

## Sort of a FR: Gym results

April 24, 2017 | 78 upvotes | by [Herdsengineers](#)

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On March 16th, I was 241 lbs. Body composition analysis showed I had 55 lbs of fat on me. I'm 6'2", 41 years old. I'd been working out for several years at Planet Fitness, but not to any specific program, and I'd not really been real careful about diet either. I work a desk job. Now, I could still run, hike, climb mountains, make it through martial arts classes okay, etc.

Back in February, I switched gyms. Joined a health club - they have pools, hot tub, spa, rock climbing wall, etc. Much more than just a gym. I did it because my son turned 12, he's old enough to do programs there on his own without needing to be with an adult all the time. I can throw him in the pool while I go work out. That way he gets more physical activity instead of staying home, or going to his mom's. Then I can go swim with him after I'm done working out. I've even started taking him up on the weight floor with me, and I've got him doing some light lifting.

Anyway, I did a few sessions with a trainer and nutritionist as part of my "on boarding". Started following a specific workout plan (it's similar to StrongLifts) and changed up my eating. I'm currently doing a keto diet and a type of intermittent fasting. Started the new diet March 16th.

As of yesterday, I weigh 222 lbs. Body composition analysis showed 25 lbs of fat loss and 5 lbs of muscle gain in just over a month. My initial goal was get down to 210 lbs. If it keeps going this effectively, I might take it down to 200 lbs. Then, I'm gonna stop keto eating, mix some carbs back in and start trying to add muscle mass.

I think the biggest thing I've learned is that in addition to following an exercise program and having an eating plan, I think you really have to understand how body metabolism works. Our body's run on carbs pretty easy, so that's what the body uses first. If you're eating significant carbs, your body will just store any fat/protein intake that isn't otherwise used and your body fat packs on. To keep that from happening, you have to give your body a chance to not be running on carbs regularly. Hence the intermittent fasting. I'm currently eating all my food between approx. 12 pm and 6 pm. It takes roughly 12 hours for your body to use up energy in your blood stream from your last meal. Once the body goes into fasting, it starts digging into fat stores. So I'm getting 5-6 hours a day of fasting. From the keto diet, my body has also adapted to using healthy fats as it's main energy source, so when fasting starts, it's more efficient at using fat. I'm not having hunger issues or low energy issues. Last weekend I did 14 miles of hiking in the mountains and never even came close to feeling tired.

Guys, bottom line, in addition to lifting and healthy eating, do some homework on your metabolism. Learn more about metabolic processes so you can tailor your workouts and diet, it will make your workouts, weight control, etc. that much more effective.

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## Comments

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[deleted] • 34 points • 25 April, 2017 12:21 AM

I'm happy for your progress, but 25 lbs of fat loss and 5 lbs of muscle gain in ~30 days is pretty outrageous. I'll even go as far as to say that those numbers are impossible.

Even calling it 35 days is 0.71 lbs of fat lost per day. That's an average of about -2500 Kcal per day. Even if you did that, and lost all that fat, there's no doubt you would have lost muscle mass, bone mass, etc. because you're basically starving yourself.

I don't know what you're using for measurement, but I'm certain it's not accurate.

OlanValesco • 13 points • 25 April, 2017 12:40 AM\*

Yes, it's also extremely unlikely he had 186 pounds of fat free mass to start with. Even at 74 inches that takes a lot of dedication to achieve—a lot more than "I worked out for several years without a specific program".

His natural, maximum muscular potential would be around 188 pounds at 5-6% body fat. According to his reported numbers, he would be at 5% body fat at 196. So either he's on gear or his measuring method was inaccurate.

Herdseengineers[S] • 7 points • 25 April, 2017 01:29 AM

The body comp analysis was with this scale they have in the gym. Stand on the metal pads, hold the electrodes on the handles. I realize it might not be 100% accurate, and probably isn't.

What I do know for certain is that I'm down 2 pants sizes, my t-shirts have all gotten tight around my shoulders and arms, and I've got muscle definition popping out like I haven't had since I was about 23. I don't want to go through and list each weight level I lift, lots of guys lift more, but it's steadily going up and getting easier.

OlanValesco • 14 points • 25 April, 2017 02:38 AM

And that's the most important part: that you're looking and feeling better. We're just quibbling about numbers (which affect your expectations).

I did the exact same foot/hand electrode bf% test this morning and got 12.4%. The funny thing about that is that my waist is 36.5", so there's no conceivable way I'm that low. If you want an accurate picture of your body composition, get a DEXA scan. They're around \$70, and they give you pretty precise info.

[deleted] • 2 points • 25 April, 2017 12:34 PM

yeah those tools are wildly inaccurate if we're talking absolute values. Only a DXA scan is close enough to the real numbers. Dont take the scale analysis as face value, but useful to keep the reports as a relative way to measure progress

[deleted] • 12 points • 25 April, 2017 12:38 AM

Take into consideration that 5-10lbs alone will be water weight lost in the early stages of keto.

trp\_oed • 5 points • 25 April, 2017 02:09 PM

Maybe he was drinking too? Stopping alcohol will reduce bloating. Not the fat part tho, but does account for 2 size reductions.

Ciscogeek • 3 points • 25 April, 2017 11:12 AM

It's not too crazy with Intermittent Fasting. Here's my results for a half assed attempt with it.

<https://docs.google.com/spreadsheets/d/1OrPly81o1sZUT7h-jnw2sj-sqLTtMBL-DBB3fAgSoTA/edit?usp=s>  
haring

Herdseengineers[S] • 4 points • 26 April, 2017 05:52 PM

I'm still learning about IF, but it seems to be a big contributor. My sister is a trainer, nutritionist, etc. and is actually the head trainer at a club - her input was that the people in her gym that lift and train seriously that use IF are the most ripped people she's ever seen. She also provided a bit of input to me about keto diet, IF, etc.

Ostradamus • 14 points • 24 April, 2017 05:46 PM

Glad you are seeing results! Keep it up and report back when you reach your end goal!

Peter\_B\_Long • 1 point • 25 April, 2017 05:34 PM

There really should never be an 'end' goal in lifting and self improvement.

leaderg • 7 points • 24 April, 2017 05:59 PM

Very nice, very inspirational.

I'm doing something similar. I'm pretty chubby at 175 with very little muscle mass. My options were bulk or cut. So I'm cutting hard. 1 day I eat just under maintenance, the next day I eat about 500 calories and drink water. Right now i'm running a 1000 calorie deficit a day. I dunno if it's genetics or what, but my body really takes to fasting. The 500 could probably be replaced with a multivitamin now cause I don't feel hungry, and I have insane energy for some reason as my body just uses the fat stores.

After I hit my 140 goal, I'm going hard on lean bulking for muscle mass. Going for a gymnast body.

Herdseengineers[S] • 4 points • 24 April, 2017 06:14 PM

Awesome! I was told I had good lean muscle mass already as I'd been plenty active and had been working out for a long time. I just had extra fat covering it all up.

I think all our bodies take to fasting once we adjust to it. If you think about it, at one point in time, humans probably didn't eat every day. Our bodies evolved to function while fasting. The more research I do into fasting, the more I think I'll keep some form of it incorporated into regular routine. Our bodies don't just burn fat when fasting. They cleanse themselves of toxins and what not as well. When you think about all the chemicals we get exposed to these days, cancer rates, etc., fasting gives us an ability to detox our bodies of all the crap on a regular basis.

Our bodies are made so that fasting can be part of staying healthy and disease free long term.

leaderg • 4 points • 24 April, 2017 07:09 PM

Yeah Im more energetic on fast days and feel better than during the regular eating days. If anything it really shows a different relation to food. Im quite happy with the diet.

theONE843663 • 2 points • 25 April, 2017 01:25 AM

Ey bro you can still enjoy some extra carbs on your workout days as long as you actually burn them and eat most of it at breakfast. If you're on a caloric deficit, there's no physical means for your body to store fat anymore.

Proteins gotta be used to repair muscle, fats for steady energy and testosterone, and what little carbs you take for the actual exercises you do.

On your gym days, a little extra carbs will help you lift more heavy shit, overloading your muscles more, and thus you get more gainz. Oh and suggestion: Do high pin rack pulls (2" range of motion) with straps and belt with a 3 second static hold on the top with heavy ass weights.

The back and traps have a lot of androgen receptors and our physical anatomy is such that we can hold Extreme amounts of weights with back and traps...so the weighted stretching is a good way to rip them up which will force your body to produce more T.

anon2777 • 3 points • 24 April, 2017 09:00 PM

i think the wellness center with your son is a really cool thing, very wholesome. but dude if you want to really lift, get in a nice dimly lit gym with barbells plates and chalk galore. that's where you get gains.

Mckallidon • 3 points • 24 April, 2017 08:11 PM

Nice work, and post OP. IF has helped me a lot as well.

[deleted] • 3 points • 25 April, 2017 01:04 AM

Fasting of some sort is always my first recommendation to anyone who wants to lose fat and generally be healthier and more energetic. The best option, IMO, is some form of intermittent fasting, a six-to-eight hour eating window much like what you do. It induces ketosis, which has many health/longevity benefits besides fat reduction, and can even slow brain degradation and aging. Plus, fasting is a far more healthy means to achieve ketosis than a keto diet, which is known to have various risks (as well as being harder to maintain, in many people's experience).

To really skyrocket the benefits of fasting/ketosis, do high intensity interval training at the end of the fasting period, then eat a high-protein meal. I've been doing that a couple times a week for the last few weeks and I feel like a new man, physically, mentally, and emotionally.

Herdseengineers[S] • 2 points • 25 April, 2017 01:38 AM

I don't plan on eating a keto diet forever. My original goal was to get down to 210 lbs. I was not expecting the weight to melt off as quick as it has, though. I'm actually rather shocked.

I get it about the HIIT, problem is it works best for my life to eat lunch to dinner basically due to work schedule and dad duty. I make a point to eat dinner with my son every day. My fast is always done right before lunch, and my job doesn't let me go train at lunch time.

But there's a definite increase in energy, better mental state all around, etc. I'm thinking if the weight loss rate continues like it is, I might try to get down to 200 before changing things up.

[deleted] • 3 points • 25 April, 2017 01:49 AM

Good plan. One thing you might try is the occasional 24-hour fast. Start once a month, then try once every other week. Do a HIIT workout at some point in the second half of the fast, when it works best for your schedule. Once you break through the hunger and initial weakness, the feeling is absolutely amazing, and even better the next day(s), once you've eaten and rested so your body has a chance to put all that nutrition to optimum use and everything is running super clean.

Fasting + HIIT truly is the closest thing anyone has found to a fountain of youth and vigor.

BTW, I'm almost your age and have cut down to single-digit body fat thanks to this combo. People regularly think I'm a decade younger, my bloodwork is great, and I feel better than I ever did in my

twenties.

laere • 1 point • 25 April, 2017 04:18 AM

Dude I do 18-24 hour fasts and fucking love it.

KyleJ • 2 points • 25 April, 2017 11:40 AM

And it all relates back to calories in vs. calories out, be in a weekly deficit for fat loss or a surplus to gain - it's really that simple.

While I agree with the different benefits to each methods such as IF, keto, carb loading ect. they are all designed to end up at a caloric deficit.

Lift, mind to muscle and eat healthy.

[deleted] • 2 points • 25 April, 2017 03:23 PM

"I think the biggest thing I've learned is that in addition to following an exercise program and having an eating plan, I think you really have to understand how body metabolism works. Our body's run on carbs pretty easy, so that's what the body uses first. If you're eating significant carbs, your body will just store any fat/protein intake that isn't otherwise used and your body fat packs on."

This isn't true, and will mislead others. Your body doesn't convert protein into body fat because you've eaten carbs. Please research the law of thermodynamics.

SamuraiPizzaCatz • points • 24 April, 2017 09:20 PM **[recovered]**

Didn't read.

SamuraiPizzaCatz • points • 24 April, 2017 09:21 PM **[recovered]**

Normally people who say 'didn't read' actually read at least one word, but I didn't even do that.

wheresMYsteakAt • 1 point • 27 April, 2017 11:53 AM

Wanted to come back and say I've been trying keto and IF since I saw this post as well as dropping sugar and carbs and I feel good. I'm getting headaches (today isn't as bad) in the morning that seem to go away about an hour after I break my fast at noon.

One thing I don't like is I've been fucking up my 6 o clock meal at Polo. I've been ordering the grilled boneless chicken breast and corn in the cup. Last night I read that knocks you out of Keto (being a grain or something).

I normally don't try shit like this but when I read results come quick I figured whats a week (family is looking at me crazy saying I dont need to lose weight). I'm assuming me getting tired after that meal is what it feels like to fall out of Keto?

Another thing that is interesting, the 6 oclock meal I almost have to force myself to eat it all. It's like the noon one holds you over for so long.

Herdsengineers[S] • 1 point • 27 April, 2017 02:27 PM

Yeah, corn is very carb heavy. Honestly, I have a very simple diet right now. Eggs, cheese, spinach, 2% milk/protein shakes, and meat - steak, chicken, pork, ham. Then some things like peppers, green veggies like broccoli. Drinks are mainly unsweet tea and water with lemon juice. If I want a snack, I get pork rinds instead of chips and other stuff.

When I want alcohol, I do neat single malt scotch, 100% agave tequila, or irish whiskey.

Things like bratwurst are also carb free. I've discovered the Jason's Deli salad bar to be great. There's a grocery store near my house as well that has a good salad bar that I can also load with pepperoni, salami, etc. Ranch salad dressing has fat in it, and zero carb if you get the right type.

I know there are a lot of other keto recipes, but I haven't put the effort to figure them out. I figure at the rate I'm going, 2-3 months of this isn't hard to tough out, when I hit my goal weight, I'm going to stop keto and switch to something that includes carbs again. I've already got an eating plan worked out to be honest to start with. It won't be carb heavy, but enough to help build more muscle mass and allow for the occasional pizza or something.

I'm also using something called "Bulletproof Coffee". It's basically black coffee with butter in it. The official recipe calls for more stuff, but I'm just doing the coffee with butter. The fat in the butter helps sate you and fight off the hunger feeling. I do a cup of this in the morning when I get up. I'm also taking a multi-vitamin supplement.

The headache is pretty common, they call it the keto flu. When you first switch to ketosis, your body reacts, but once it settles in the issues go away. We all did keto when we were infants and only sucking on tits/bottles for food. Your body will remember.

I haven't bothered with the keto urine test strips you can get to see if you're really in ketosis or not. I figure the weight loss I'm seeing was good enough.

wheresMYsteakAt • 1 point • 27 April, 2017 03:35 PM

Thanks for the follow up. I've heard bullet proof mentioned a few times and will definitely give that a shot. I did see they mention adding some additive they sell, the price made me say fuck it.

Herdsengineers[S] • 1 point • 27 April, 2017 03:48 PM

Yeah, I just do the coffee with a little butter in it. Works fine for me.

wheresMYsteakAt • 1 point • 28 April, 2017 10:50 AM

I just realized I haven't had an erection since doing this diet. You experience anything like this?

Herdsengineers[S] • 1 point • 28 April, 2017 05:33 PM

Bigger and harder - plate commented on it.

stumje • 1 point • 24 April, 2017 06:13 PM

seems like a post for fitness subreddit almost?

Herdsengineers[S] • 3 points • 24 April, 2017 06:15 PM

Yeah, I thought with TRP's emphasis on lifting and fitness, it would be good to share here.

stumje • 1 point • 24 April, 2017 06:23 PM

very true, what exercises does your personal trainer help you with?

Herdsengineers[S] • 3 points • 24 April, 2017 06:41 PM

We did 3 sessions. I got him to develop a schedule for me to follow and now I just go and do the routine myself. Right now it alternates between:

-Core body focus - back squats with barbell, front squats with kettle bells, trap bar dead lift, fire man's carry with kettle bells, kettle bell swing, and lat pull down's on a machine.

-Upper body focus - bench press, overhead press, kettlebell row, the lat pull down machine again, and my choice of some form of squat - one or two types.

Legs and lower body get worked from all the squats, and there's a leg machine I get on each time as I have a lower back issue that isn't near as bad as long as I hit that leg machine each time.

I start off with 5-10 minutes on an elliptical to warm up, stretch a little, then go lift. Then when I'm done with the lifts, sometimes I go back and do another 10 minutes, or as much as 30 minutes on the elliptical. Then I use one of the styrofoam rollers for my back, hips, and thighs, and do some follow up stretching.

When all that's done, if my son is with me, he's usually been down in the pool, so I go change into my swimsuit and hop in with him for some daddy-son play time. Everything then winds down in the hot tub.