



# GENERIC MUSCLE BUILDING<sup>1.1</sup>

JUMP BY DAOIST SUNBLADE

EDITED BY MAC IBACH AND VOLUNTEERS

Acquiring muscles is the dream of many; you too share this dream. But you're no mere dreamer, you want to realize this dream; only by taking action and being dedicated can you yield results. You decide immediately to enroll in a nearby gym. Your current body is not ideal, but will be transformed with time.

If you stick to training your body and eating well, there should be no reason why you can't make something of yourself in the gym.

I will help you get the muscles you want by providing you with **1000 MP (Muscle Points.)**

### **Backgrounds:**

You get one free 100 MP perk for your background. The other perks for your background are half off. You may choose your age and gender for free. If you do not choose they will remain as what they were last jump.

### **First-Timer**

Deciding to get in shape, for perhaps the first time in your life, you will now make it a point to go to a gym. You have no record or memories of ever living here on Earth.

### **Gym Bro**

You have made it a habit to build up your muscles. You have somewhat grounded knowledge on how to build yourself up, muscle wise, and have an inflated ego, showing off when you can.

### **Personal Trainer**

You teach others how to train and build muscle effectively with proper form, diet, and lifestyle habits. They often teach others about such things for a living

### **Competitor**

You compete with others on a professional stage to see who is the most muscular bodybuilder. Unlike the Gym Bros these people do it for a living, and have gym science inscribed in their bones.

### **Muscle Chaser**

You like muscles in a way many do not. You love muscles, they are what inspires you to wake up in the morning. You make a show of having bigger and greater muscles than other people.

### **Location:**

Roll a 1d5 to select your location, or pay 100 MP to decide for yourself.

#### **1. Home Gym**

It may not be ideal, but you have a basic set of pre-owned equipment that you set up in your garage that includes a bench, a treadmill, a jump rope, and some dumbbells.

#### **2. Public Gym**

This gym has a decent selection of gym equipment, that is neither cutting edge nor ancient. There are personal trainers available to answer most of your questions.

#### **3. Boxing Gym**

Centered around fighting, this gym has punching bags, and workout equipment that helps you build a body for fighting. There is a ring in the middle of the gym if you want to see how you compare with others.

#### **4. Private Gym**

Far fancier than a home or public gym in that all the equipment is new and varied, and there is even a sauna to relax in after a long workout. Almost everyone that is here is serious about building muscles - newcomers beware.

## **5. Free Choice**

You seem to have rolled a 5, you are free to choose where you want to start the jump.

### **Perks:**

#### **General Perks:**

##### **(Free) Health Counters**

Your current weight, height, heart rate, measurements, hydration level, and blood pressure will be constantly displayed to you. You will also be shown an indicator when your body needs nutrition or sleep. You may hide any of these counters when you want. As an added bonus edible food will have their calories displayed alongside all the other variables mentioned before, as will the nutrient contents of the food.

##### **(Free) Muscle!!!**

You can now change your entire body, from when you first started to build muscle into the peak build you have now. This change will be rapidly displayed for all when you transform, for any of your alt-forms, either as a standalone transformation or integrated with the other visible parts of any transformation sequences you are capable of.

##### **(Free) Equal Body Fat Distribution**

You will no longer have a problem area when it comes to fat as all the fat on your body has evenly distributed itself allowing you to have a seemingly balanced physique.

##### **(Free) Muscles Speak Volumes**

You have acquired the ability to communicate with another by flexing your muscles with them. Contrary to how it sounds, it is an intimate experience, you will learn about their nature through how they have grown their muscles, and they will learn something about you through your muscles.

##### **(Free) The Bones Are Strong With This One**

You have bones that are far stronger and denser than most professional bodybuilders, and will always be able to support any amount of muscular growth.

##### **(50 MP, First is Free) Muscle Focus**

One of the major muscle areas on your body is far more developed as if you worked out only that area. Designate one large muscle group to be developed further. You may purchase this perk multiple times to develop more of your muscle groups.

##### **(50 MP) Bulkin', Cuttin' and Liftin'**

You understand your body's natural processes, and what must be done for you to gain sufficient and remarkable muscles. That isn't all, you will also be gaining only a miniscule amount of fat when you are bulking. If you clean bulk, eating excess but limited calories and choosing healthier foods, there will - despite the laws of science - be no fat be added to your body during your bulking phase.

The same can be said about the opposite, losing fat, with minimal muscle loss. This caloric-deficit-driven process happens in a manner that is safe both mentally and physically for you, but is also efficient. So you will be able to see results swiftly. Consume enough protein, and no fat shall accumulate on your body allowing you to get a shredded physique.

### **(50 MP) Wrong Technique Bro, Do This Instead**

You will know before using any technique or method if it would produce any harmful effects to you or others, what those effects would be, and an estimate for the length of time which you or another could endure said harmful effects. You will be able to understand the benefits as well of any technique or method that you utilize, and the length of those benefits.

### **(100 MP) In Time For Summer**

You are capable of creating physical changes rather fast for important moments and times in your life. Any task that should have taken long past a deadline to achieve will have the time and effort it takes to get there halved - Summer is coming up Jumper.

### **(100 MP) Sweatastic**

Whenever you sweat, harmful pollutants, dirt, grime, and built up toxins shall seep out from your pores providing you with an extremely efficient detox, easy to begin and maintain.

### **(100 MP) Slow and Steady**

Using any skill, technique or exercise slowly, and with purposeful thought and steadiness will yield twice the results of performing it fast and thoughtlessly.

### **(100 MP) What A Rush!**

Anytime you practice a skill, technique or exercise excessively and repetitively you will be filled with adrenaline and dopamine, making you eager to do more and push yourself further, though this won't make it hard to stop when you want.

### **(100 MP) Chin Up, Back Straight**

You now have perfect posture, and a perfectly straight spine making you a few inches taller. Everyone will give you more respect and space wherever you go. Add muscle to the equation and you will make weaklings hesitate at even the smallest confrontation with you.

### **(100 MP) Vascularity is where it's at!**

You can adjust how much vascularity your muscles display; if you want your arms covered snake-like veins go ahead. If you want a more elegant appearance and to remove all vascularity for the sake of keeping up appearances as a noble individual, you can do that too.

### **(100 MP) It's The Muscles, Man**

Your muscles now overwrite one large flaw of yours that detract from your attractiveness and/or your fearsomeness. Before you bulked up you may have been meh, now, with muscles you are certainly an impressive sight to behold. Having fewer visible flaws means that more people will flock towards you and herald you as their champion, if you aren't already.

### **(100 MP) Twitchin'**

Your muscles remain stimulated for twice as long as they otherwise would be after a workout, ensuring that the road to muscles is not so difficult for you. This does not mean that the soreness won't be extended as well.

### **(200 MP) See These Muscles?**

Your muscles are on display regardless of what clothes you wear; this will not only intimidate those weaker than you, this will be sure to attract people. Aren't muscles great? I sure think so.

### **(200 MP) Muscle Building Time**

Training that is difficult in any way becomes twice as rewarding for you, netting you twice the results.

### **(300 MP) Metabolism Control**

You can raise the effectiveness of your metabolism by a factor of three times to slim down, or you can slow it down by a factor of three if you want to put on weight.

### **(300 MP) What Big Muscles You Have**

The larger your muscles, the greater your physical attractiveness is to other people. If you go and surround yourself with muscular people you will appear even more appealing to others.

### **(400 MP) Roided Up**

Any results from working hard and training yourself physically is twice as easy; put in half the work to get the results of a normal person. Do your best and you will see twice the results compared to other people.

### **(400 MP) What Was Once There, Will Always Be**

If you lose any of your powers or capabilities, they can be rapidly reclaimed by performing related activities. This extends to powers and abilities that were stolen, sealed, erased, drained or sacrificed. You earned those muscles, who are they to take them away?

### **(400 MP) Patience, and Time**

Your journey to muscledom has not been easy has it? You have put money and time into building your muscles yourself through study, trial and error. You can, with far greater ease than before, build things as efficiently as an expert using a fifth of the resources, be it time, energy, money, construction materials or what have you.

### **(400 MP) Solid Foundation**

You can change your body when you want between the following types: Mesomorphic, Endomorphic, and Ectomorphic. Ectomorphs tend to be skinny and have a hard time putting on weight (fat or muscle). Mesomorphs have the ideal athletic body type, can put on muscle fast, but just as easily can gain weight. Endomorphs are wider and shorter in frame and share the same issue as mesomorphs, gaining fat as fast as they do muscle. Given a choice, unlike everyone else, I'm sure you will fall further in love with muscles.

### **(400 MP) Health Brings Us Together**

You are able to freely manipulate from now on, the average level of fitness in a setting, have it applicable to one or more genders in a few ways. You can raise or lower the average fat percentage, average muscle mass, and average hours per week spent exercising. If you wanted everyone to look like amazons then now is your chance to such in idea come to fruition on a global scale!

### **(600 MP) I Did It, Kinda, Sorta, Totally**

You will get the full results from training methods that perfect technique or slow repetitions would bring, without having to actually spend copious amounts of time training and mastering perfect technique. If you can perform the motions of any technique while training, no matter how sloppily or quickly, you will get full results the training method could provide.

### **First-Timer Perks:**

#### **(100 MP) Good Enough To Start**

You have done cardio previously, you will be able to endure long, harsh training sessions with ease, and will not collapse after doing a few reps.

#### **(200 MP) I Can Too**

Seeing others do things you are unable to do builds confidence and drive within you to do the same. Having the skill or strength required is another matter.

**(400 MP) Put Your Back Into It**

There are no negative consequences to lifting something heavier than yourself if what you are lifting is lighter than three times your body weight.

**(600 MP) To Achieve My Ambition**

You can, when desired, continue to train any skill that's mental, physical or magical when there is at least a little benefit left, for an hour longer every day past exhaustion. One more rep, pal!

**Personal Trainer Perks:**

**(100 MP) Feel Better?**

As a personal trainer, and a good one at that, you excel at helping people recover to make the most of their time. As you are knowledgeable about training, you end up shaving off months of their projected recovery time knowing the right exercises to hasten their recovery. You can tend to minor wounds with your solid first-aid skills, and can help individuals recover from sprains in a week.

**(200 MP) Eat Right, Live Well**

You know what to eat to help you achieve your dietary goals. What to eat or not; to lose weight, to build muscle and to be healthy. Additionally your knowledge of how to live healthy is stupendous, such as what lifestyle choices would prove beneficial or harmful to you and others if made a habit.

**(400 MP) If Life Gives You A Way**

You are great at giving people advice when they are confronted with an issue. You know less than perfection, but enough for correction. People who you give advice to tend to help you out with a small favor when you encounter them in the future. Secondly, anytime you need or want to do something which is beneficial to you, but is a hassle or tiresome if done repeatedly, you have the ability to get out of bed in the morning and get it done, like lift weights early in the morning, despite any complaining you may or may not do. Eventually the complaints will vanish into thin air as you repeat the task daily.

**(600 MP) Eat that, Death, Eat that, Life**

Every meal that you plan or make for another becomes twice as effective, and will extend their life by a month per meal, overruling anything that has decreased their expected life span, mundane or magical. I am sure you will appreciate the uses of this ability. If you wanted, you could do the opposite, and shorten their lifespan each meal by a month, but why would you do that Jumper?

**Gym Bro Perks:**

**(100 MP) Photogenic Flexer**

Any pictures of you after a grueling lifting or exercise session will be well received. To others it might look vain, but you know you are cool.

**(200 MP) Bro Science**

It might be because you're smart, or it might be because of your muscles, but people tend to believe your claims over those of people whose claims contradict your own. This effect will remain as long as you have the better musculature.

**(400 MP) Woo!**

When you conclude an action you can decide to make a loud noise that can, at your discretion, intimidate, annoy, and could potentially, depending on the volume and type of noise, scare nearby people away. This ability is toggleable and the intensity rises with the size of your muscles.

### **(600 MP) That's How It's Done**

Whenever you demonstrate superior mastery of a skill that other people want to learn, whoever you permit to observe you will increase their mastery of the skill a notch each time, up to a limit the limit of your own skill level. You do however, often slip into states of enlightenment rapidly increasing your mastery of the skill you are demonstrating - keeping your skills competitive.

## **Professional Perks:**

### **(100 MP) I Live By Lifting**

In this and future jumps, you will be paid a sum of money to make a yearly appearance. You will be paid more the larger your muscles are compared to the average in each jump. If you have the largest muscles in the setting you could be paid millions of dollars yearly - and that's just for peak human musculature, who knows what a Jumper like yourself is capable of.

### **(200 MP) Gone So Far**

You can inspire yourself to continue on or give something another try by looking at yourself in in any reflective surfaces (mirrors, gems, the shine of a katana's blade...)

### **(400 MP) Not Excessive In The Slightest**

You are good at convincing others that your lifestyle choices are acceptable, even if you are more absorbed into the lifestyle or hobby than they might believe is healthy, right, or even ethical.

### **(600 MP) Long Road**

People can now see at a glance how much effort, resources and time you put into achieving who you are today. People can see the same for things that you create. They will respect you more the longer you have been dedicated to your craft, despite how far you may have left to walk. You may disable the effects of this perk when you want for each person or being.

## **Muscle Chaser Perks:**

### **(100 MP) Muscles That Last**

Every single muscle on, and in, your body has been carefully grown by your dedicated efforts. These muscles that you have built will not begin to lose their size after a month, they will stay brilliant for decades and lifetimes to follow. This is to say that your strength will remain when you're old, and your wits will remain as sharp as a tack, as the brain is mostly muscle. This includes skills that pertain to improving your health and your strength.

### **(200 MP) Lifting Is Love, Lifting Is Life**

Your body recovers from the muscle tears generated from lifting weights, and similar physically demanding actions, 20 times faster than before. Getting you right back to lifting, and building the muscles that you have always dreamt of.

### **(400 MP) What Is A Human To The Sky?**

It is a lonesome path to chase muscles, and what will be at the end, except isolation. This perk ensures that you will never have to think of that future, for lifting becomes a method of self-transcension. Your body- your vessel, will evolve itself through lifting to better temper muscles, for greater brawn, for greater strength, for greater power! The act of lifting becomes a forge, each rep, a strike to temper your body, restructuring itself slowly but surely. Each rep, you become more than human, you become more- more

than what could be easily imagined. You evolve eon by eon of lifting, becoming a singularity beholden to only muscles. Muscles are the path you chose, and will be the path that will allow to hold the world on your back for your fervent dedication and worship. Your muscles will be the sky- encompassing all of creation, the moon- a subject of admiration and yearning, and the ever-burning sun- with your birth, King's, Monarchs, and entire empires in subsequent worlds shall bow their head to you like its natural. And that is only after eons...

To sum up the effects of this perk, as you lift weights for a long time, to the point that it becomes Eons, others will come to treat you like a truth of the world like gravity, or how a blackhole devours everything including light. This will make other people in future jumps fear you, admire you, and instinctively submit to you. Not undeservedly either as your body will have evolved to where you become an entirely new classification of human or whatever species you are, by lifting ever so heavier weights. You have rose this far, nothing is stopping you from going further, rep... by rep... by rep.

### **(600 MP) Your Swoleiness**

You have been gifted with the top-grade genes of bodybuilders from birth. These genes only have evolved further in the lab. You are the ultimate muscle building machine and capable of things normal lifters can only dream. The larger your muscles, the more sacred and noble a bearing you present to other individuals and beings, and the less flawed your actions and appearance is to sentient life forms that possess musculature. You have complete control over every muscle in your body, and can condense any muscles that restrict your mobility. The limitations for growing larger muscles have been safely removed, letting you, eventually, become a god of muscles. Additionally, if you are happy with the size of your muscles but want to continue to grow stronger you can restrict your muscles from growing outwardly, growing more dense instead, letting you grow stronger while not getting bigger.

### **Items:**

#### **(Free) Time-lapse Videos**

If you desire, when you or your companions work out, a 360 degree, 4k quality time-lapse video is automatically recorded. (You need your companions' permission to record them.) This time-lapse will be uploaded to your preferred computer(s) or device(s). Show other people how hard you worked to be where you're at right now.

#### **(Free) Free Trial**

In this and any future jump, you get a free gym membership for a month; after that, as usual you have to pay if you want to continue to be a member of the gym.

#### **(100 MP) Body Weights**

Weights that cover your body utilizing the resistance principal, which involves wearing weights until your body gets used to them before adding weight. The weights will become heavier as soon as your body adjusts.

#### **(50 MP) Water Bottle**

A bottle of refreshing water with a logo of your own creation on it that refills itself when drunk from. Each companion will get their own bottle of water, and may have their own personal logo.

#### **(50 MP) Sweatband**

An item to keep your hair out of your eyes, and sweat from soaking your clothes. Comes in your choice of color. Each companion receives their own. If lost, can be found in the warehouse.

#### **(50 MP) Can of Tanning Spray**

A bottomless can of tanning spray for all your tanning needs. If lost may be recovered in the warehouse.



### **(50 MP) Rucksack**

A durable bag that comes with weights that amount to 10% of your current body weight that is useful for building muscle in many parts of your body when you're on the go.

### **(50 MP) Measurement Tools**

A full body mirror to see all your entire body that adjusts to the viewer's height. A scale that will provide you with your current weight. A timer to record the length of workouts such as how long you can hold your breath underwater, and a ruler to track the growth of your muscles. These tools are incapable of being destroyed, are waterproof, and if they are lost they shall be replaced the next day in your warehouse.

### **(50 MP) Protein Shake**

You will get a protein shake once a day, this shake has the required amount of protein for optimal muscle growth. Rejoice, the time of the musclepocalypse is near!

### **(50 MP) Tank Top**

A shirt with no sleeves so that you can show the world your muscular arms. You can choose the design. You will be able to find a spare in your warehouse if you lose it.

### **(100 MP) Vitamins**

No health aficionado is set without some vitamins. You will get a lifetime supply of any vitamin on the market you can think of. Stay healthy jumper!

### **(100 MP) Assortment of Dumbbells**

Weights of different amounts that scale up to your current physical strength. If your physical strength increases, new weights will show up in your warehouse that will allow you to continue to progress on your path to your muscled hopes and dreams.

### **(100 MP) Lifetime Gym Membership**

If you're not a fan of just getting a month to see results in the gym, then maybe a lifetime gym membership could put a smile on your face. This membership is accepted in any world, in any gym. After showing the owner or staff of the gym this they will let you use the facilities for free and will treat you with the utmost courtesy.

### **(300 MP) Marble Physique Statues**

This isn't a normal souvenir. This here Jumper, is a series of statues. Each statue is of a famous bodybuilder from your jumping history. Anyone that encounters one of these statues shall start to develop a desire to build muscle, and have a statue of themselves, like all of the greats. If the onlookers achieve a similar physique, the effect of the statues increases slightly allowing the process to feed itself.

### **Gym Creation:**

The best environment to build muscle is in a gym. This is a section where you can make a gym that suits you and your needs. You begin with 500 MP exclusive to this section to spend to modify, and improve the gym as you see fit that starts at 3500 square feet (about 325 square metres).

### **The Building**

### **(Free, 50 MP or 100 MP) Location, Location, Location**

By default, the gym will appear somewhere at random in subsequent jumps, but near your starting location. For 50 MP, you may choose the location of your gym at the beginning of each jump, or not to insert it at all. For 100 MP, you may choose to relocate or un-insert your gym at any time.

### **(Free, 50 MP or 100 MP) Arrangement**

The gym will be able to fit all purchases cozily, with extra floors, connected by stairs, as needed for extra facilities you may purchase here. Since this may result in a very large gym, with sufficient purchases, for 50 MP you may choose to have the Gym's external size be smaller than its internal size. At this level, you may also have the floors connected by elevators. For 100 MP you may have the different gym rooms and facilities connected in any way you want, without regard for how they would fit. Have your large facilities exist in pocket dimensions if you want, with a hall of doors to access them. It's all up to you.

### **(Free, 50 MP or 100 MP) Rearrangement**

You may initially choose how your facilities, amenities and everything else fit together; micro-manage to your heart's content. For 50MP you may rearrange everything, if you wish, at the beginning of each jump. For 100 MP you may rearrange everything whenever you want.

### **(50 MP or 100 MP) Importation**

Perhaps you have other gym-like structures or facilities from your past jumps, or expect to in the future. For 50 MP you may merge any structures or facilities you have purchased from a jump document so long as it is related to muscle-building, health or exercise. For 100 MP, you may continue to do so with any you might purchase in the future, and may also un-merge the structure or facility, removing it from the gym.

### **(100 MP) Gym Chain**

Instead of owning one gym, you may choose to have a gym on every continent. Each gym has each of your purchases made here. Each gym will earn about 100 grand a month, or an equivalent in the local jump's currency.

### **(50 MP) Warehouse Attachment**

The gym will be attached to your warehouse so your Jumper is able to access the gym easier. If your gym is also inserted into a jump, you may choose to close this connection if you want.

### **(100 MP) Flying Gym**

The gym can be lifted off the ground, and can be flown (by anyone you designate). It shall only move at about 50 MPH but it shall do nicely for relocation.

### **(100 MP) Sailing Gym**

The gym might need to relocate, and it might not be an option to do so on land. You may set up the gym, effectively becoming a mobile island of sorts when in water, or if you just want to tread across the water to other land masses, divine I say, divine!

### **(100 MP) Underground Gym**

So flying above the earth, nor traversing across the sea whilst in a gym is enough for you? Fine, your gym can be entrenched underground, becoming a subterranean fitness-centric fortress. If you wish, entrances, that being tunnels, to enter the gym will be excavated.

### **(100 MP) Gym Doors**

Dimensional doors will be set up in each gym you own that connect to your other gyms, acting as a means of transport to the various lands and continents if you so wish. Only those who you permit to use the dimensional doors will be capable of being transported.

### **(100 MP) Time Dilation**

Once you buy this, you can slow down time within the gym by up to a third, or you can increase it by up to a third. This will allow you to get through longer workouts faster.

### **(100 MP, first is free) Gravity Manipulation**

The first time that this is bought, it allows you to alter the gravity of the gym anywhere between Earth normal and the local gravity outside. Buy this twice, and you can make the gravity as low as the Moon, or heavier like you're on King Kai's planet in DBZ. At any time you may change the gravity level within your purchased range.

### **(50 MP or 100 MP) Normalization**

Let's face it, some of the options here might raise some eyebrows, such as dimensionally-transcendant spaces, time dilation and much more. For 50 MP, people won't tend to notice anything odd about your gym, so long as nothing changes. If your gym always runs a little fast temporally or seems bigger on the inside, no worries, so long as it is consistent. For 100 MP, people will even tend not to notice changes in these oddities, so long as they are not in the middle of it when it happens. This does not apply to things you want people to notice.

## **The Aesthetics**

### **(Free) Gate**

A gate, of any mundane material, to welcome newcomers. You may optionally have a design of your choosing on the gate, such as the name of the gym, or it's mascot, etc.

### **(Free) Gym Sign**

A sign that has the name of the gym on it. Optionally you may make this sign glow.

### **(50 MP) Gym Theme**

If you wanted your gym to be on a volcano, underwater, or even on a mountain that pierces the heavens like Olympus the gym will be located there and the aesthetics of the gym will match whatever theme you choose. The gym's automatically determined location will be selected in each jump to best accommodate your theme.

### **(50 MP) Gym Brand**

The gym, and everything within it, will have its own brand. Each dumbbell, each TV, everything will be branded, and you will be the owner of that brand in each world; worlds where that brand already exists will have that world's brand altered slightly to be legally distinct.

## **The Amenities**

### **(50 MP) Jumper's Penthouse**

An exclusive floor for your jumper will be added to the gym with a mini fridge. Everything in this room is luxurious, and is all yours. But feel free to invite your companions back here.

### **(Free or 50 MP) Utilities**

The various facilities and amenities that require a power, water or sewerage will have these needs met by a local connection to whatever utilities exist in the local area, assuming the gym is inserted into a jump and the local area has all these utilities, though you will have to pay. Alternatively, if you have the gym connected to your warehouse and have purchased those options for your warehouse, it may use those utilities. However, if you want your gym to be independent of any need for external utilities, for 50 MP the gym will be completely self-sufficient, through solar panels, magic, or whatever you want.

### **(50 MP) Showers**

Your gyms will now include a room to shower on each floor of your gym. Keep clean, and keep lifting Jumper!

**(50 MP) Speakers**

A loudspeaker for each room of the gym for announcements, and such.

**(50 MP) Companion Occupancy**

All inactive companions may reside within any and all of your gyms during a jump. This does not mean that these inactive companions may leave the gym, but whatever they do inside is another matter.

**(50 MP) Indestructible**

The gym and its contents will be indestructible. If its contents brought outside that will no longer be the case.

**(50 MP) Air Conditioning**

Sweating is good and all, but sometimes some fresh air is best. An air conditioning system will cool each floor. Feel the breeze jumper?

**(50 MP) Heating**

In the winter your going to want to have the place warm, right? Now the gym will have a fully functional heating system to warm up everyone inside of the gym.

**(50 MP) Bathrooms**

A well-furnished bathroom will be found at the furthest ends of each floor of the gym.

**(50 MP) Wall of Records**

Screens that are set up around the gym that display the records that have been achieved inside the gym by its exercisers - from the most pushups, to the heaviest deadlift. This is a great way to inspire competitiveness in people who go to your gym.

**(50 MP) Trophy Cases**

Awards won by anyone that goes to your gym will be added to the trophy case. You may decide what each trophy case looks like, and where they are located inside of the gym.

**(50 MP) Internet Connection**

The gym now has its own internet connection, independent of other internet infrastructure in subsequent jumps that can't be tapped into or hacked.

**(50 MP or 100 MP) Holographic Ambiance**

Perhaps you fancy working out while appearing to be in the rainforest, or on a beach, or somewhere else. For 50 MP, the walls of each room may now be set to imitate any locale or environment you want. For 100 MP, the ambiance will be real, allowing you to train in simulations of the harshest environments, all without having to leave the gym.

**The Facilities****(50 MP) Sauna**

A Sauna will be set up in your gym that will help you sweat out toxins and improve your complexion.

**(50 MP) Research Lab**

A state of the art lab will be added to the gym. Their main purpose is to research fitness, health, muscle and longevity. Their findings will be presented to you monthly.

**(50 MP) Cafeteria**

Your gym gets five star chefs that serve fresh, well-made food, a good way to keep visitors happy. Any delicacies native to previous jumps will occasionally, at your discretion, be served here in subsequent jumps.

### **(50 MP) Fighting Ring**

A place to test your fighting skills against other people. You may enact limits, or rules for bouts, which will be enforced by the ring. Want to fight someone with no eyes open - sure. While jumping up and down - sure. Each opponent must agree for the rules to take effect.

### **(50 MP) Library**

Every kind of book about health, fitness, muscle, and self-improvement book under the heavens from each jump is contained in the library of the gym. If you have a question, feel free to ask one of the librarians.

### **(50 MP) Climbing Wall**

A bouldering wall to train your grip strength, and to practice scaling walls. How many, and how large they are is up to you.

### **(50 MP) Racetrack**

A place to race others on foot. The racetrack may be located outside of the gym, but within a small distance, or have its own floor.

### **(50 MP) Swimming Pool**

An olympic sized swimming pool will be installed in each gym. This is no beach, but I hope you still enjoy it all the same.

### **(50 MP) Yoga Center**

A center to do yoga, to calm your mind, and to raise the flexibility of your body.

### **(50 MP) Obstacle Course**

Not everyone that goes to the gym wants to have showy muscles, rather some just want functional muscles, and this obstacle course for parkourists will do the trick and give you just that.

### **(50 MP) Gift Shop**

Visitors should not go home without buying something. Now, your gym has a gift shop selling gym-related paraphernalia- mugs, posters, stickers... who wouldn't want those?

## **The Staff**

### **(Free, 50 MP or 100 MP) Staff Origin**

There are many options for how you might want to staff your gym; for free the staff will be drawn from the local jump, if the gym has been inserted into the setting. These will be real locals, and thus your staffing may run into problems in certain situations. For 50 MP, you may use locals or choose to staff your gym with very realistic and competent, but non-sentient, automata; loyal but not always very enterprising. For 100 MP, you may have the same staff follow you through every jump.

This choice applies to all the staffing options below.

### **(Free) General Staff**

Gyms need people to run them, to handle the front desk, maintenance, managerial duties and to staff any other facilities you might purchase here. Your gym has these staff automatically.

### **(50 MP) NPC Gym-Goers**

Perhaps your gym isn't getting the business you'd like, or perhaps you purchased the ability to keep it to yourself, but would still like some (simulated) company. Or perhaps you just want a racquetball partner on-demand. If so, you may activate these very realistic but non-sentient automata which can perform in any gym-goer role.

#### **(50 MP) Physical Therapists**

They will help you work through any debilitating physical issues you may need help resolving. How they appear is up to you.

#### **(50 MP) Cleaning Crew**

If you are keen on keeping a clean ship, then hiring a crew to do that is ideal. This cleaning crew will wipe down all the equipment, throw away the trash, and ensure the place is shiny and perfect year round.

#### **(50 MP) Gym Patrol**

A group of about ten will patrol the gym and maintain order. Each floor of the gym will staff ten more. Intruders will have to think twice before attempting anything within the walls of your gym.

#### **(50 MP) Instructors**

Your gyms now staff coaches and personal trainers, who will teach you and those who go to your gym everything you or they need to know about building muscle, staying healthy and becoming the best versions of themselves.

#### **(50 MP) Medics**

Your gym has hired a group of medics that will help anyone who has an injury while inside the gym. It won't beat the skill of a doctor in a hospital, but for less severe injuries and wounds it will last till you get there.

#### **(100 MP) Gym Guardians**

A pair of guardians that you employ whose sole reason to live is to defend your gym. Their power will match the upper echelon in each jump. Say if you were in Naruto, each one would be as powerful as a member of the Akatsuki. You may decide how they look and act. Are they tsunderes? Are they stoic? Giants? Dragons? You decide.

### **Security**

#### **(50 MP) Titanium Doors**

Every entrance and exit in the gym will have titanium doors. These doors won't be broken down any time soon.

#### **(50 MP) Bullet-proof Windows**

Each gym will have all of their windows be bulletproof.

#### **(50 MP) Security Cameras**

You won't be able to catch everything by simply wandering the grounds of the gym. By installing security cameras on each floor of the gym, you will see almost everything in the public areas.

#### **(50 MP) Motion Sensors**

Not all things can be seen with a human eye, these sensors will pick up any motion, human or not. You do not want intruders, who aren't even trying to improve themselves, in your gym, do you?

#### **(100 MP) Secrecy**

The gym cannot be found except by you and those you instruct in its location. You may disable this if you wish. This provides very good security, but is likely to make it difficult to get new business, and doesn't do much once they're inside. You may also apply and later remove a similar effect to subdivided parts of the gym if you wish to keep some areas private.

### **Storage**

#### **(50 MP) Parking Lot**

For the sake of keeping up appearances that this is a normal gym, you may want a parking lot to give visitors a place to park their vehicles.

#### **(50 MP) Garage**

A garage to store your land-vehicles in. Bikes, Busses you name it. There is no limit to the amount of vehicles you can store inside.

#### **(50 MP) Helipad**

Arrive in style by dropping in from an airplane. The helipad will be situated on the top of the gym and can store any number of aircraft.

#### **(50 MP) Dock**

If you don't have a car, or a plane don't worry. I got your back. You now have a dock, so you may reach the gym, and if you have them, your other gyms by boat. You may dock any number of ships here.

#### **(50 MP) Storage Lockers**

Put your personal baggage inside. Everyone who goes to the gym will get their own locker. Only the person the locker belongs to will be able to access what's inside.

### **Training**

#### **(50 MP) Training Equipment**

Training equipment for all sports, crossfit, bodybuilding, calisthenics etc. Any equipment that is not already present will be added to the collection following the conclusion of the jump where there are new additions.

#### **(50 MP) PEDs**

Willpower is only going to go as far as your natural limits, PEDs (Performance Enhancing Drugs) will raise your limits, but your body won't be so natural anymore. Each gym will have a limitless supply of every kind of PED on Earth and found in each of your subsequent jumps. All PEDs in the gym will be safe to use.

#### **(50 MP) Supplements**

Every kind of supplement on Earth, and the jumps that follow - an ever growing limitless collection of supplements. From creatine to biotin... etc to ensure that your muscle building journey has minimal obstacles besides your own will to build muscle.

#### **(50 MP) Protein Products**

An unquantifiable, limitless amount of whey protein & vegetarian alternatives to it to get your daily dose of protein in so that you can build the muscles you dream of.

#### **(50 MP) Personalized Towels**

Everyone that goes to the gym will get their own individualized towel with their name on it. Should anyone's towel be lost it will be replaced the next day.

### **Companions:**

#### **(50 MP Each) Import Companion**

You may import a companion of yours, they will get 600 MP to spend.

#### **(300 MP, No Discount) Personal Trainer**

As ten years may not be enough to get the muscles of your dreams, for a small price you can bring a personal trainer along with you to future jumps who can help you achieve your musculature goals. They have the entire Personal Trainer Perk Tree. You may only buy this companion option once. You may decide their appearance and personality.

### **Scenario:**

*If you fail the scenario, you won't acquire the offered rewards. But, you will still, if you can survive for the prescribed time, complete the jump and keep anything you have purchased.*

#### **(+200 MP) Mr. Jumper**

Each year during this jump you will have to compete to win the title of Mr. Olympia, and retain it for the remaining duration when you do. This title is not so easily acquired, Jumper. You will have to put blood, sweat, and your life aside to gain this title. Until the last second of this jump you will have to defend your title and pump iron at the gym like it is second nature, or even first. Every bodybuilder and second-rate iron pusher will be gunning for you, all to acquire that title. They will steadily grow stronger, and larger muscles akin to the most famous bodybuilders on Earth over the course of the jump. If you slack off on building muscle, failing this scenario is all but guaranteed.

*You may not use any external items, powers, or purchases from other jumps to affect the competition.*

### **Upon Completion:**

You have done the unthinkable, and have retained the title of Mr. Olympia for the whole jump. This in future jumps will become an immense blessing for you Jumper. Here, have this...

#### **(Scenario Perk) Iron In My Blood, Iron In My Soul**

In future jumps, your talent to build muscle will reappear in future jumps in any body you inhabit, and will be peerless in your starting race when it comes to building large, dense, and strong muscles. You can, when you want, must be decided before the start of a jump, have a larger bodily frame, being a foot taller (wider as well) than your peers.

Building muscle is not the only thing that becomes easier, you have an untouchable, unconquerable initiative to better yourself. You won't ever be depressed over having a goal be far away. You won't be saddened by losing small battles. These things only reaffirm your desire to better yourself. This initiative of yours to improve is contagious, your friends, loved ones, and allies will over time try to match your pace and won't grow complacent with any of their skills.

They don't rush when it comes to training by being impatient, they will be careful, attentive, and always take training seriously. Their time won't be wasted either, though it will be a steep climb, having limitless linear gains in whatever they are working at, they will make their way towards whatever obstacle they are seeking to overcome. By staying dedicated, they will reach it. By staying dedicated to training and improving yourself, you too will reach your destination, and so much more.

### **Drawbacks:**

You may take as many drawbacks as you can handle.



**(+100 MP) It's Taken**

The exercise equipment you want to use is almost always occupied or in use.

**(+100 MP) Wipe Please**

When you get your hands on training equipment it will usually be covered in sweat, and often reek of a foul odor.

**(+100 MP) What A Weakling**

During your stay in this jump you will be insulted as you work to lose weight and gain muscle, even if this is objectively ridiculous. Do not show them your weakness jumper, you are better than such lowlifes.

**(+200 MP) Self Taught**

You will not be able to get anyone to advise you on proper form during any workout sessions in the gym, decreasing your gains and possibly hurting your development in the future.

**(+200 MP) Tirelessly**

You get far fewer chances to sleep during the jump, increasing your stress and levels of exhaustion. You will be woken up any time you try to sleep when you are not in a bed.

**(+200 MP) Thugs**

You will be attacked by thugs who are quite muscular, once per week. If you have the muscle needed, you could probably protect yourself. Better get lifting.

**(+200 MP) A Path Fraught With Danger**

Any tips, guides, or instructions given to you that concern muscle building during the jump will only end up harming you if followed - you will have to make your own path to muscledom.

**(+300 MP) Not Enough Protein!**

Your diet during this jump will be lacking; what you need to build muscles you do not get enough of, and no matter what you try, you can't make up for this diet deficiency.

**(+300 MP) What are you doing**

No matter how you train you never have proper form. If you ever decide to train you will inadvertently hurt yourself.

**(+300 MP) Leave!**

You will not be allowed to enter any gym for the duration of this jump.

**(+400 MP) I, Your Muscle**

You will have to compete with an arrogant, yet genetically gifted, rival muscle builder in five years time to see who can build the biggest and best muscles. They will aim to beat you, by not only working hard, but sending goons your way to end your muscle building journey before it even began. Should you fail, your chain shall come to an end. By surrendering, you give up the right to attempt this jump again.

**(+400 MP) Break!**

During the jump your bones will be especially fragile, be careful as to not break them otherwise you may have to visit the hospital often. You also will be more prone to find yourself in situations where such injuries would be more likely.

**(+500 MP) Severe Atrophy**

If you fail to work out routinely your muscles will decay, practically rotting if a day goes by without some form of exercise. You will die in a week with no exercise.

### **(+500 MP) Building Muscle Isn't Easy**

All of your perks that are external to this jump are sealed way, and they will only return to you after you clear this jump. Sorry, All Fiction won't work here, you're going to have to put in the work.

### **(+500 MP) This Is Your Journey Jumper**

You may not bring any companions, living items, or followers into the jump. This does not prevent you from spending MP on them, they simply can't contribute to you being the best you, during this jump.

#### **Supplement Mode:**

You may utilize this jump as a supplement to another jump, or use this jump on its own as many times as you want, but you only get the starting CP, called MP here, once (Drawbacks can be retaken upon revisiting). When you use this jump as a supplement, the base jump will have its characters, and some of the plot, revolve around muscles and health far more than previously. It is a great way to lighten things up. Make them see the glory that is muscles!

#### **End Options:**

**Go Home** You have built your body up through hard work and a healthy diet, and that is enough for you, you want to go home. Best have said your goodbyes already.

**End Chain** You have journeyed far, your body is weary, now you wish to rest. Is another ready to wear the mantle of jumper once you're gone?

**Next Jump** You may have become a titan of muscles, but you want more than muscles, you want to explore the multiverse. Go ahead, feel free to come back, just don't expect to get free points.

#### **Changelog:**

- Condensed a couple perks down.
- Added a perk based on a suggestion from Reddit.
- Merged the 200 MP perk for Muscle Chaser with the 600 MP perk.
- Added a new 200 MP perk for Muscle Chaser.
- Condensed some items into Measurement Tools. Namely the ruler, timer, scale and a full body mirror.