

# Muscle and Calories

1 lb. of muscle = 50 calories per day  
burned

Adding 3 lbs. of muscle = 150 extra calories burned per day

150 calories x 7 days (1 week) =  
**1050 calories**

For every pound of muscle you add to your body with a regular program of resistance exercise, your body will burn approximately 50 more calories per day. This means that if you work out with weights on a regular basis and gain 3 pounds of muscle on your body, you will burn 150 more calories per day without even changing your diet!

