

WEIGHT TARGETS 101

Gaining and Losing the Right Way. The Quick Facts For Players. No Fluff.

Your Target Is a Range, Not a Number

Forget the level average. You cannot change your height, so the only number that matters is what rostered players AT YOUR HEIGHT, at your level, at your position actually weigh. That is what the Weight Target Tool shows: a range built from 28,000+ real college roster spots. Run it once and write your range down.

The One Rule That Runs Everything

One pound a week. Maximum. In either direction. Faster than that gaining, and the extra is mostly fat. Faster than that cutting, and you lose the muscle you spent all year building. The research on athletes is clear: the slow group keeps the strength, the crash group loses it.

Gaining Done Right

Do this	Why it works
Add 250 to 500 calories a day, every day	That is the math behind 0.5 to 1 lb a week
Protein at about 0.8 g per pound of body weight	The top of the range sports scientists put on muscle building
Lift while you eat	Calories without training becomes fat, not a stronger swing
Use the shakes and the Sunday cook up	A shake is the easiest 800 calories you will ever add
Sleep 8 to 9 hours	The gaining happens at night, not in the gym

Leaning Out Done Right

- **Under 16? You do not cut. Period.** You are still growing. Train, eat clean, and let your height catch your weight.
- 16 or older: small deficit, protein stays high, one pound a week or slower.
- Never chase a number below the safe floor for your height and age. The tool will refuse to build that plan, and so should you.
- Strength going down week over week means you are cutting too fast. Eat more, slow down.

The Rules. Non-Negotiable.

1. **One pound a week, max, both directions. Every plan faster than that is a bad plan.**
2. **No cutting under 16. No exceptions.**
3. **Weigh once a week, same scale, same time, shorts only. Daily weighing is noise.**
4. **No body fat percentages, no before and after photos. We judge exit velo and the 60, not the mirror.**
5. **Re-run your range every 90 days. Your body grows; catch up to it.**
6. **Talk to your parents and your doctor before changing how you eat. Every time.**

The Bottom Line

The range is the target. The work is the rest. Nobody ever got recruited off a scale. They got recruited off what the added strength did to their exit velo, their 60, and their arm.

Find your range. Feed the work. Let the season show it.

The range tool built from real 2026 rosters and the honest timeline are at uncommittedu.com/weight-targets. Free, no account.

[Uncommitted University](#) | [Complete Player Development](#) | Not medical advice. Ranges describe what rostered players weigh, not what any one body should weigh. Talk to your doctor, athletic trainer or a registered dietitian before changing how you eat or train.