RISE UP FITNESS
Member resource

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Bulking guide

A step-by-step plan to gain muscle when the scale won't move: what to add, when to add it, and how to keep the weight once you've gained it.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

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GAINING

Eat more, on purpose

Muscle needs extra food, steady training and sleep. Most people who "can't gain weight" simply eat less than they think. This guide adds food in steps until the scale moves.

Who it's for

You're lean, you train at least 3 times a week, and your weight hasn't moved in a month.

Your target

Gain 0.25–0.5% of your body weight a week. At 160 lb that's about 0.5 lb a week, or 2 lb a month.

How to measure

Weigh every morning after the bathroom. Use the weekly average, not single days.

The 5-step ladder

Start at step 1. Move up one step only when your weekly average hasn't gone up for 2 weeks in a row.

1	**Eat one plan up.** Follow the meal plan for the next weight range above yours (150–199 lb? Use the 200–249 lb plan).
2	**Add one shake a day.** The 850-calorie shake below, between meals or after class.
3	**Add a fourth meal.** 1 protein + 2 carbs + 1 fat. A sandwich with milk counts.
4	**Double the carbs at dinner.** Pasta, rice or potatoes. Easy to eat, easy to recover on.
5	**Hold it.** Reached your goal? Stay at the last step that kept you gaining for 6–8 weeks so the new weight sticks, then step back down one level.

The 850-calorie shake · about 50 g protein

- 16 oz whole milk
- 1 scoop protein powder
- 1 banana
- 2 tbsp peanut butter
- ½ cup rolled oats
- Ice. Blend for 30 seconds.

MAKE IT WORK

Rules for an easy bulk

Drink some of your calories

Shakes and milk are the easiest calories to add when you aren't hungry.

Eat on a schedule

Every 3 to 4 hours, even if you aren't hungry. Set phone reminders if you need to.

Train for strength

Come to at least 3 classes a week and push the strength piece. Food without training adds fat.

Sleep 8 hours

Muscle is built while you sleep. Short nights slow everything down.

Calorie-dense swaps

INSTEAD OF	TRY
Chicken breast	Chicken thighs, salmon or 85% ground beef
Water with meals	A glass of whole milk
Plain oats	Oats cooked in milk with peanut butter and honey
Rice cakes	Granola, bagels or trail mix
Steamed veggies	Veggies roasted in olive oil (keep the portion moderate so you aren't too full)

Troubleshooting

Weight hasn't moved in 2 weeks	Go up one step on the ladder.
Gaining more than 1 lb a week	Go back one step. Faster isn't better; the extra is mostly fat.
Always too full	More liquid calories, fewer veggies at meals, and eat the protein and carbs first.

Weekly average log

WEEK	1	2	3	4	5	6	7	8
Average weight								
Ladder step								