

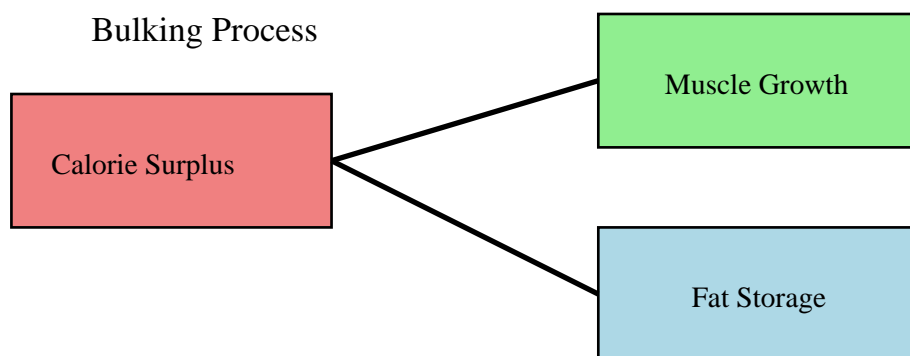
Bulking (Muscle Gain Phase)

How it works:

- You eat more calories than your body burns (calorie surplus).
- Extra energy fuels muscle repair and growth after training.
- Some fat is stored, but most surplus supports muscle gain if done carefully.

What to do:

- Aim for a small surplus of 200–500 calories/day.
- Focus on protein (1.6–2.2g/kg bodyweight).
- Lift with progressive overload (increase weight/reps/sets).
- Accept some fat gain, but avoid going overboard.



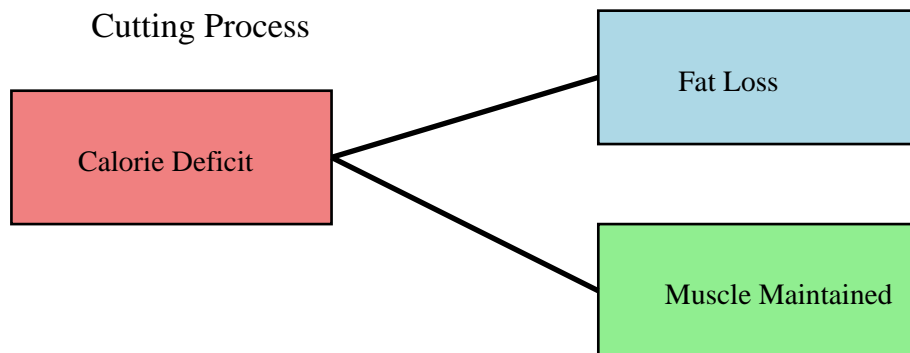
Cutting (Fat Loss Phase)

How it works:

- You eat fewer calories than your body burns (calorie deficit).
- Your body taps stored fat for energy.
- With enough protein + lifting, you hold onto muscle.

What to do:

- Deficit of 300–600 calories/day.
- Keep protein high (1.6–2.2g/kg).
- Keep training, maybe reduce intensity slightly.
- Add cardio or daily movement.
- Expect some muscle loss, but minimise with training + protein.



Maintenance (Holding Steady)

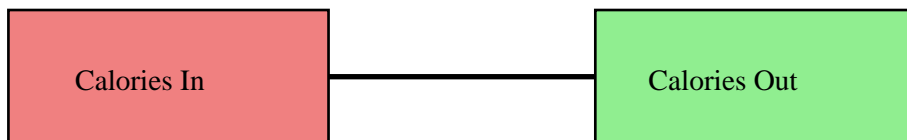
How it works:

- You eat about the same calories as you burn.
- Weight stays stable.
- With lifting, you can still gain strength and sometimes muscle (recomp).

What to do:

- Eat your maintenance calories (TDEE).
- Train consistently.
- Balanced diet for health and energy.
- Use after bulk/cut or if happy with current weight.

Maintenance Balance



Recomposition (Fat Loss + Muscle Gain Together)

How it works:

- Lose fat and build muscle at the same time.
- Common if you're new to lifting, overweight, or returning after a break.
- Calories around maintenance: body draws on fat stores to fuel muscle growth.

What to do:

- Eat at maintenance, or a small 100–200 calorie deficit.
- Protein high (1.6–2.2g/kg).
- Strength train 3–4x/week with progressive overload.
- Track progress with photos, measurements, or fit — scale may not move much.

