

HOW LONG CAN I EXPECT TO WAIT TO PUT ON MUSCLE?

(Assuming rigorous dietary and training regimen are solidly in adhered to)

NUMBER OF WEEKS IT'LL TAKE (Tabled Numbers)

YOUR PRESENT LEAN BODY WEIGHT	100	10	20	30	40	50	60
	120	9	19	28	38	47	57
	140	9	18	27	36	45	54
	160	8	16	24	32	40	48
	180	8	16	24	32	40	48
	200	7	15	22	30	37	45
	220	7	14	21	28	35	42
	240	6	13	19	26	32	39
	260	6	12	18	24	30	36
	280	5	11	16	22	27	33
	300	5	10	15	20	25	30
	5	10	15	20	25	30	
POUNDS OF ADDED MUSCLE DESIRED							