

"LOSING WEIGHT"

what we think happens:

less body fat

same amount of muscle

muscle = avocado pit

What actually happens:

lost body fat

... but muscle is lost, too

Bodies don't just lose fat whenever we "lose weight" on an aggressive diet.

3

RECOMPOSITION

(aka "gaining muscle and losing body fat at the same time")

LOSE FAT, AND GAIN MUSCLE



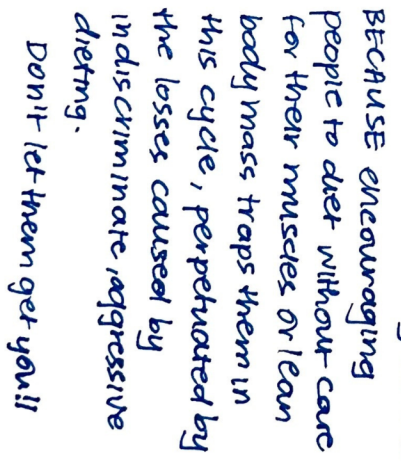
Recomposition is what happens when we:

- lift heavy weights
- eat enough to support muscle growth

your body can only recomp so much (~6 mo. - 1 yr) til it slows down BUT! →

This is all not to say there is anything wrong with body fat, or that more muscle is always the answer.

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6

100% fat
care!
eat enough (resp protein)
AS MUCH AS POSSIBLE white muscle maintaining deficit

we can keep the pace up
by "bulking and cutting"
BULKING = building muscle,
which involves gaining a little
body fat by lifting and eating
at a surplus



gain fat

gain muscle

CUTTING = losing body fat
while preserving muscle