

Forum:[Hack Forums](#)

Thread: [Earlier gym time - day one of new time](#)

Hackers - February 3, 2026, 3:36 am

So, decided to go even earlier. I usually wake up at 630 to get to gym for 7-730.

Woke up at 615 today, to get there before 7.

Might even get myself to wake at 6 next week once I am more adjusted to this. This will give me more time after gym, before work officially kicks off.

7 - February 3, 2026, 4:44 am

(Feb 3, 2026 04:36 AM)nodes Wrote: [\[CITE\]](#) So, decided to go even earlier. I usually wake up at 630 to get to gym for 7-730.

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Best time to go mate. I used to love going to gym and spa at this time gets you ready for the day.

Hackers - February 3, 2026, 5:47 am

(Feb 3, 2026 05:44 AM)7 Wrote: [\[CITE\]](#) Best time to go mate. I used to love going to gym and spa at this time gets you ready for the day.

Yeah just did some intense leg workouts and then jacuzzi for 15 minutes, made a friend, then cold shower, and now ready for work in 15

Man, hadn't done a squat in 10 years. Did reps of 250, then up from there all the way up to 330 LB squats until I couldn't do 10 in a row anymore and did two sets of 7 and 8. Then I dropped back to 250 and did some more. Then jumped on some other machines to hit every muscle group waist down

Then I biked a couple miles, then I did hips on a machine for reps of 15-30 at 250LB

Fucking love this shit

Kill every negative thought and feeling every morning