**Gaining Muscle**

Use the **All Other Conditions Calculator** to calculate challenger’s macros.

Increase challenger’s original CPP by 1, for all body types.

Please send the following information to your challenger along with their macros:

Your macros are based on your goal of gaining muscle. If you feel hungry and/or are losing weight, please let me know.

**Additional Background Information for Coaches:**

If your challenger is staying the same or losing weight, increase CPP by .5 weekly, until they are gaining weight.