

How to Cut Without Losing Muscle 1. Use an aggressive (but not reckless) calorie deficit. 2. Eat a high-protein diet. 3. Do a lot of heavy compound weightlifting. 4. Do a moderate amount of cardio. 5. Take fat loss supplements that actually work.



 [BUY ANABOLICS ONLINE](#) 

The Easiest Way to Know If You Should Cut or Bulk - Legion Athletics



The National Institutes of Health (NIH) offers a free BMI calculator and height- and weight-based BMI

chart. The formula for calculating BMI is $(\text{weight in pounds} \times 703) / (\text{height in inches})^2$. To .

What to Eat Before a Workout, According to Nutritionists

BEGINNER'S GUIDE TO CYCLE SYNCING

HOW TO SYNC YOUR FOOD, FITNESS,
AND LIFE TO YOUR MENSTRUAL CYCLE



MENSTRUAL

- All hormones levels drop
- Energy is low
- Exercise: low intensity
- Food: warming foods like soups, iron-rich foods like beef

FOLLICULAR

- Estrogen and FSH rise
- Energy and creativity rises
- Exercise: interval training
- Food: high protein, leafy greens, avocado

OVULATION

- Estrogen peaks
- Energy and motivation peaks
- Exercise: high intensity
- Food: support the liver with broccoli, spinach, + eggs

LUTEAL

- Progesterone rises
- Energy drops, metabolism up
- Exercise: aerobic efforts
- Food: rich in vitamin C, like sweet potatoes + strawberries

www.coconutsandkettlebells.com

The ideal body fat percentage for bulking and cutting. Most experts think the appropriate body fat range for beginning a bulk or cut should be between 10-15% for men and 20-25% for women. This range is ideal as it provides enough energy to build muscle while allowing for visible definition. Once you hit the upper end of the range, start cutting.

At what bodyfat % should the bulk end? - Bodybuilding Forums



To avoid putting on too much body fat, it's typically recommended that you aim to gain weight at a rate of 0.5-1 pound per week. Beginners will be able to get away with a faster rate of weight gain, and still have a good portion of that additional weight be added muscle.

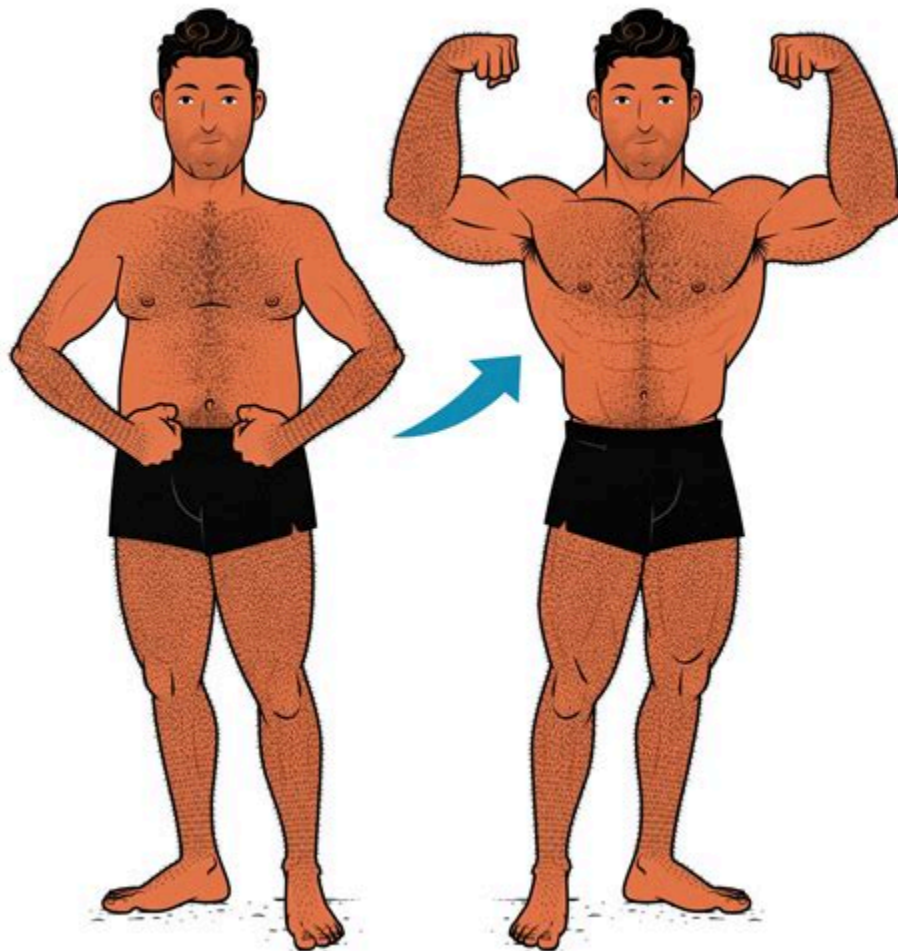
Ideal Body Fat Percentage: For Men and Women - Healthline

AGE	18-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56 & UP								
18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.4	23.1	23.8	24.3	24.8
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.8	26.5	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.1	32.9	33.3
	LEAN			IDEAL			AVERAGE			ABOVE AVERAGE							

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21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56 & UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
	LEAN			IDEAL			AVERAGE			ABOVE AVERAGE							

What should I eat before working out? "I recommend eating carbs and having a small amount of caffeine about 30 minutes before a workout for best results," says Davies. Dr. Barrett agrees .

Bulking or cutting: How to decide which is right for you



Fatty Fish. Protein plays an important role in weight loss because it boosts post-meal fullness while also helping to maintain muscle mass when losing weight. Fish, including "fatty fish" like salmon, tuna, mackerel, herring, trout, sardines and anchovies, are a naturally lean source of protein. The fat in fish includes the long-chain omega .

Bulking vs. Cutting: Pros, Cons, and Comparison - Healthline



The ideal body fat percentage when starting a lean bulk should be between 10% - 12%. If your body fat percentage is 12% and above then you should first diet down to lose this excess body fat before considering a bulk.

Bulk or Cut: Should You Build Muscle or Lose Fat First?

SHOULD YOU CUT OR BULK?

@iqphysique96

Cut



- ✓ When you are overweight
- ✓ When bulked up to ~15-20% bf
- ✓ When you can't comfortably add weight after months of bulking

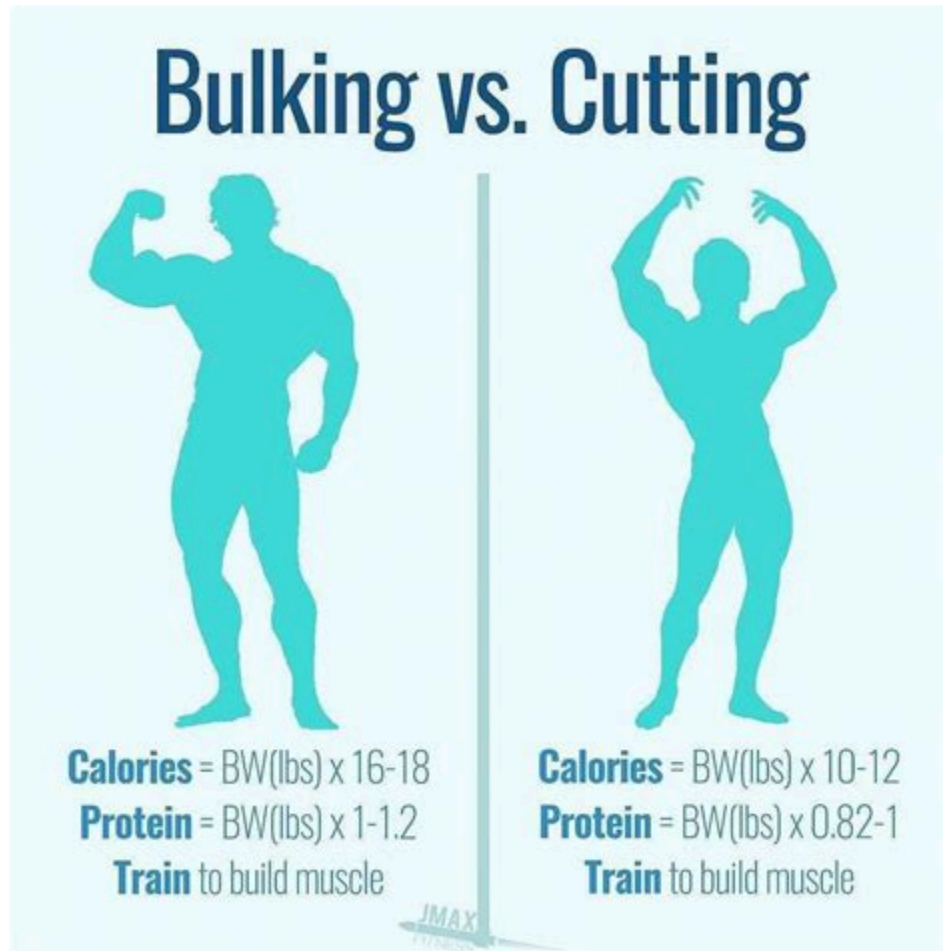
Bulk



- ✓ When you have little muscle mass
- ✓ When cut down to ~10% bf
- ✓ When you don't have much fat but you aren't toned

There's a common rule of thumb that we should get lean before we bulk, and then stop bulking once we reach around 20% body fat. The idea is that as we get leaner, our insulin sensitivity improves, allowing us to make leaner muscle gains.

When Should You Start Bulking? (Season & Body Fat Percentage)



The cut off should be around 15-20% body fat for men and around 25-30% for females, wherein anyone who is above these body fat percentages should most likely start with a cut.

Bulking: What It Is and How to Do It - Healthline

The infographic is split into two vertical panels. The left panel, titled 'DIRTY BULK', features a red circle with a white 'X' at the top. Below the title is a grayscale image of a muscular man's torso with a large, protruding belly. The right panel, titled 'CLEAN BULK', features a green circle with a white checkmark at the top and a small 'SKF' logo in the upper right corner. Below the title is a grayscale image of a muscular man's torso with a very lean, defined physique. Both panels list characteristics and diet approaches.

Dirty Bulk	Clean Bulk
Very large caloric surplus.	Caloric Surplus 200-300 over maintenance calories.
See food eat food diet.	Sufficient protein, carbs and fats.
Neglect tracking anything.	Tracking calories and macros.
Easily sustainable.	Mindfully restricted.

@skiman.factual.fitness

Reproduction plays a role in the higher body fat percentages for women. With that in mind, the ACE chart gives the following ranges for men: Category. Percentage. Essential fat. 2-5%. Athletes. 6 .

Bulking Vs Cutting

@macrocoach



- Caloric Surplus
+300 calories
- Lift Heavy
- Stay Consistent
- Have Patience
- Takes Time



- Caloric Deficit
-500 calories
- Lift Heavy
- Stay Consistent
- Have Patience
- Takes Time

Experts recommend consuming 10-20% above your daily weight maintenance calorie needs during the bulking phase for an average weight gain of 0.25-0.5% of your body weight per week (1, 6, 7). For.

Bulking Made Easy: Your Complete Nutrition Guide To Maximizing Muscle .



Here lies the value of bulking vs. cutting. Bulking is known as the muscle-building stage, which calls for eating more calories than you burn, coupled with intense weight training for a set period of time. Then there's cutting — the phase where you cut back on calories in an effort to shed body fat while maintaining muscle mass to the best .

Bulking vs. Cutting: What's the Difference?. Nike

Bulking Vs Cutting

@macrocoach



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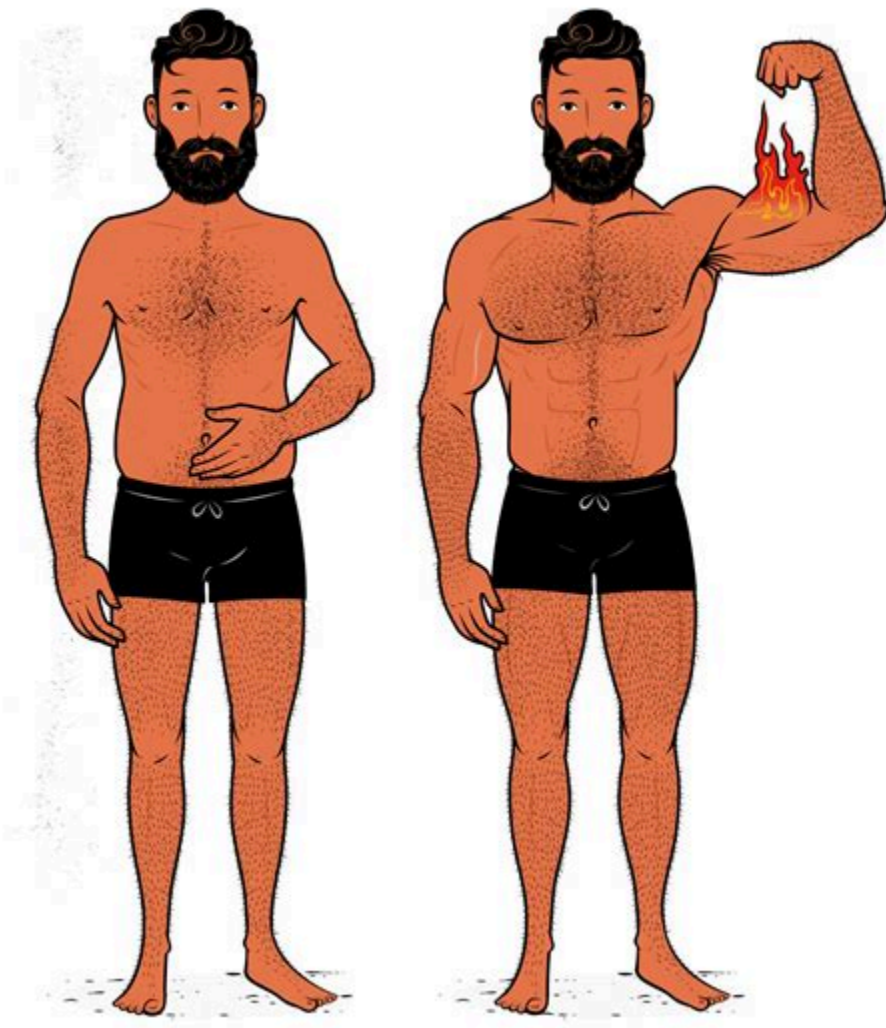
Cut or Bulk by Body Fat Percentage. To top. Typically, with women, diet to 17-22% body fat and bulk back up to 24-27% body fat and repeat. Typically, with men, diet to 10-12% body fat and bulk back up to 15-18% body fat and repeat. If you are prepping for a competition, you will need to diet down to lower than these levels.

Emily Robinson | Mentor for Gym Newbies & Fellow Gym Girly . - Instagram



619 likes, 27 comments - emilyrobinson on January 1, 2024: "I've been lucky enough to be in a position where body recomp works well for me because I've n. "

How Body-Fat Percentage Affects Muscle Growth & Fat Gain



Men should strive to have less than 12 percent body fat before bulking. If you don't have access to reliable body composition testing, use the four-pack guideline as your deciding factor: If you can see at least four abs, you're lean enough to bulk.

Body fat percentage charts for men and women - Medical News Today

AGE	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.1	24.9
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21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.9
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.3	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.3	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.3	31.8	32.3
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21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.8	33.6	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9
56 & UP	16.3	18.6	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
	LEAN				IDEAL				AVERAGE				ABOVE AVERAGE				

Research shows the ideal fat percentage for men and women to gain muscle is 8-12% and 18-24%, respectively. The p-ratio describes what proportion of body weight gain is muscle. Thereby we also know how much fat was gained. You can estimate the muscle and fat gains of a hypothetical bulk with the calculator above.

Should I Bulk or Cut? Things You Should Know As A Beginner

SHOULD YOU CUT OR BULK?

@iqphysique96

Cut



- ✓ When you are overweight
- ✓ When bulked up to ~15-20% bf
- ✓ When you can't comfortably add weight after months of bulking

Bulk



- ✓ When you have little muscle mass
- ✓ When cut down to ~10% bf
- ✓ When you don't have much fat but you aren't toned

A cut is a period of eating at a calorie deficit with the goal of losing body fat and maintaining muscle.
How to start a bulk When starting a bulk, the first step is to determine your.

Bulking Vs Cutting

@macrocoach



- Caloric Surplus
+300 calories
- Lift Heavy
- Stay Consistent
- Have Patience
- Takes Time



- Caloric Deficit
-500 calories
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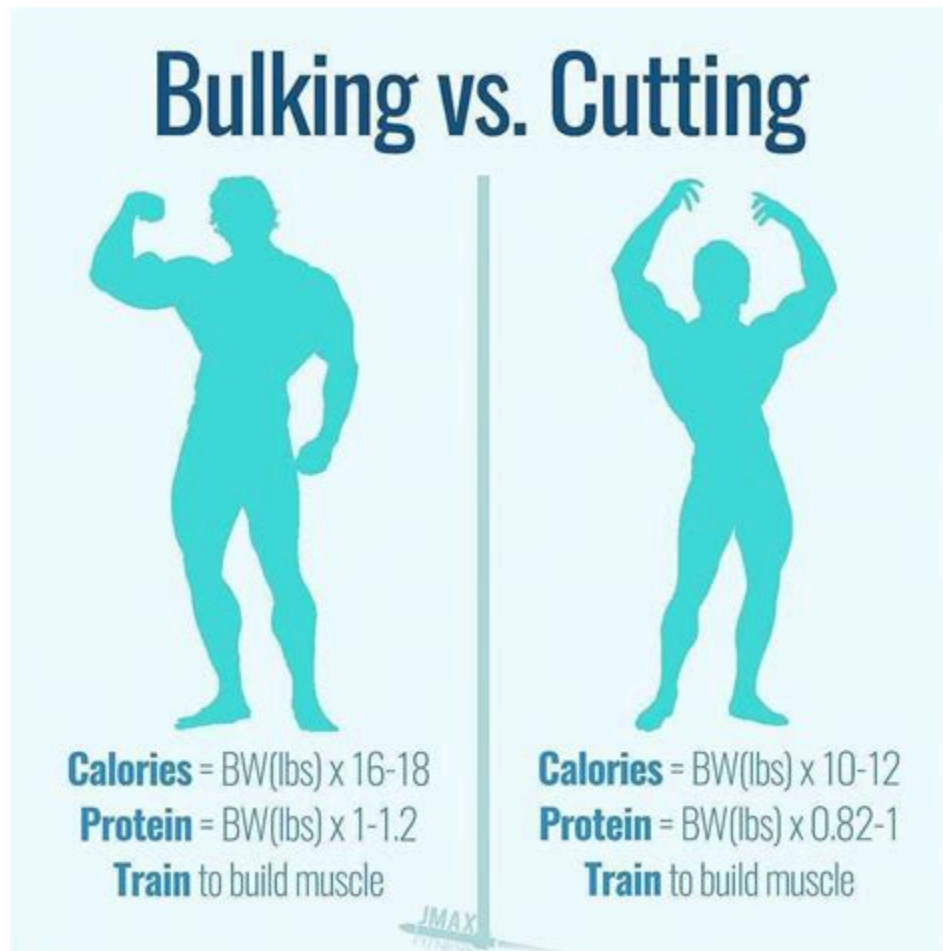
Cut first Body recomp So, as you can tell, to build a better-looking physique, you don't only have 2 choices: bulk vs cut. You also have a third option: body recomp. Below, I explore the pros and cons of each approach (i. e. bulk vs cut vs body recomp) so you can decide which is best for you.

The Definitive Beginners Guide: Should I Bulk, Cut, Or Recomp?



The sweet spot for a lean bulk is to gain no more than 0.5-1 pound of body weight each week. For most people this will be split 50/50 between muscle and fat gain. So, basically you will gain 1 pound of fat for each pound of muscle - which is a good ratio.

When to Start Bulking (Based on Season & Body Fat)



Also known as skinny-fat, this phase is usually when the body is just getting used to the exertion necessary in strength training or bodybuilding. It's usually easier to build muscle while also aiming for fat loss at the same time. The gains come easy at first, and then they slow to a trickle. What the Bulking Phase is All About

Cut or Bulk: How to Decide Which Is Right For You - Macros Inc



sophierosefitt on December 7, 2023: "HOW I STAYED LEAN WHILE BUILDING MUSCLE LOW INTENSITY CARDIO AFTER LIFTING: -Cardio relieves."

Bulk Vs Cut: Which Should You Do First? (3 Questions To Ask)



In the Nutrition Setup Guide, I talked about using body-fat percentage to guide your decisions on when to cut, bulk, or recomp (chase simultaneous muscle gain and fat loss while aiming to stay at the same body weight). (To explain very quickly: when you are either too skinny, carry too much fat, or have too much training experience for a recomp to work or be appropriate, you need to build your .

Body-Fat Percentage Pictures — Compare Your Body Fat Level



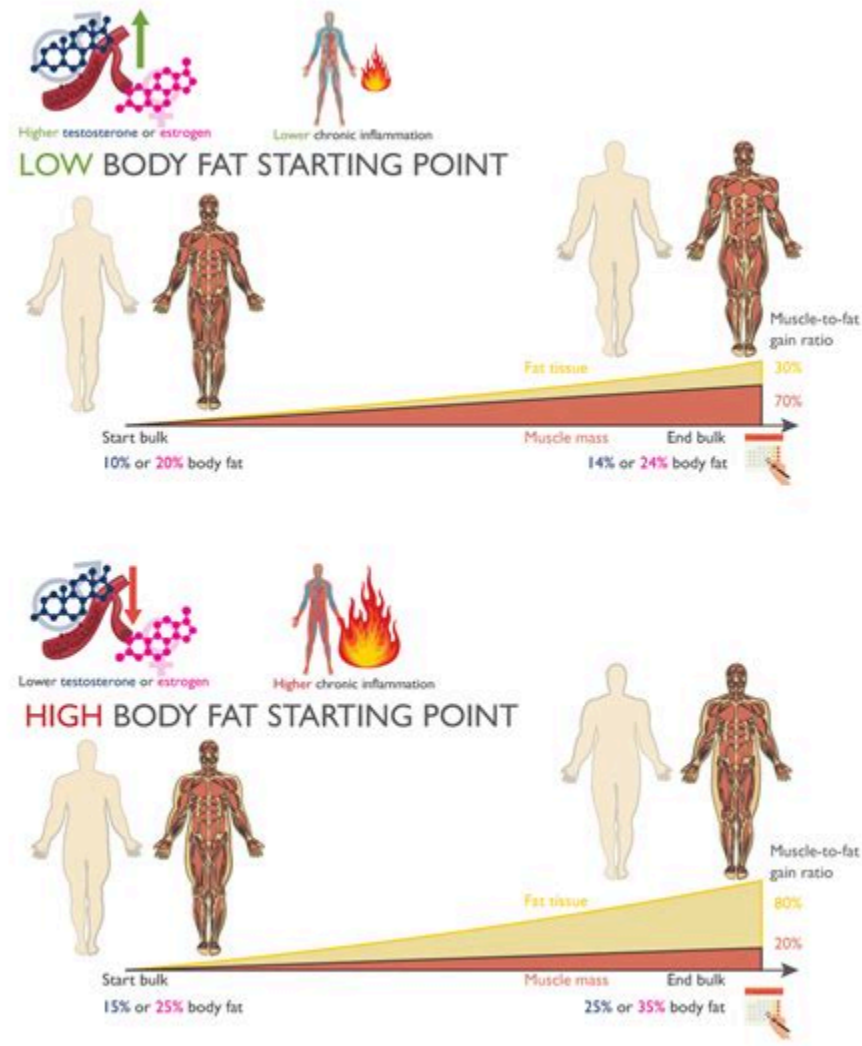
Although for my two cents, I'd say if you're doing a "dirty" bulk (which generally means you're not keeping track of your intake/macros) and you're not happy with the results, rather than switching to a cut and then spinning your wheels again in the future, spend some time to figure out how to shape up your diet.

The Lean Bulk | How To Minimize Fat Gain While Bulking - Myprotein US



Bulk or Cut 101. 1. Get lean first - This is the foundation, which is very important. Having around 8-10 % body fat for males and 15-17 % for females is the best place to start at, both when it comes to maximizing muscle growth, and also for staying healthy. For leaning down I recommend the ShredSmart Program. . 2. Once you're lean - That's when you start lean-bulking using a caloric .

The ideal body fat percentage to bulk - Stijn van Willigen



Advice For Non-novice Trainees. » Cut-bulk phases are typically best kept in the 10-20% body fat range (add 8% for women). » Bulking phases are best capped at 20% because past this point, the risk to health increases and I'd advise not bulking if you estimate yourself to be 16% body fat or above.

The Ideal Body Fat Percentage To Start A Lean Bulk - Bodies By Byrne



Your body fat level affects multiple physiological factors, which have an impact on the amount of muscle and fat you'll gain during a bulk. Let's tackle them one by one. Another way in which this article is different is the way I present the evidence: hover on laptop or tap on mobile to see a supporting citation or research image behind the claim.

9 OF THE HEALTHIEST FAT SOURCES

@FitnessFT_



AVOCADO



SALMON



EGG YOLKS



SARDINES



OLIVES



CHIA SEEDS



NUTS



SUNFLOWER SEEDS



PEANUT BUTTER

The ideal weekly weight gain during a lean bulk can differ from person to person but for most people, it should be between 0.25 - 0.50% of body weight each week for beginners, and 0.125 - 0.25% for experienced lifters.

Page couldn't load • Instagram



My best advice for most people would be to cut until you're lean enough to have some definition in your midsection, around 10-12% body fat for men and 16-19% for women. As for bulking season, the best time to start packing on size is almost always in the fall and winter.

- https://colab.research.google.com/drive/1WN7hPdIrk5IXsigZhi5FyyOM3-LCxMJ_
- <https://publiclab.org/notes/print/43075>
- <https://gamma.app/public/Hygetropin-200Iu-Kit-Price---hygetropinhygetropin-200iu-kithygehy-0ddfur9uykh8pwe>