

# Im 220, 6 4, ive gained 30 pounds but next to no muscle

1 upvotes | 12 January, 2020 | by clickherebaby

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This almost undoubtedly due to my protein intake. I probably get around 210 220 g, and i need 100 more. The thing is after months of eating regimented, its still not any easier. There have been quite a few days i fell of hard. But all in all ive gained on the scale. Ive gotten stronger too, but my muscles look more or less the same. Im bigger forsure but its most likely just fat on top of my muscle.

I actually hate eating now because im eating less than every 2 hours. And i get hungry, but never have an apetite. There are many times I just chew and swallow the chicken of the eggs in the am.

Anyone here my size and eating nearly 4k calories a day? If so, any tips? And if you could break down your daily macros by meal that be lit.

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## Comments

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theUnBannableHulk • 10 points • 12 January, 2020 02:42 PM

Reminds me of that episode from It's Always Sunny when Mac just eats like a fatass but doesn't believe he needs to workout to get jacked ☐

Mac...is that you?

It's me Dennis.

clickherebaby • 1 point • 12 January, 2020 02:43 PM

Lmao i need to get on that show. I work out 5 days a week.

theUnBannableHulk • 3 points • 12 January, 2020 02:50 PM

Oh shut up sweet dee.

☐

Jk but Honestly bro I'd say fuck the advice and just cut back on eating until you find a healthy balance. You literally don't have to follow the advice of eating fuckloads unless you're on a cycle or if it works for you.

What they don't mention is they eat 10 times a day and inject 20 times a day. Lol exaggerating but you get the picture

[deleted] 12 January, 2020 03:52 PM

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clickherebaby • 1 point • 12 January, 2020 04:18 PM

Pretty typical. Chest tris abs, back bis, should. Abs legs, arms abs

Brodin69 • 3 points • 12 January, 2020 04:21 PM

Thats listing body parts not a routine.

clickherebaby • 1 point • 12 January, 2020 04:23 PM

Thats my weekly routine. Do you want specifics of each of those days g?

dmi\_3 • 7 points • 12 January, 2020 03:46 PM

You aren't lifting enough, that's all. Go look up a program and stop wasting time in the gym.

clickherebaby • 1 point • 12 January, 2020 03:50 PM

I work very hard in gym, especially on my volume days. I did 10 sets of squats after working up to a max, just to work on form. And thats just squats. I actually have to be very careful to not go overboard. My body is very prone to injury. I spent my early 20s (24 now) in and out of physical rehab. It fucking sucked. Thanks for the feedback though

dmi\_3 • 2 points • 12 January, 2020 08:52 PM

Fair enough mate, all I wanted to say is I've been fucking around in the gym for 3 years before I finally

realized I needed to push heavy every workout, my program was shit but at least I just focused on doing the same exercises all the time and pushed myself. I've set results for example I said to myself I can't expect big arms until I bench 100kg, and guess what, I got decent arms when finally reached that weight. So set weight goals and move towards them.

clickherebaby • 1 point • 12 January, 2020 09:01 PM

Bro i appreciate the Intel its going into the database for sure. I used to be afraid of heavy weight because of injuries, but my form mustve been off. I just got hit a high in deadlift and 185 pounds felt heavy. I was walking the track, lower back tight thinking "nothing ever goes according to plan" in a stoic way, letting myself off the hook for what i set out to do. But then i challenged that thought and said fuck it today will go exactly as planned and i made it happen. Great feeling

dmi\_3 • 1 point • 12 January, 2020 09:38 PM

If it feels bad then do lower wait, it's not a race, building a body takes years but with right technique you will see results over a few months. I've had problems with deadlifts when I pulled my back at least twice, second time was horrible, since then I rarely deadlift over 100kg as I just don't need it any more. It's all learning process and no one is gonna give you 100 working advice because they don't know what works for you,

clickherebaby • 1 point • 12 January, 2020 09:01 PM

Good shit on the 100kg btw

dmi\_3 • 2 points • 12 January, 2020 08:59 PM

And my settings goals I mean say you want to bench 100kg, the best way to increase strength actually depends on you, for me what worked best was aiming for 5x5, I'd warm up progressively until I reached working weight of say 80kg, then do my best to do 5x5 with that weight. If it's done, I increase by 2.5, if not then I will do more lower weight reps to make up for reps I've missed. I'll also do heavy dumbbell bench after that, it hits chest really well. Slowly not surely with moderate eating you can get there. Try that with 1 exercise like bench for a few months and you will understand your body better.

learning0007 • 4 points • 12 January, 2020 02:42 PM

That's enough protein, try actually lifting weights

clickherebaby • 1 point • 12 January, 2020 02:45 PM

Lmao i do. 5 days a week. Ive very intentional as well.

Pdubzilla- • 8 points • 12 January, 2020 02:48 PM

Then get on a real program. Track progress. If you are not making strength gains, you are doing something wrong.

Don't expect to gain more than 10ish pounds of muscle a year unless you are a complete noob or on gear...

clickherebaby • 1 point • 12 January, 2020 02:52 PM

My lifts are definitely going up. I might actually hire an online trainer. Thanks for your insight

Pdubzilla- • 1 point • 12 January, 2020 03:00 PM

Probably just eating too many calories. If you gain more than 1-2 lbs a week, you're likely eating

too much. Cut back 200 cal a day and do that for 2 weeks. Rinse and repeat until you're at 1-2 lbs a week. That will be some fat too, but it is unavoidable when bulking.

I don't do the bulk/cut cycles anymore because I have been lifting for a while and I'm not on gear.

clickherebaby • 1 point • 12 January, 2020 03:41 PM

Could be it. I hit a wall for about a month where i was stuck at 210. I felt like i wasnt eating enough and no exaggeration from morning til night, i was eating every 2 hours. I dont mind the extra fat. I was shredded in july and i didn't like my size. Ill have zero issue losing the weight. My metabolism is a fucking turbine engine

femaledoglover6 • 2 points • 12 January, 2020 05:33 PM

I was in a similar situation a few months back and realized that I had 2 issues:

1. I was eating too many calories
2. I was doing progressive overload, but I was doing it way too slowly. There were times I could have added 10-15lbs my main lifts and isolations but I decided to 'play it safe' and work my way up to it slowly. After a while I decided to just say fuck it and start adding as much weight as possible every work out while maintaining decent form and suddenly I was getting crazy pumps and adding way more mass. Within a month my physique completely changed

clickherebaby • 1 point • 12 January, 2020 09:19 PM

I remember hitting a max weight one evening of like 213.6, and the next morning being 207.8. I was baffled, and honestly felt like quitting for a sec. But then i prioritized my health, started getting more micronutrients, and i shot up to a high of 222 without trying as hard.

Im focusing on lifting heavier now too. I tried a max deadlift, didnt even lift it off the ground. the next attempt i cleaned it. There are weeks where i dedicate to a hyperfocus to form and go way lighter. I also go wide as fuck now with squats and holy shit what a difference. Im still playing it safe in the long term. I dont max often at all. I should do more 5 x 5 days

RPNorvell[M] • 1 point • 12 January, 2020 02:46 PM

What's your tdee? your macros? If you're just getting fat you're overeating. Are your lifts progressing? Have you tried a cut?

clickherebaby • 1 point • 12 January, 2020 02:49 PM

A wee bit over 3500. My body looks the same. I can still see a 4 pack despite gaining all this weight. 90% of the time its meat rice and veggies.

My lifts are definitely progressing. I wanted to hit 230-240 before i cut. I still feel small asf for my size.

RPNorvell[M] • 2 points • 12 January, 2020 02:57 PM

Extra fat is just an indication that you're giving your body a surplus, maximizing the gains you're working so hard for.

clickherebaby • 1 point • 12 January, 2020 03:52 PM

Thanks man! I think im on the right path, just impatient asf. Its been 3 months since i really kicked things into gear and made sure every aspect was as close to on point as i could possibly make it. Now

im just absorbing anything that resonates so i can optimize to the fullest

FinancialThanks1 • 1 point • 12 January, 2020 02:49 PM

How long did it take you to gain this 30 pounds

clickherebaby • 1 point • 12 January, 2020 02:53 PM

I started mid october

learning0007 • 6 points • 12 January, 2020 03:12 PM

That just means you're eating too much and not working out hard enough, otherwise known as a fat ass. Maybe you should check out the women's fitness forum, thats the same stuff as they whine about

clickherebaby • 1 point • 12 January, 2020 09:13 PM

"Otherwise known as a fat ass" LOL

FinancialThanks1 • 2 points • 12 January, 2020 03:26 PM

I'd recommend you try and lose most of that fat now. Then you can go into a smaller surplus.

You're getting more than enough protein already

You need to be putting in more effort in the gym and make sure you're making progress every week: more weight more reps

clickherebaby • 1 point • 12 January, 2020 03:37 PM

I appreciate the feedback bro. Ill definitely start keeping track

Nastynatee • 1 point • 12 January, 2020 03:37 PM

U weigh 220 but think you need 300g of protein??? Dude...

clickherebaby • 1 point • 12 January, 2020 03:42 PM

Lol i just read a thread on hear where the dude said 1.5 g per pound. Again i could be wrong, but im definitely very impatient too.

Nastynatee • 3 points • 12 January, 2020 03:56 PM

Dude c'mon man dont come to a red pill forum for fitness/nutrition advice. 1.5g per lb bw is if your fuckin Ronnie Coleman or Jay Cutler and on serious gas. Look in my comments you'll see I answered specifically where to get your fitness info from. Good luck man. Ps. I'm a trainer

clickherebaby • 1 point • 12 January, 2020 04:05 PM

Thank you bro!! I appreciate this. Ive never failed so much at something as with bodybuilding i so vet every single possible aspect of my efforts to optimize. Anything i think about it i get red hot and just hellbent on succeeding. Ive had so much effort be in vain that im willing to look like a fool in order to take a tidbit of info off the drawing board

Nastynatee • 3 points • 12 January, 2020 05:52 PM

Lol now I feel bad for being harsh. Na man your good. You have to be skeptical of fucking everything man. The market/media is so chock full of opinions and anecdotes and 0 science.

Which is why everyone is fucking fat... Keto this, paleo that, no carbs! 50000g of protein! Bench

press to make your neck bigger (just heard this here the other day lol)... theirs also an issue with over saturation of methods and science to the point where it makes peoples heads spin. Sounds like u should start from the ground up. 1st Strength, 2. Mobility(this is actually 1, it should always be there) 3. Power. 4. Hypertrophy (bodybuilding, totally diffrent from strength training). As far as nutrition I would go with The Vertical diet or The Zone but I facor the Vertical diet more bcuz of the emphasis on micronutrients. Also, figure out your macros, a good equation is 1g protein per lb Lean muscle mass, 2g carbs per lb and 0.5g fat per lb. This is a good baseline. U wont cut but u wont get fat and you will see gains. The calories (fat9, carb4 protein 4) will come out right if you use this equation. its what I give to my male clients in the beginning and we tailor it after a few months. Hopefully this gets u set up straight and again, look in my profile and comments you'll see where I typed out some great resources.

clickherebaby • 1 point • 12 January, 2020 09:11 PM

No worries my guy youre good! This is why i posted it hear id get the cold truth and some valuable knowledge.

lilbro1984 • 1 point • 12 January, 2020 06:29 PM

4k calories! What are you a Professional athlete? Of the 4k calories only 880 calories is from protein - I doubt the protein is the culprit.

clickherebaby • 1 point • 12 January, 2020 06:41 PM

Lol im honestly not fat. I dont roll up while sitting down. I probably eat more protein than i realize. I eat 5 meals a day. Im just on a mission. Ive wanted to be big for as long as i can remember. I just hit a deadlift pr so i think im on the right track just impatient

W\_O\_M\_B\_A\_T • 1 point • 12 January, 2020 08:08 PM

Anyone here my size and eating nearly 4k calories a day?

Whoa, there, that's likely problem #1. Go down to, say, 3K

Problem #2 is likely, sugar intake. Fructose can't be used by the body until the liver converts it into saturated fat first. Since you're eating a caloric excess that just ends up getting stored around your midsection.

Problem #3 is likely chronic lifestyle-related emotional distress.

Problem #4 is probably poor sleep habits. Check on that.

lluvalmonds83 • 1 point • 13 January, 2020 05:21 PM

You're building the muscle mass; you are probably just high in body fat to start off with, which can get fixed when it's time to cut or go on maintenance/recomp. Judge what you're seeing in the workout performance and mirror. If it doesn't look like you're improving on either front for several weeks, consider dropping the calories to slow the weight gain but not the strength gains.

Another thing to remember is the first year or more of dedicated lifting, you're not going to look like a fitness model unless you were starting off with great genetics and a relatively lean body mass. A lot of people new to fitness/lifting think that they'll hit that level after just a few months and give up. I didn't start looking even remotely shredded until after 3 or so solid years of lifting 5-5"6 times a week, then a very regimented slow caloric deficit with cardio for almost a full year. But then again in my case I had to lose 50 lbs of post pregnancy weight.

And if you're especially prone to injuries, make sure you're incorporating functional patterns based training and consider sports therapy sessions in with your heavy lifting.

HurricaneHugues • 1 point • 13 January, 2020 11:04 PM

What was the time period in which u gained all that weight?

Coolguy1699 • 1 point • 13 January, 2020 11:10 PM

GAGAGAGA why would you eat 300g of protien?

Try to cut and then you'll se all the muscle