

THE GLP LIFTER'S CHEAT SHEET

Lose the fat. Keep the muscle. The rules are different when you lift.

GLP-1 medications are prescription drugs. The Anabolic Press advises that dosing, titration, and any change to your protocol belong in a conversation with your prescriber. This sheet is not medical advice — it is information intended for harm-reduction and education.

01 THE ONE NUMBER THAT MATTERS

Appetite suppression doesn't care about your macros. On a GLP, you run out of hunger before you run out of requirements — so protein goes first, always.

RULE	TARGET
Daily protein	1.6–2.2 g per kg of target body weight (≈0.7–1 g per lb)
Per meal	Protein eaten FIRST, before anything else on the plate
When appetite disappears	Liquid protein counts — a shake you finish beats a steak you don't

Protein is scheduled, not remembered. Skip it, and in the trials 25–40% of the weight lost was lean mass. That's not a cut — that's shrinking.

02 THE TRAINING NON-NEGOTIABLES

The drug decides how much you lose. Training decides what you lose.

- ☐ Resistance training **3+ sessions per week** — this is the muscle-retention signal, nothing replaces it
- ☐ Keep the weights **heavy** — maintain intensity, trim volume if recovery dips. Muscle stays where it's still needed
- ☐ Compound lifts stay in the program — squat, hinge, press, pull
- ☐ Do NOT convert to cardio-only "to speed things up" — that's how you exit smaller *and* weaker

03 TIMING & SIDE-EFFECT MANAGEMENT

Work with the drug's rhythm instead of fighting it.

- ☐ Schedule your hardest sessions **the day of or day before your injection** — GI side effects typically peak 24–72 hours after
- ☐ Hydrate on a schedule: GLPs suppress thirst along with hunger — add electrolytes on training days
- ☐ Small, frequent meals beat big ones your stomach will reject
- ☐ Escalate doses slowly and only with your prescriber — side effects you can't train through are a dose problem, not a discipline problem

04 THE SUPPORTING CAST

- ☐ Creatine 3–5 g daily — cheap, proven, and directly protective of performance in a deficit
- ☐ Sleep 7–9 hours — the deficit is stress; recovery is where muscle survives it
- ☐ Track **lean mass, not scale weight** — measurements, photos, or DEXA if available
- ☐ Watch the canary: **if your lifts drop week after week, you're losing more than fat** — slow down, eat more protein, retest

■ **This sheet keeps you safe. The full playbook makes you dangerous.** Programming, nutrition math, plateau protocols, and the muscle-first approach to every GLP phase — that's ***Bodybuilding on GLPs: Gaining Muscle and Burning Fat on GLPs***. [\[link\]](#)

The strongest move is always the informed one.

THE ANABOLIC PRESS

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