



WORKING
AGAINST
GRAVITY



WEIGHT CUTTING

FOR ATHLETES



Boxing, kickboxing, judo, mixed martial arts, Olympic weightlifting, wrestling, taekwondo. These are just some examples of sports that require competitors to be divided by weight class to keep matches fair. If you find yourself in a weight class specific sport, or working with an athlete that is, then you'll need to focus on body weight more than the average athlete. This is especially true in the weeks leading up to a meet to ensure the numbers on the scale are satisfied. In other words, that you make weight.

In each of these sports there is a requirement to weigh a specific amount at a specific time - a difficult task even for veterans. If done incorrectly, athletes can compete feeling depleted, drained, and see significant drops in their performance.

At [Working Against Gravity](#) we have helped thousands of athletes make weight and execute lifetime best performances.

Success Stories Include:

“Working with Adee and Working Against Gravity really allowed me to focus on the sport. I trust her system and that she can handle the weight cut for me and that my strength and preparation wouldn’t be lost by making weight. I knew I would feel great by the time it was my turn to compete and making weight was no longer this [bad] circumstance that I had to get over and recover from before game time.”

Thanks to WAG I never worry about how I’ll feel after a cut. I never worry if I’ll be too tired to be my best or too weak. Weighing in now is just like putting on my singlet.”

(-58kg USA Weightlifting)
3-time National Champion and
holder of all 3 American records.

JESSICA LUCERO



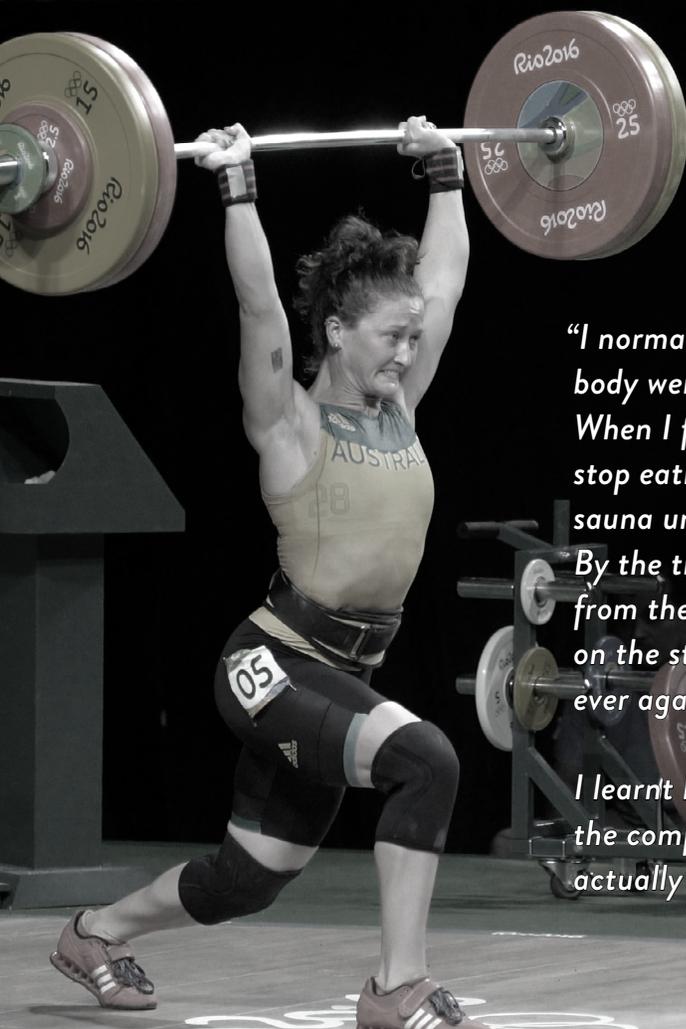
**TIA-CLAIR
TOOMEY**

(-58kg Australian Weightlifting)
Olympian - Rio Olympic Games
2018 Commonwealth Games Champion
2017 & 2018 Fittest Woman on Earth
2015 & 2016 2nd Fittest
Woman on Earth

“I normally train at about 60-61kg body weight and compete at 58kg. When I first started weightlifting I would stop eating 2 days before and then sit in the sauna until my bodyweight was under 58kg.”

By the time it came to lifting, my body was so drained from the drastic weight loss, it affected my performance on the stage. To avoid going to these extremes to drop weight ever again, I work with Adee from Working Against Gravity.”

I learnt how to control my bodyweight. My preparation leading into the competition was incredible, I had heaps of energy and could actually compete at my full potential.”



Success Stories Include:

TAYLOR MENDES

(63kg USA Weightlifting)
Senior National Medalist

“Cutting weight with WAG has taken all the guess work out of making weight. I know exactly what I need to eat (or not eat) to make weight on game day with no stress.”



MATTIE ROGERS

(71/76kg USA Weightlifting)
2020 Olympian



“Adee is more than a nutritionist. She sees you as a whole person, and understands food isn’t just a thing, but that to each of us has a different daily use. The fuel for stress, love, awards, root of it, and changes you to see what it truly is to you and who you are to your core. I know myself, my body, and daily choices in a way I didn’t think possible thanks to WAG.”



KATIE UHLAENDER

(Team USA Skeleton)
Olympic medalist in Sochi
3-time Olympian World Champion
2-time World Cup Champion
11-time World Cup Gold medalist

(63kg USA Weightlifting)
Junior Nationals 2015, 2016, 2017
2016 Junior PanAm
Champion and Best Lifter

MADDY MYERS



“For the first time ever, I was eating at least 2,000 calories and still sitting perfectly at competition weight. Years prior, I was eating around 500 calories a day and by the time I got to the platform, I was depleted. As a result, I was never able to hit training numbers on the platform. After the switch, I was hitting personal bests and American records on the platform.”



KATE NYE

(76kg USA Weightlifting)
Olympic Metalist
Senior & Junior World
Champ

This guide contains all of the strategies and thought processes we use on Team WAG to support our athletes as they compete at the highest level. Below you will find the basics of selecting the appropriate weight class, differences in weigh-in timing, how to adjust macronutrients and food intake, last minute tactics and more. We hope that this information can guide you in becoming the best athlete you can be or assist in guiding your own athletes to success.

Advising on Weight Class Selection:

Before we begin discussing the different strategies and tactics for making weight, it's important to first have a basic understanding of selecting a weight class. There are a number of different ways to select which weight class is most appropriate for you. The following are factors to consider before selecting a weight class.

Current Weight and Body Fat

The leaner you are, the less weight you can lose without also losing muscle mass and hindering performance. Women at 10-13% body fat or under and men at 7-9% body fat or under need to understand that lower body fat percentages come with certain health risks. Women at 20-23% body fat or more and men at 13-15% or more will have a much easier time cutting to a lower weight class without negative repercussions.

Caloric Intake

In most cases, choosing a weight that allows you to eat a specific number of calories that appropriately fuels training and recovery is the best decision.

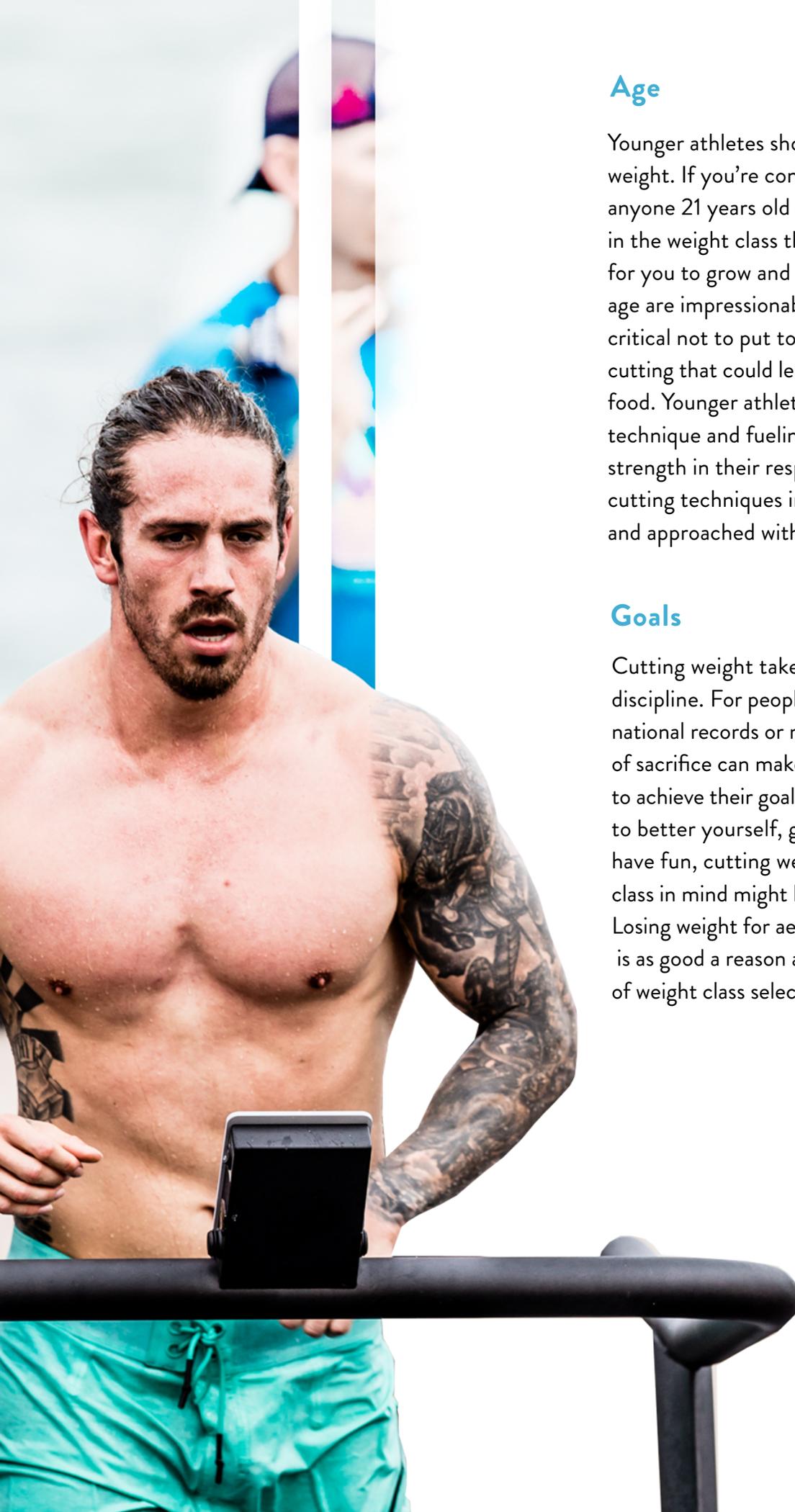
Drastic calorie restriction outside of this target weight can result in impaired recovery, reduced sleep quality, lack of energy and irritableness. If you often feel hungry and have low energy in the gym, moving down a weight class is probably not the optimal move for you. Instead, focusing on gaining muscle while filling out a higher weight class is likely the best option.

Ideally, to keep performance high and retain lean muscle mass, an already lean athlete should look to lose .5-1% of total body mass per week. The lower end of the range being for smaller athletes and higher end for larger athletes.

Height

Taller athletes are often better suited for heavier weight classes. It would not be in the best interest of a 5'7" female to be in the 55 kg class. A great strategy is to look up the average height of athletes in a particular weight class. If you find most athletes in the class you are considering are significantly shorter than you, it would be worth moving to or remaining in a heavier weight class.





Age

Younger athletes should rarely cut down to make weight. If you're considered a junior (which is anyone 21 years old and under), you should remain in the weight class that provides enough calories for you to grow and mature. Because people of this age are impressionable physically and mentally, it's critical not to put too much emphasis on weight cutting that could lead to negative associations with food. Younger athletes should focus on building technique and fueling for performance and mental strength in their respective sport. Any weight cutting techniques implemented should be mild and approached with caution.

Goals

Cutting weight takes energy, precision and discipline. For people looking to win medals, break national records or make Olympic teams, this type of sacrifice can make the most sense in the effort to achieve their goals. If you are looking to compete to better yourself, gain experience and/or just have fun, cutting weight with a specific weight class in mind might be an unnecessary added stress. Losing weight for aesthetics or improved health is as good a reason as any, but this falls outside of weight class selection.

Stress and Anxiety

It is very important to understand yourself or the kind of client you are working with. Some athletes feel stress and anxiety about the number on the scale, have a hard time managing hunger or experience nervousness and anxiety before a big performance. In these cases it's better to work on maintaining weight, being within the weight class or staying 2-4 lbs above/below the weight class all season rather than cutting drastically.

For athletes that have a history of disordered eating or body image issues, weight cuts are not recommended as it can trigger negative association with the scale, or issue with food restriction.

Do You Have Time?

You should always aim to maintain athletic performance during a cut, so it's important to pace weight loss appropriately.

A good cut is based on losing around .5 - 1lb per week on average. Once you have a date set for your next meet, work backwards on the calendar to map out how far the athlete is from making weight. Can they lose enough weight with a .5 - 1lb pace to be at the correct weight come game day?

Example: If an athlete is 12 lbs over their weight class, it's more feasible for them to start their cut 14 weeks out rather than 6 weeks out. The more weight to lose, the further out the cut should start. This will avoid needing to implement any drastic cutting strategies.

Decision Making Process

Many athletes compete in *two* weight classes. One where they 'walk in' without any attempts at weight loss and one that requires some weight loss to be eligible to compete. Just because you can cut doesn't mean that you always have to, or should.



The factors below can provide a framework to aid you in deciding which weight class is right for you:

Consider the specific reason you are cutting weight:

- Making weight for a specific competition
- To be more competitive in your sport
- Aiming to eventually enter a bulking phase
- Aesthetics and overall health

Consider the speed of the cut:

- Will you sacrifice performance and eat less food for faster results?
- Will you maintain strong performance and eat more food by cutting slower and more gradually?
- Will dropping a weight class actually improve the athlete's strength to weight ratio (Sinclair/Robi/Wilks score)?
- Will the rate of the cut allow the athlete to get comfortable training at their new bodyweight? Big changes to body composition can necessitate tweaks to the athlete's technique.

It is possible to cut weight and maintain strength at the same time, and even make gains, but we recommend [enlisting a nutrition coach](#) because there are so many performance and progress markers to track. Someone to create your nutrition program for you to ensure that your fuel is on point while keeping you in a cutting phase with little impact on performance. This person will also be able to help you objectively decide which weight class is right for you.

Keep in mind everything that comes with a cut:

- Hunger
- Less variety in your diet
- Fewer opportunities to indulge
- Higher degree of consistency/precision necessary for optimal progress
- An additional variable of stress beyond training and tracking nutrition

The Sinclair, Robi, and Wilks scores are a system of calculating strength to weight ratios in order to compare athletes across varying weight classes against one another.

If you're ready to commit to a cut, it is important to make sure you are still fueling for performance, recovery and remaining consistent with your nutrition. Monitoring body weight, body composition, mood, energy, stress and hunger on a regular basis will be essential to making progress without consequences. We want to avoid overtraining and undereating at all costs. For most people [getting a professional](#) to help you monitor this process yields the greatest success.



Weigh-in Timing:

A weight cut can look different for an athlete depending on whether they have 2 hours before competition time or 24 hours.

2 Hour Weigh-in

In general, for lean individuals a maximum amount of weight loss the week before a meet is 5 – 10 lbs with the latter skewing toward larger, male athletes and the former toward smaller, female athletes. If you carry more body fat, more weight can be lost the week of without hindering performance.

Rule of thumb: For a 2 hour weigh-in is that no more than 4-5% of total body weight should be manipulated 7 days before the meet.

24 Hour Weigh-in

With a 24 hour weigh-in (this is typical of fighters, wrestlers and sometimes powerlifters), you have a much longer period to replenish nutrients, so a more aggressive cut is possible. We have seen and heard of people dropping between 15 – 30 lbs and sometimes more depending on the athlete's response.

Rule of thumb: For a 24 hour weigh in, no more than 7-8% of total body weight should be manipulated 7 days before the meet.

If this is the first time completing a large water cut (anything over 5% of body weight), err on the side of cutting less weight to gauge how the athlete will respond to water manipulation. It's better to start small and have a low stress cut with a successful meet than be stressed out about cutting more than an athlete is comfortable with.

This is not something to do frequently or outside of the competitive environment. Learn more on how to achieve this in the Last Minute Tactics at the end of this ebook.

It is important to keep in mind that everyone responds differently to aggressive water cuts, and manipulating large amounts of water weight comes with health risks. These tactics are not to be taken lightly and should always be done with supervision.



2-3 Months Before Meet Day:

Depending on the amount of time you have after weigh-in (2 hour or 24 hour) you want to be within the appropriate range 7 days out at the latest. Knowing the date of the competition and time of weigh-in as early as possible is most important here to properly assess how large of a deficit you should implement or whether the goal of making weight is realistic.

For example, a 59 kg female Olympic weightlifter (2 hour weigh-in) should weigh no more than 61 kg 7 days out of competition. This means if they are 64 kg 1 month out, losing 1 kg per week is likely too drastic and will hinder performance. However, 3 months would be a reasonable time frame especially for an athlete with higher body fat.

Having 2-3 months helps us ensure that calorie intake is consistent in order to track trends as accurately as possible to assess if the deficit is effective given the timeframe. This means that you have enough time to notice if the cut is not progressing and then make adjustments to avoid using drastic weight cutting techniques that may hinder performance.

Daily morning weigh ins should be consistently monitored, and a weekly average weight determined. Since many factors can cause weight fluctuations day to day, looking at weekly averages rather than each day in isolation will provide a more accurate trend of weight loss.

Reasons for body weight fluctuation:

- *Stress*
- *Hormones*
- *Salt intake*
- *Water intake*
- *Swelling from a hard training session*
- *Meal timing*
- *Menstrual Cycle*
- *Sleep*
- *Frequency of bowel movements*
- *Amount of carbohydrates consumed*
- *Time weight is taken*

For athletes with a menstrual cycle, tracking not only when their cycle occurs, but also when and how much water is retained gives valuable foresight for making weight. Many women see large fluctuations on the scale the week before or during their cycle keeping track of these changes allows you to plan for them. If a competition falls during an athlete's menstrual cycle, you could consider cutting a bit more body mass in anticipation of water retention.

7 Days Before Meet Day:

7 days before weigh-in, it's essential to stay in tune with your body and monitor water, sodium intake, macronutrients and body weight (before sleep and when you wake up). By weighing yourself before bed and in the morning you will be able to track how much weight is lost overnight on average and therefore assess how much you should weigh the night before your weigh-in to be safe. This is called float weight. We define float weight as the average amount of weight lost after a full night's sleep.

FOR EXAMPLE: If you are in the 71 kg class and lose on average .7 kg overnight you know you should go to sleep the night before weigh-in weighing 71.7 kg — especially if you have an early morning weigh-in time.

If body weight is trending in the right direction from morning to morning (going down .3 - 2 lbs) keep nutrition the same and only make adjustments closer to the event.

If body weight is not moving in the appropriate direction there are other options for losing the last minute weight. Depending on your current nutrition, there are a few adjustments you can make — carbohydrates being the main adjustable factor.

Adjusting Carbohydrates

For *every gram of carbohydrates*, your body needs to hold onto **3 grams of water**. This means that carbohydrates can cause temporary weight gain. The week before a meet we are trying to avoid any extra water retention, so cutting down carbs is always our first step.

If you have excess carbs in your diet, remove carbs 15g - 30g at a time. This will reduce total calorie intake.

If calories are already low and further reduction would cause more harm than good you can shift the calories coming from carbs to calories from fat. This will keep calorie consumption the same but reduce the amount of water retention.

FOR EXAMPLE: 135g Protein • 150g Carbohydrates • 45g Fat = **1545 Calories**
can be adjusted to
135g Protein • 120g Carbohydrates • 58g Fat = **1542 Calories**

These adjustments can be made every day. See how the calories stay similar while the macros change? This will help reduce water retention.

Adjusting Fiber Intake

Since fiber is not digested by the body, having a high fiber intake can leave dietary residue in the intestinal tract. By switching to low fiber carb sources 5 days out from weigh ins, your body will have time to excrete stored waste by clearing out gut residue. Depending on previous intake this can be a difference of a few pounds.

For a list of low fiber foods refer to our Meet Prep Guide on page 26.

Official Scale

Double check your weight on the official competition scale. The scale you are using might not be calibrated the same as the scale used for competition. Imagine your scale says you are on weight, but the competition scale reads .2 kg heavy — you want to avoid this kind of discrepancy and have the most accurate information.

Most events provide access to the official scale or a test scale that is calibrated. The sooner you can test your weight the better. The best strategy is to bring your scale with you to the official scale and check your weight on both to compare. This way you can note the difference and continue to use your own scale without needing to check the official one again.

FOR EXAMPLE: If your scale reads 85.8 kg and the official scale reads 86.0 kg you know that your scale is reading .2 kg lighter. Now you will use any weight from your scale and subtract .2 kg when making any adjustments.



The Day Before Weigh-in:

The day before weighing in for the competition, you should know your bedtime weight. If you are losing 2 lbs overnight then you will want to go to sleep 2 lbs overweight or less. This may mean checking your weight throughout the day, especially before each meal.

At this point, it's most important to know the weight of food being consumed. Macronutrients are less of a concern here although it is recommended to keep food options lower in sodium. If making weight is a close call, check your weight before your next meal and then decide how much weight in food you can consume.

FOR EXAMPLE: Imagine you need to weigh 64 kgs (lose around 1 kg overnight) and you weigh 64.7 kgs before dinner the night prior to a meet. In this case, you can go to sleep weighing a maximum of 65 kgs so you can eat up to 300 grams of food (limiting complex carbs and sodium).

One Exception

Some athletes will be weighing in first thing in the morning while others will be weighing in the afternoon or evening. If you would like to make it so that you can eat before you weigh in, you can use the float weight information so that you wake up slightly under your weight class and then can eat the weight difference in food the next morning.

FOR EXAMPLE: You have a 5 pm weigh-in time and are in the 89 kg class with a float weight of 1 kg overnight. At bedtime the night before weigh in make sure you weigh 89.6 kg. That way you will wake up 88.6 kg, meaning you will be able to consume 400 g/.4 kg of food/water in the morning and still make weight.

Keep in mind with later weigh-ins you will continue losing weight every hour. You can assume you will lose roughly .1-.3 kg per hour depending on how often you use the bathroom and how much you weigh, with heavier athletes losing more than smaller athletes. This means anyone waking up on weight or only slightly under can still have some food (100-200 g) and still make weight.





Last Minute Tactics:

Each one of these tactics should be used with extreme caution and it is best to have a coach or professional to assist you through these scenarios.

Cardio

You want to be careful with cardio the week before a competition. During this time, HIIT (high intensity interval training) or MISS (moderate intensity steady state) can increase stress, conflict with the recovery/purpose of the taper (this is the period of time training is cut down to prepare for the meet) and cause unnecessary water retention from the actual stress of the exercise itself. If you already have cardio to do from past weeks finish what you can a minimum of 5 days before your meet.

LISS (low intensity steady state) is not as detrimental the week of a meet, but the type of machine that is recommended is important to note. A low impact machine like an elliptical or treadmill is better than a stairmaster or rower, as it is less fatiguing on the body. In this case, the goal is not fat loss but weight loss through sweat with calories lost as an added benefit. This can be added in to your workout routine up until meet day starting from two to three days out.

We would recommend 30-50 minutes of LISS just to sweat and move around, but calories burned are not a goal when prescribed. This can be done in conjunction with other tools to aid in water loss or as a replacement to the sauna if one is not available. For example, wearing a sweatsuit while completing cardio close to weigh-ins will help to increase sweat production without having to 'push' as hard physically. This lowers the amount of fatigue on the athletes body while still achieving water loss through sweat.

Fasting

Having the athlete fast helps by giving their body more time to digest food and pass fluids through urination.

Having the athlete finish their intake 16 hours before weigh-ins gives them ample time to lose weight passively. You can continue to weigh-in through the evening and track weight loss.

Sweating

If the athlete is still overweight 2 days out of weigh-in some last minute sweating may need to take place in order to lose those last few lbs. This can be done in a sauna or in a bath. Keep in mind that a sauna may take longer and leave you feeling drained. In either situation you should bring a credit card or a thin “scraper” with you to remove sweat from your body while in the sauna or bath.

SAUNA

In the sauna, use the scraper to wipe sweat off the surface of your skin. Sounds silly, but there’s a scientific reason for this: Because sweat is the body’s way of cooling us down, it will regenerate sweat more rapidly if we remove it.

Call ahead to the sauna you are planning to use to make sure that it is in service. Nothing is worse than showing up to cut weight and finding out that it’s out of service.

TRAVEL TIP:

If you are travelling for a meet and booking in to a hotel, double check that your accommodation has a sauna or bathtubs in their rooms so you don’t have a surprise upon arrival should you need one.

HOT BATH

Fill the tub with hot water (but don’t burn yourself!) to waist deep. You should go neck deep under the water for 2-3 minutes, then go back to waist deep for 2-3 minutes while removing sweat with the scraper. Repeat this cycle a minimum of 3 times.

Place a towel at the base of your bathroom door to create a ‘steam room’ effect in your bathroom. If you need a break from the hot bath, get out of the tub, put on a sweat suit and sit in the bathroom, you will continue to sweat. Refill the tub with fresh, hot water and repeat

You can check your weight before and after each session to see how much weight you have lost and using this information to decide if any additional tactics are necessary.

Spitting

If you are in a real pinch, grab something sweet and sour such as Sweet Tarts, Skittles or Ice Breakers gum (yes, really) and suck/chew on the candy or gum to promote saliva creation. Make sure to spit into an empty bottle and don’t swallow it. This is definitely not fun, but it does work.

You can even be as precise as weighing the amount of saliva in the container. If you need to lose .2 kg/200 g you can use your scale to actually weigh out 200g worth of spit. Gross, I know, but that spit is no longer in your body and therefore you will be 200g lighter!

Important Considerations for Last Minute Weight Cutting Tactics

When using last minute tactics during a 24 hour weigh in, like sweating, it's advised to perform them ***the morning of weigh-ins*** for two reasons.

1. The less hydrated you are going to bed, the less water your body will lose through urination, perspiration, and even from breathing, believe it or not! This allows you to lose water without stress on your body overnight and then have an exact idea of how much weight you have to lose.
2. Any way you slice it, being dehydrated isn't great for you, so limiting the amount of time you spend in a dehydrated state helps to minimize negative health risks as well as negative impacts on performance, although it does not remove the risk entirely.

As a rule of thumb, leave about 2-3% of body weight to be lost in the morning. This should easily be able to be completed in about an hour and a half, but budget extra time so you're not cutting it down to the wire.

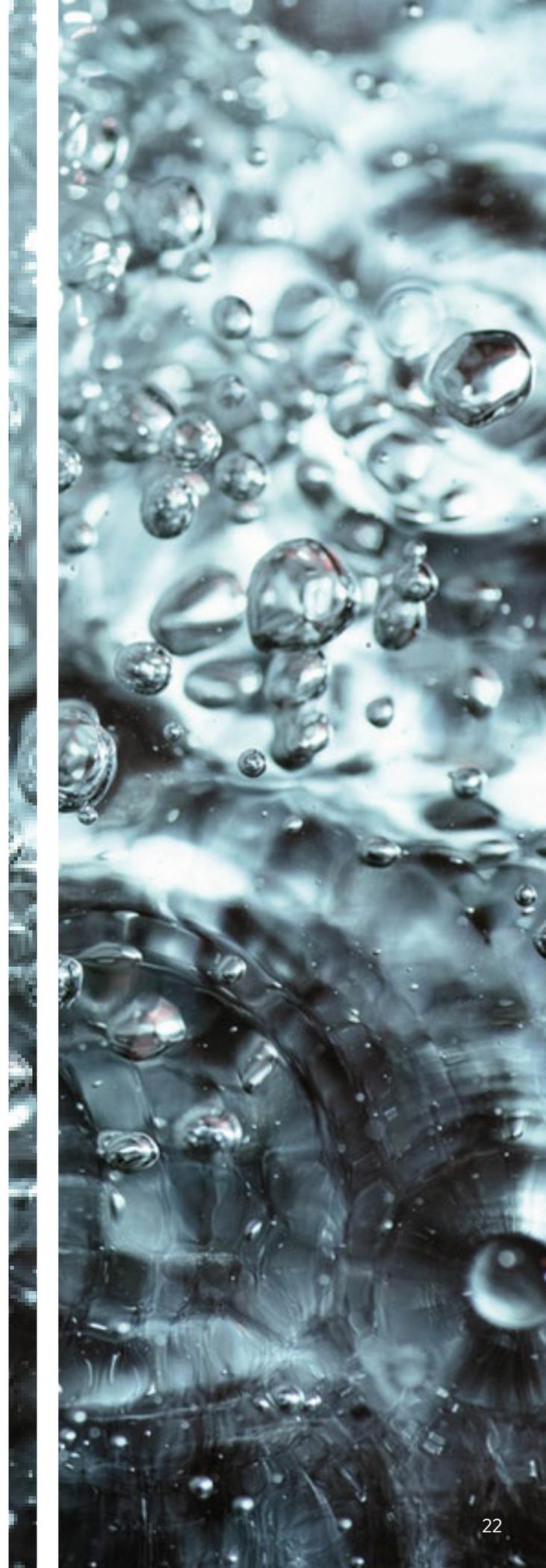
Never sauna or sit in a hot bath alone. Always have someone checking up on you to make sure you are feeling okay. NO meet is worth risking your well being.

Water Loading / Cutting

How does this work? Well, when you drink excessive amounts of water your body will go into a “flushing mode”. This happens because our bodies have increased the mechanisms to promote water loss. More water in equals more water out. Drinking more water will also cause the body to lower both aldosterone and ADH (Antidiuretic Hormone), the two primary hormones involved in urine production and water secretion from the body. These lower levels of Aldosterone will promote increased water loss.

When you increase water intake the increase in urine output does not happen instantly. Aldosterone and ADH are slow to respond. As you continue to keep your water intake high, you will start to see those hormones respond, urine output will increase and body weight will drop. This lag in response also occurs when we decrease water intake. This means water loss remains high even with very little water intake. Most people can see this trend continue for 72+ hours before ADH and Aldosterone catch on and levels start to increase causing water retention. Athletes can lose from 5-15 lbs this way.

REMEMBER — this is an extreme way to cut weight and may leave you feeling like you have lower energy levels.



AMOUNT OF WATER TO DRINK

2 hour Weigh-In

5 days out - 2 gallons

4 days out - 1 gallon

3 days out - 1 gallon

2 days out - .5 gallon

1 day out - .25 gallon

Weigh in day - no water until weigh-in

While in a water cut you will still need to monitor nutrition daily and make adjustments to carbohydrates as necessary. It is also encouraged that you reduce sodium intake, as the body will hold onto the sodium while the sodium holds onto the water.

AMOUNT OF WATER TO DRINK

24 hour Weigh-In

10- 4 days out - 2 gallons

3 days out - 2.5 gallons

2 days out - 3 gallons

1 day out - .25 gallon

Weigh in day - no water until weigh-in

SODIUM INTAKE

24 hour Weigh-In

10- 7 days out - double normal sodium intake

6-4 days out - triple normal sodium intake

3-1 days out - limit sodium as much as possible

Weigh in day - no sodium intake

This process of loading sodium and water in tandem increases the amount of water your body retains temporarily. It's normal to see a 5-8lb increase during the initial loading phase as you increase both salt and water. On day 3 where water continues to increase while sodium is cut out, the body will continue to try to flush out the retained water but due to the low sodium and lower carbs the body will more readily shed water since it doesn't have the sodium or carbs to bond to.

For a list of high sodium and low sodium foods, see page 26 for our Meet Prep Food Guide.

IMPORTANT: *After water cut it is crucial to rehydrate and refeed properly. Once you make weight your job is not finished!*

Proper Replenishment After a Weight Cut

Replenishing After a 2 Hour Weigh-In

Since the window between weigh ins and start time is smaller, it's important to begin replenishing yourself immediately so that you have ample time to digest and rehydrate. Opt for rehydration fluids such as Pedialyte or drinks high in electrolytes like Gatorade, consuming at least 1-2 liters of fluid over the two hour period, and continually throughout the competition.

Nutritionally, refuelling with *easy to digest dense carbs*, and high sodium foods will replenish glycogen stores as well as give the body something to hold onto water with. Stick to foods that the athlete knows they digest well and never something they have not eaten before, some examples here could be:

- Applesauce/fruit puree
- Sweet potato
- Bread with jam
- Fruit
- Pasta
- Oatmeal

For high sodium foods, examples could be:

- Beef jerky
- Rice chips
- Salted melon
- Deli meat
- Potatoes



Replenishing After a 24 Hour Weigh-In

The benefit of a 24 hour weigh-in is that there is a larger window to recover from the cut.

However, it means athletes are completing a more aggressive water cut, so attention must be placed refueling and rehydrating, for the entire duration of those 24 hours, especially if a large percentage of water has been cut.

Rule of Thumb: Anything over about 5% body weight is considered a large cut. It is crucial to stick to foods that this athlete eats often and digests well.

IMMEDIATELY FOLLOWING WEIGH-INS:

Slowly sip a liter of Pedialyte (rehydration drink) and eat something small that is salty and high carb like salted fruit, rice or tortilla chips. Despite being very hungry and thirsty, it is important not to rush this process or the athlete can get a very upset stomach which is the last thing you want before a competition and big day of eating.

1-2 HOURS POST WEIGH-INS:

Eat a full but easy to digest meal high in carbs, moderate protein and low in fats. Pancakes and egg whites, chicken and rice or deli sandwiches are all examples of what a good first meal could look like. Continue to drink water or electrolyte drinks. By this point another 1-2 liters of fluid should be consumed.

Throughout the day, continue to eat small meals every couple of hours. These meals should be high carb, moderate protein and now, moderate fat. Keep monitoring weight through the day and ensure it's steadily trending up. All the while continuing to drink fluids, the daily target should be around 1.5-2 gallons of fluid.

12 HOURS POST WEIGH-INS:

This will roughly be close to bedtime, ideally the athlete will be back to, or above their pre-water cut body weight, this is indicative that adequate fluid has been consumed and retained.

MEET DAY

If the athlete has rehydrated correctly, their morning body weight will be within a few pounds of their pre-cut weight. It's important to continue to drink about a liter of water or electrolyte drink before the meet begins and another 3-4 liters throughout the day.

Nutritionally, keep things simple by sticking to the athletes preferred pre-workout meal before the meet starts. Throughout the day, continue to snack on dense, high carbohydrate snacks to keep energy up and aid in retaining hydration.



Meet Prep Food Guide

FOODS THAT AFFECT WATER RETENTION

HIGH SODIUM FOOD

High sodium food is key for properly loading sodium if you are doing a larger cut, these are also foods to steer clear of when dropping sodium intake during your cut:

- Deli meats
- Pre-cooked chicken strips
- Pre-seasoned meats
- Pickles
- Cottage cheese
- Canned tuna *(with salt added)*
- Cheese
- Teriyaki or soy sauce
- Some protein powders
- Soups and broths
- Pre-cooked potato, rice, beans
- Salted nuts and nut butters

LOW SODIUM FOOD

Low sodium foods are fairly easy to find as long as you're staying away from packaged foods. You can always check the food labels to verify sodium content.

- Unseasoned raw meats
**double check chicken as sometimes it is pumped with saline for tenderness*
- Unsalted nuts and nut butters
- Tuna packs with no salt added
- Fresh fish
- Whole eggs and egg whites
- Unsalted rice cakes or crackers
- Mrs. Dash seasoning blends, potassium salt, lemon juice
(to help make things taste a little better)

LOW FIBER FOOD

Being low/lower carb and also needing to keep fiber down is a little tricky since usually vegetables are the 'go-to' to help with hunger but this is where we need to hang tight and push through it. Choosing dense carbs or low fiber vegetables *(in moderation)* will help get you in your daily fuel without adding mass on to the scale.

- Skinless white potato
- Unseasoned white rice
- Cream of rice or wheat
- Pasta
- Banana
- Carrots
- Iceberg lettuce
- Avocado
- Corn Tortillas

Meet Prep Food Guide

TRAVEL MEAL PREP

When relying on water, carb and sodium manipulations to make weight, leaving food preparation up to chance is not an option. Making sure you have food prepared for your travel day or leading up to weigh ins if you don't have a kitchen in your accommodation is a must.

We have some tried and true tips to help you pack everything you need that is not readily accessible:

- Since packaged foods are generally high in sodium pack your own cooked protein. Pre-portion your protein in to small ziplocks and freeze in a large gallon freezer bag to delay thawing. This will also help keep your fresh meals cool.
- Hard boil and peel eggs ahead of time for easy on the go protein that's easy to use to fill in your intake needs. If you need to cut fat, simply toss the yolk.
- Pre-weigh and portion items like hot cereal, nuts, protein powder, cooked carbs to easily build meals on the go.
- Be prepared for delays and extended travel days by packing at least one extra defrosted meal so that you don't get stuck in a bind without food.
- Invest in a quality cooler bag. Since freezer packs are technically classified as a liquid, you'll only be able to use mini freezer packs that are under 3oz having a high quality cooler bag will help get your food to your destination.
- If you are travelling internationally, you won't be able to bring animal products over the border, but pack a small size grill or even a waffle iron to cook fresh protein on in your hotel.
- Be sure to contact the hotel ahead of time to ask for a mini fridge and microwave to be put in your room.

AT A GLANCE

We have created some daily checklists for 2 hour and 24 hour weight cuts. Not all variables will pertain to each athlete depending on what tools are chosen to complete the cut, but it provides a day by day breaking of when to use each tool as needed.

2 HOUR WEIGH IN

5 Days Out

- 2 gallons water
 - Switch to low fiber foods
 - Reduce carbohydrate intake, increase fats to keep calorie intake the same only if already in a big deficit
-

4 Days Out

- 1 gallon water
 - Keep fiber low
 - Keep carbohydrates lower, fats higher as needed
-

3 Days Out

- 1 gallon water
 - Reduce typical sodium intake by half
 - Keep fiber low
 - Keep carbohydrates lower, fats higher as needed
 - Add LISS cardio as needed
-

2 Days Out

- .5 gallon water
 - Reduce typical sodium intake by half
 - Keep carbohydrates lower, fats higher as needed
 - Add LISS cardio as needed
-

1 Day Out

- .25 gallon water
 - Reduce sodium intake by half
 - Keep carbohydrates lower, fats higher as needed
 - Add LISS cardio as needed
 - *All fluid and food should be consumed 16 hours out from weigh ins*
-

Day of Weigh Ins

- No water until after weigh-in
- Depending on weigh-in time and weight, have a small, low volume snack if the athlete is underweight

AT A GLANCE

24 HOUR WEIGH IN

10, 9, 8 & 7 Days Out

- 2 gallons of water
 - Double sodium intake
-

6 Days Out

- 2 gallons of water
 - Triple sodium intake
-

5 Days Out

- 2 gallons of water
 - Triple sodium intake
 - Switch to low fiber foods
 - Reduce carbohydrate intake, increase fats to keep calorie intake the same
-

4 Days Out

- 2 gallons of water
 - Triple sodium intake
 - Keep fiber low
 - Keep carbohydrate intake lower, fats higher
-

3 Days Out

- 3 gallons of water
 - Limit sodium intake
 - Keep fiber low
 - Keep carbohydrates lower, fats higher
 - Add LISS cardio as needed
-

2 Days Out

- 3 gallons of water
 - Limit sodium intake
 - Keep fiber low
 - Keep carbohydrates lower, fats higher
 - Add LISS cardio as needed
-

1 Day Out

- .25 gallon of water
 - Limit sodium intake
 - Keep fiber low
 - Keep carbohydrates lower, fats higher
 - Add LISS cardio as needed
 - Sweat/sauna/spit as needed in the evening
 - **All fluid and food should be consumed 16 hours out from weigh ins**
-

Day of Weigh Ins

- No water until after weigh ins
- Fast until weigh ins
- Sweat/sauna/spit as needed

Weigh-in without the stress

Leading up to a big event or competition you should be focused on your performance, not on making weight.

When you join Working Against Gravity, you'll be paired with the nutrition coach that's perfect for you and your goals. He or she will guide you through every situation, so that when weigh-in day comes you'll have zero concerns.

Save your energy for the parts of your performance that matter most — training, recovery and mindset — and let us worry about your nutrition.

Imagine what you could accomplish when you focus less on the scale and more on the platform.

Join now at
workingagainstgravity.com/join

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You should always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. You should never disregard professional medical advice or delay in seeking it because of something you have read in this book.

This book was written to provide good, practical information to help healthy adults compete in weight class sport. This book is not intended for people under 18 years, pregnant or breastfeeding women, or people with eating disorders, or any health condition that requires special consideration. We do not guarantee that the information will be completely accurate. Therefore the author, publisher or and owners cannot be held responsible for any errors, omissions or inaccuracies published. It is advised that all visitors check information provided in this book with a professional source.

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Your individual results may vary. Working Against Gravity recommends testing your weight cutting approach before any meet or competition to ensure optimal results.