacuzzi probably

I used to be really into the gym, biking, and sports, but it has been a while. Ready to get back into it. I am determined to shed some weight and build my muscles up again and then I'll probably take a look at playing rugby again in the Fall. Not sure though, hard on the knees and in the past I fell out of my gym routine a bit when taking up rugby because of that. We'll see. I'm also interested in coaching, but for the next 6 months it's gym, gym, gym.

7 - January 21, 2026, 6:29 am

(Jan 21, 2026 07:25 AM)nodes Wrote: [\[CITE\]](#) Thanks, it seems to be cheering me up a lot this week.

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Thai Chi - Try it out. Great body training.

Hackers - January 21, 2026, 6:50 am

(Jan 21, 2026 07:29 AM)7 Wrote: [\[CITE\]](#) Thai Chi - Try it out. Great body training.

I'll check it out, maybe there's a way to bring that into my stretching routine or as a warm up / cool

down

thanks

Cap - January 21, 2026, 7:45 am

Working out has always been my therapy. Great way to get rid of stress and just feel good about yourself. I've been slowly building an at-home gym for myself, that way I can always find time to get a workout in.

MoOne - January 23, 2026, 12:21 am

Awesome! Keep it up, next step is 3rd day then 4th. Best thing to do is just take it day by day. Sounds like you're doing great

SIM-2470866 - January 23, 2026, 5:04 am

I swear I have been meaning to change my Gym timings from night to morning routine but I always end up slacking and sleeping the whole morning off...

Well good for you tho, I used to do Early mornings back in 2020 and I can confirm that was the best ERA as I used to feel fresh, always motivated and focused.

umadorwat - January 27, 2026, 10:27 am

(Jan 21, 2026 06:21 AM)nodes Wrote: [\[CITE\]](#) Second day in a row of 7am gym. Yesterday i focused on running only for 5&5 alternating walk/run for an hour. Today I did a 5 minute speed walk 5 minute run 5 minute speed walk, and then I did back & shoulder workouts on the machine, few minutes of intense abs, and then finished up with 5 minute walk, 3 minute run, and 2 minute cooldown walk.

I didn't really take breaks so it got my heartrate up and had me practicing the fine art of breathing. I am making this a routine, I feel great and it's a solid way to wake up & kick the day off right with a better metabolism. and mental confidence about the day.

I'm treating it with a mantra of "I will kill every negative feeling in this gym before I go to work" How has work been hitting after getting an early morning pump in? It's gracious I can't lie.

Cosa Nostra - January 27, 2026, 12:49 pm

That's honestly a solid routine, especially this early on. Mixing walk/run with lifting keeps it sustainable instead of burning out by day 5.

I also started again this Week and I feel GOOD.

Hackers - January 27, 2026, 3:30 pm

(Jan 21, 2026 08:45 AM)Cap Wrote: [\[CITE\]](#) Working out has always been my therapy. Great way to get rid of stress and just feel good about yourself. I've been slowly building an at-home gym for myself, that way I can always find time to get a workout in.

It's turning into that for me. I am looking forward to going tomorrow

This morning was hellish before I left, little sleep, and head fog. I just told myself I'll feel better after working out, got up & got out the door. Well worth it, had a great day, didn't feel tired again for maybe 6 hours or so after my workout

(Jan 23, 2026 01:21 AM)MoOne Wrote: [\[CITE\]](#) Awesome! Keep it up, next step is 3rd day then 4th. Best thing to do is just take it day by day. Sounds like you're doing great

Day by day is right. The gym was closed 1 day but I did a bunch of labor around my home outside so I counted that, and then I walked a mile in a snowstorm lol

I skipped one day last week and regretted it, so have been going every day since.

(Jan 23, 2026 06:04 AM)SIM-2470866 Wrote: [\[CITE\]](#) I swear I have been meaning to change my Gym timings from night to morning routine but I always end up slacking and sleeping the whole morning off...

Well good for you tho, I used to do Early mornings back in 2020 and I can confirm that was the best ERA as I used to feel fresh, always motivated and focused.

Honestly it's great. I did work out the other night instead of morning. It was fine but I missed how I felt during the day and ended up being wide awake & staying up late because of it.

Today & 2 days last week really proved to me that if I am tired as fuck, sleeping for another 1-2 hours won't make me feel as good as going to the gym if sleeping in means I can't go to gym before work. I always feel better & more awake leaving the gym and at work than how I feel going there in morning.

Getting out the door while tired can be harder than actually exercising

(Jan 27, 2026 11:27 AM)umadorwat Wrote: [\[CITE\]](#) How has work been hitting after getting an early morning pump in? It's gracious I can't lie.

Fucking great. Much happier person in general, but I've been killing it at work. Better mood, more awake, more focused, etc.

(Jan 27, 2026 01:49 PM)Cosa Nostra Wrote: [\[CITE\]](#) That's honestly a solid routine, especially this early on. Mixing walk/run with lifting keeps it sustainable instead of burning out by day 5.

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Yeah it feels very sustainable so far. I'm trying to go for a well rounded weekly routine that lets me mix & match different workouts, not overdo it on certain muscles, and actually be helpful.

My goal is to keep this up for the entire year, and ideally decades to come.

I agree... Feel fucking great lol. I basically didn't do much more than walk for last 10 years but since I was so involved with sports and working out before that, it's like riding a bike... Easy for me and I know how to do all the different workouts, correct posture, machines, free weights, etc.

Right now though I am more focused on the mental improvements than physical. I weighed myself once but probably only weighed myself like 4x in all of last year anyways. I can't say if I lost or gained because it has been so long since I weighed. I can tell in the mirror that I am doing the right things, eating better (why ruin the effort?), and things will be great. I'll finally actually hit the cliché goal to get my summer bod in order, something I haven't done for a long time. But mental game? Already seeing the benefits & it would be hard to go back at this point for that reason alone, let alone any physical improvements I gain too.

Cap - January 27, 2026, 4:41 pm

(Jan 27, 2026 04:30 PM)nodes Wrote: [\[CITE\]](#) It's turning into that for me. I am looking forward to going tomorrow

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Are you following any particular program or kind of just feeling it out?

7 - January 27, 2026, 5:16 pm

Did day 3 happen? I haven't seen a thread

umadorwat - January 28, 2026, 12:05 am

(Jan 27, 2026 04:30 PM)nodes Wrote: [\[CITE\]](#) It's turning into that for me. I am looking forward to going tomorrow

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Fuck yeah bro, keep going, this year is ours.

Hackers - January 28, 2026, 6:07 am

(Jan 27, 2026 06:16 PM)7 Wrote: [\[CITE\]](#) Did day 3 happen? I havent seen a thread I am far past day 3!! I am going to make a daily workout thread and people can share what they did each day

(Jan 28, 2026 01:05 AM)umadorwat Wrote: [\[CITE\]](#) Fuck yeah bro, keep going, this year is ours. hell yeah, yes it is

I felt like shit again this morning but forced myself to go. 2.5 min walk, 2.5min run, 2.5min walk.

Then did 9 sets of chest workouts on 3 different machines, 3 sets each. Then I did a couple planks for abs for the hell of it, and then I did 2.5m walk 2.5m run 2.5m walk again, then jumped in shower, raced home, and now at work as of a few minutes ago :)

Every time I wake up tired, I just tell myself that I have never once felt bad leaving the gym, only ever going to the gym... so get up and go. So far so good. I am a creature of habit, I feel like I can't afford to waste a day because of negative thoughts in the morning. The best answer to negative thoughts and tiredness is the gym - hoorah lol

Blood pumpin', ready to tackle the day

umadorwat - January 28, 2026, 2:25 pm

(Jan 28, 2026 07:07 AM)nodes Wrote: [\[CITE\]](#) I am far past day 3!! I am going to make a daily workout thread and people can share what they did each day

hell yeah, yes it is

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Blood pumpin', ready to tackle the day

Fuck yeah, sounds like a solid pump. Yeah I feel you, I always struggle in the morning, but when I'm finally at the gym and I'm finished. I'm ready to start my day, different type of energy for sure.

Hackers - January 30, 2026, 6:03 am

(Jan 28, 2026 03:25 PM)umadorwat Wrote: [\[CITE\]](#) Fuck yeah, sounds like a solid pump. Yeah I feel you, I always struggle in the morning, but when I'm finally at the gym and I'm finished. I'm ready to start my day, different type of energy for sure.

I should've just gone today, I will go tonight, but I already can tell I'm starting work in a different mood than if i had gone this morning