GLP-1 MUSCLE CHECKLIST

LOSE THE FAT. KEEP THE MUSCLE. · IRON FREAK FITNESS

WHY THIS MATTERS

In body-scan studies, roughly 25% to 40% of the weight people lost on GLP-1 medications was lean mass, not fat.[1,2] The scale cannot tell the difference. Your training and your plate can help.

TRAIN

- ☐ **Strength train at least 3 times a week.** Experts advise pairing GLP-1 therapy with structured strength training at least 3 times weekly.[3]
- ☐ **Add at least 150 minutes of moderate cardio a week**, such as brisk walking, alongside your lifting.[3]
- ☐ **Match the plan to your level.** The guidance says programs should fit your fitness level and physical capacity.[3] Start light, learn the form, then add weight or reps over time.

EAT

- ☐ **Make protein a priority.** A target of 1.2 to 1.6 g of protein per kg of body weight per day has been proposed during active weight loss.[3] Ask your clinician or dietitian which number is right for you.

> Example only: a 200 lb person weighs about 91 kg. 91 × 1.2 = 109 g, and 91 × 1.6 = 146 g of protein per day. For people with obesity, experts note this may overestimate needs, so your care team may base it on a lower reference weight.[3]

- ☐ **Do not go to extremes.** The same advisory says intake should not fall below 0.4 to 0.5 g/kg per day, and prolonged intake at or above 2 g/kg per day should be avoided.[3]
- ☐ **Protein is not enough on its own.** More protein without strength training is likely inadequate to protect muscle.[3]

TRACK WHAT COUNTS

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MEASURE

- ☐ **Track body composition, not just weight.** A body-composition scan (DEXA or similar) can show fat and lean mass separately. Ask your care team how often to scan.
- ☐ **Log your lifts.** Write down exercises, weights and reps each session so you can see if your strength holds or rises.
- ☐ **Log your daily protein** for one week to see where you really are.

STAY ON THE SAME TEAM AS YOUR DOCTOR

- ☐ **Tell your prescriber about your training plan**, and report side effects such as nausea or low energy to them.
- ☐ **Never change your medication or dose** based on fitness content, including this checklist.

WANT THE FULL PLAN?

Get the Iron Freak GLP-1 Muscle Guide:

ironfreakfitness.com · DM "MUSCLE" to @iron_freak_fitness

SOURCES

1. Body composition changes during weight reduction with tirzepatide in the SURMOUNT-1 study. Diabetes, Obesity and Metabolism, 2025. doi.org/10.1111/dom.16275
2. Strategies for minimizing muscle loss during use of incretin-mimetic drugs for treatment of obesity. PMC11611443.
3. Mozaffarian D, et al. Nutritional priorities to support GLP-1 therapy for obesity: a joint Advisory from ACLM, ASN, OMA and TOS. Am J Clin Nutr / Obesity, 2025. pmc.ncbi.nlm.nih.gov/articles/PMC12304835

Disclaimer: This checklist is general fitness education from a fitness coach, not medical advice, diagnosis or treatment. Mike Lipsey is not a physician or registered dietitian. Talk with your doctor before starting any exercise or nutrition program, especially while taking prescription medication. Individual results vary.