

Forum:[Hack Forums](#)

Thread: [Lost 1.5 pounds of muscle, however feel stronger?](#)

Millimeter Peter - February 16, 2018, 4:12 pm

I've currently been going through a weight loss journey, it's been 12 pounds lost so far.

1.5 of those pounds were muscle, I am also training with weights. Regardless of losing muscle, why do I feel an increase in my strength while playing sports?

AVeryBritishMan - February 16, 2018, 4:15 pm

Good job bro keep it up thats a lot to lose!

JeremyBTC - February 16, 2018, 4:21 pm

Muscle mass doesn't directly equal how much strength you have. You can gain strength without gaining alot of muscle mass. Also, if you're lighter, you have less fat, which makes movement much easier.

Fiery - February 16, 2018, 4:34 pm

You said while playing sports, it's just you feel stronger relative to your body weight.

Zink - February 16, 2018, 5:12 pm

You lost muscle or weight ? Don't confuse the two.

Toph - February 16, 2018, 5:24 pm

You feel stronger because you're more healthy.

Iust - February 16, 2018, 6:08 pm

How did you figure out how much muscle weight you lost? In several studies it has been pointed out that someone could lose weight and keep muscle even at a calorie deficit (how else would you lose weight lmao) and even gain muscle mass provided the right macro nutrition and resistance training (e.g. weights) so it's possible you never even lost muscle mass in the first place. Shit you might have even lost more fat, but made up for it in muscle weight

Millimeter Peter - February 16, 2018, 8:21 pm

(Feb 16, 2018 07:08 PM)dux0r Wrote: [\[CITE\]](#) How did you figure out how much muscle weight you lost? In several studies it has been pointed out that someone could lose weight and keep muscle even at a calorie deficit (how else would you lose weight lmao) and even gain muscle mass provided the right macro nutrition and resistance training (e.g. weights) so it's possible you never even lost muscle mass in the first place. Shit you might have even lost more fat, but made up for it in muscle weight

With an inbody composition analyzer

(Feb 16, 2018 06:12 PM)DoctorSheep Wrote: [\[CITE\]](#) You lost muscle or weight ? Don't confuse the two.

Read. I lost 12 pounds. 1.5 pounds were muscle.

Kash Money - February 16, 2018, 8:34 pm

well if you're dieting etc to lose weight then that sounds about right, but if you are lowering weights in gym, not training as hard etc that could be the reason, or not enough protein in your diet.

Jester Race - February 17, 2018, 8:23 am

Strength is mostly cns adaptation, it's not uncommon to hit new pr's while cutting

minimalist - *February 17, 2018, 3:51 pm*

(Feb 17, 2018 09:23 AM)Jester Race Wrote: [\[CITE\]](#) Strength is mostly cns adaptation, it's not uncommon to hit new pr's while cutting

And especially so when you're still reaping the benefits of newbie gains.