Building your character: all guides

Battle stats, the gym, happiness, education and merits, and how to plan for the long term.

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Battle stats

Strength, speed, defence and dexterity. What each stat is for in a fight, how they grow, and how passives and boosts change them.

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Introduction

Your four battle stats decide how well you fight. They grow mainly through gym training, and they are the main thing that separates a strong player from a weak one, far more than level. Other players cannot see your exact stats, which is a large part of what makes combat in Torn tense.

How it works

The four stats.

Stat	What it does in a fight
Strength	How much damage your hits do
Speed	How likely your hits are to land
Defence	How much damage you take from hits
Dexterity	How likely you are to dodge hits

> **Not confirmed**
> The descriptions above are the widely documented roles of each stat. The official Battle Stats wiki page was not among the pages reviewed for this edition, and the exact combat formulas are not published.

How they grow. The gym is the main source. Each gym trains each stat at its own rate, and some gyms cannot train some stats at all. Stat enhancers are a second, expensive source; the most any single enhancer can give is capped at 5 trillion.

Passive bonuses change your effective stats in a fight without changing the trained number:

Source	Bonus
Merits: Brawn, Sharpness, Protection, Evasion	+3% per merit to strength, speed, defence, dexterity, up to 10 merits each
Faction Aggression branch	Up to +20% strength and +20% speed
Faction Suppression branch	Up to +20% defence and +20% dexterity
Education	Many courses give 1 or 2% to one stat
Sentinel and Vanguard armour	Raise defence and dexterity passives

Temporary changes. Drugs raise or lower stats while their effect lasts (for example Xanax lowers all four by 35%), and addiction lowers them over time. In a fight, temporary items change stats too: Tyrosine raises your dexterity by 500% for two minutes, while Pepper Spray cuts an opponent's dexterity to a fifth and a Flash Grenade cuts their speed to a fifth.

Stat score and fair fight. When you attack someone for respect, the game compares your battle stats with theirs. Attacking someone with stats close to yours earns a higher fair fight bonus (see Respect).

Step by step

1. Look up your four stats on your home page.
2. Decide whether you want to build them evenly or specialise (see Long-term stat planning).
3. Train in the best gym you have unlocked for the stat you chose.
4. Add passives over time: merits, faction specials, education.
5. Avoid drug use during training sessions unless you understand the effect on your stats.

Examples

- Ten Brawn merits give +30% strength in fights. A player with 1,000,000 strength fights as if they had 1,300,000, before any other bonuses.
- An opponent hit with a Flash Grenade has a fifth of their speed for 15 to 20 seconds, so for those turns their hits land less often.

Advanced tips

- Specialist gyms reward unbalanced stats: Balboas Gym and Frontline Fitness need one pair of stats 25% higher than the other pair, and the four 8.0 gyms need one stat 25% above your second highest.
- Passive percentages multiply whatever you have trained, so they are worth more the stronger you get.

Common mistakes

- **Training only one stat with no plan.** It can make you easy to beat for anyone who counters it.
- **Judging others by level.** Two players at the same level can have very different stats.
- **Forgetting drugs affect stats.** Fighting while a drug lowers your stats can cost you a fight you would otherwise win.

Sources

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Related guides: Gym training, Long-term stat planning, Attacking basics, Merits

Gym training

How gyms work, how to unlock better ones, what affects your gains, and how to estimate a session's results.

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Introduction

The gym turns energy into battle stats. For most players it is where most energy goes for months or years, so small improvements, a better gym, higher happiness, a few percent of bonus, add up to a great deal. This guide covers how gyms are unlocked, what decides your gains, and how to estimate them.

How it works

Gyms and gym dots. There are 33 gyms: 24 standard gyms in three weight classes, ending at George's, and nine special gyms. Each gym trains each stat at its own rate, shown as up to ten bars, which players call gym dots. Premier Fitness, where everyone starts, has 2.0 for every stat; George's has 7.3.

Class	Gyms	Energy per train	Gains
Lightweight	Premier Fitness to Global Gym (8 gyms)	5	2.0 to 4.0
Middleweight	Knuckle Heads to Deep Burn (8 gyms)	10	4.0 to 6.0
Heavyweight	Apollo Gym to George's (8 gyms)	10	6.0 to 7.3

Some gyms cannot train every stat. Beach Bods has no dexterity, Davies Den has no speed, and Legs, Bums and Tums has no strength.

Unlocking gyms. Training earns gym experience. When you have enough, the next gym opens for a membership fee, from $10 for Premier Fitness to $100,000,000 for George's. After George's you stop earning gym experience.

Specialist gyms need a stat balance as well as a fee, and you are moved out if you stop meeting it (you keep the membership):

Gym	Needs	Trains
Balboas Gym	Cha Cha's unlocked; defence + dexterity 25% above strength + speed	Defence and dexterity at 7.5
Frontline Fitness	Cha Cha's unlocked; strength + speed 25% above defence + dexterity	Strength and speed at 7.5
Gym 3000, Total Rebound, Mr. Isoyamas, Elites	George's unlocked; that stat 25% above your second highest	One stat at 8.0
The Sports Science Lab	Last Round unlocked; no more than 150 Xanax and Ecstasy taken in total	All four at 9.0

The jail gym. Crims, inside the jail, trains strength and speed at 3.4 and defence at 4.5, but not dexterity. Its defence gains beat every lightweight gym, so a new player in jail should train defence there.

What affects gains. The amount you gain per train depends on the gym's dots for that stat, the energy per train, your current happiness, your current stat, and any bonuses: faction Steadfast upgrades, education, books and company specials. Each train also costs happiness, 40 to 60% of the energy used.

> **Estimate**
> The official wiki publishes a community-fitted formula for gains per train: (bonuses) x (gym dots) x (energy per train) x [(a x ln(happy + 250) + c) x stat + d x (happy + 250) + e], with constants estimated by players. The Gym gains estimator uses it. Treat its results as estimates.

The stat cap. Before August 2022, gym gains stopped growing above 50,000,000 in a stat. That cap was removed; gains now keep rising slowly, though for most players the difference is small until stats reach the billions.

Step by step

1. Train the stat you have chosen in the best gym you own for that stat.
2. Train with your happiness at or near its maximum.
3. Unlock each new gym as soon as you can; the step up in dots is worth more than almost any other early improvement.
4. Take education courses that add gym gains, such as the Sports Science courses that add 1% to one stat's gains.
5. Read books when you have them: some add 20 or 30% to gym gains for 31 days.
6. Estimate a session with the Gym gains estimator and compare with what you actually get.

Examples

- Moving from Premier Fitness (2.0) to Average Joes (2.4 strength) raises strength gains by about a fifth for the same energy.
- In a middleweight gym at 10 energy per train, 150 energy is 15 trains. With a happiness loss of about half the energy, those trains cost roughly 75 happiness in total.

Advanced tips

- Book: Get Hard Or Go Home adds 20% to all gym gains for 31 days; the single-stat books add 30% to one stat. Save a big training push for when a book is active.
- The happiness lost per train is the same whatever the source of the energy, so a refill, Xanax and natural energy cost the same happiness per train.
- If you plan to use the Sports Science Lab later, keep count of the Xanax and Ecstasy you take; the limit is 150 in total.

Common mistakes

- **Staying in an old gym.** Not buying the next membership as soon as you qualify.
- **Training at low happiness.** The same energy gives noticeably less.
- **Training dexterity in a gym that cannot train it.** Check the gym's bars first.
- **Taking drugs carelessly before you can reach the Sports Science Lab.**

Sources

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Torn wiki: Energy: https://wiki.torn.com/wiki/Energy, retrieved 2026-11-23

Torn wiki: Education: https://wiki.torn.com/wiki/Education, retrieved 2026-11-23

Related guides: Battle stats, Energy, Happy, Happy jumps, Long-term stat planning, Education

Awards, honors and medals

How honors and medals work, why every award gives a merit, which awards are easy early wins, and where to track your progress.

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Introduction

Awards are Torn's achievements. Almost everything you do, from chaining to studying to staying married, has awards attached. They are worth chasing because every honor and medal gives you a merit, and merits buy permanent upgrades to your character.

How it works

There are two kinds of award:

Kind	What it is	Count
Honors	Small bars you can show on your profile	347, some no longer obtainable (shown in red)
Medals	Badges for milestones, often in tiers	376

Both give a merit when earned. Some honors are default: every player has them, including 135 flag honors.

Award categories cover attacking, chaining, weapons, the casino, crimes, drugs, education, gyms and stats, money and trading, jail and hospital, levels, commitment, items, missions, racing, recruiting, travel and more. Medals include level milestones every 5 levels, rank milestones, combat totals, crime totals and networth.

Networth medals need you to hold a networth for a number of days, for example $1,000,000 for 3 days for Millionaire, or $1,000,000,000 for 28 days for Billionaire.

Some honor bars can also be bought outright at the Points Building for 500 to 1,500 points, with level requirements. Those give the bar for display.

Step by step

1. **Open the Awards page** from your profile menu to see every honor and medal, what it needs, and your progress.
2. **Pick off the easy ones first.** Many come from things you will do anyway.
3. **Spend the merits** on upgrades that fit your plans; see Merits.
4. **Plan the long ones.** Commitment and networth medals reward steady play over months.

Examples

Early honors anyone can earn quickly:

Honor	Requirement
Another Brick In The Wall	Reach level 10
Chainer 1	Take part in a chain of 10 hits
Leonidas	Win with a finishing hit using Kick
Historian	Read a chronicle
Christmas in Torn, Trick or Treat, Torniversary, Tornication, Resolution	Log in on Christmas Day, Halloween, 15 November, Valentine's Day or New Year's Day

A long goal. Welcome needs you to be online every day for 100 days. Logging in daily also keeps city finds coming, so the two goals support each other.

Weapon honors. Each weapon type has an honor for 100 finishing hits with it, such as "2800 Ft/S" for rifles. War Machine needs 1,000 finishing hits in every category, which takes deliberate effort across many weapon types.

Advanced tips

- The holiday login honors are easy merits that are easy to miss. Note the dates.
- Merit-related honors exist too: "10-stack" for raising one merit upgrade to its maximum, and "Fresh Start" for resetting your merits.
- Honors for 250 energy, nerve or casino token refills can be earned with free refills as well as bought ones.
- Seeker, Decorated and Honored reward reaching 250, 100 and 500 total awards, so every small award brings those closer.

Common mistakes

- **Ignoring awards.** Each one is a merit, and merits are permanent upgrades. Easy awards are some of the best value in the game.
- **Selling assets just before a networth medal completes.** The networth must be held for the full number of days.
- **Assuming every honor is still available.** Legacy honors shown in red can no longer be earned.

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Related guides: Merits, Levels and ranks, Your first week, Points and the Points Building

Education

How Torn's education courses work, what they give you, how to make them shorter, and how to choose a path.

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Introduction

Education courses run in real time and give permanent rewards: work stats, passive battle stat bonuses, gym gain boosts, new crimes, new abilities and discounts. Almost every part of the game is improved by some course. Because only one course runs at a time, the most important rule is simple: always have one running.

How it works

Courses and bachelors. Courses belong to 12 bachelors: Biology, Business Management, Combat Training, Computer Science, General Studies, Health & Fitness, History, Law, Mathematics, Psychology, Self Defense and Sports Science. Each bachelor starts with an introduction course, which unlocks the others in it. The full list, with costs, lengths and outcomes, is in the education course directory.

What courses give. Examples from the official course tables:

Kind of reward	Example
Passive battle stats	Aerobics: +1% dexterity. Judo: +1% defence
Gym gains	Strength and Conditioning: +1% to strength gains
Weapons	Study of Rifles: +1 accuracy with rifles. Evolution: +1% damage with all weapons
Crimes and abilities	Introduction to Computing unlocks the Cracking crime. Kick Boxing unlocks the kick attack
Discounts	Property Law: 5% off properties from the estate agents
Jail	Common Law: buy yourself and others out of jail
Medical	Intermediate Biochemistry: +10% medical item effectiveness

Completing courses and bachelors also earns honours and merits, and completing the History bachelor unlocks the Museum.

Cost. Each course costs money to start. The International School TC (IST) benefit block makes every course free.

Getting removed. Drugs add addiction, and once your addiction is high enough you are removed from any course you are enrolled in. Rehab in Switzerland and some faction and company perks reduce addiction or its effects.

Shorter courses. Three permanent reductions add together:

Reduction	Amount
Education Length merits	2% per merit, up to 20%
Reaching Principal in the Education city job	10%, kept even if you leave the job
West Side University (WSU) benefit block	10%

All three together cut course times by 40%. They only apply to courses started after you gain them. You can also cut the current course: 30 minutes per job point with the 1-star Fitness Center or 7-star Hair Salon specials, or 6 hours with a Book of Carols from Christmas Town.

Step by step

1. Start the introduction course of the bachelor you want most.
2. Plan the next course before the current one ends, so there is no gap.
3. Choose courses that support your plan: Sports Science for training, Combat Training for weapons, Business Management for companies, Law for jail and busting, History for points from the Museum.
4. Add Education Length merits early; they shorten every course afterwards.
5. Use the Education course length calculator to see a course's real length with your reductions.

Examples

- The whole History bachelor takes 175 days without reductions. With all three reductions it takes 105 days.
- A player who reaches Principal before starting their long courses saves 10% on every one of them.

Advanced tips

- Since April 2024 the reductions add together. Before that they multiplied, which gave 35% rather than 40% in total, so older advice may quote different numbers.
- The Bachelor of Biology lets you use stat-boosting needles in fights, and the Sports Medicine course makes them 10% stronger.
- Work stats from courses help you get better company positions, which in turn pay more and give better job specials.

Common mistakes

- **Leaving gaps.** Every day without a course running is a day lost for good.
- **Letting addiction build during a course.** High addiction removes you from it.
- **Buying the reductions late.** Merits and Principal only help future courses.

Sources

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Related guides: Merits, Gym training, Working for a company, Your first week

Planning your education

All 12 bachelors side by side with their total length, cost and final reward, and suggested study orders for fighters, criminals, traders and company owners.

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Introduction

Every education course in Torn takes real time, and you can only study one at a time. Finishing all of them takes years, so the order matters: the right early courses pay you back for the rest of the game. This guide puts the 12 bachelors side by side and suggests orders for different play styles. For how courses work in general, read Education first.

How it works

The table totals every course in each bachelor, including the introduction and the bachelor course itself, using the official course list. Lengths are without any time reductions.

Bachelor	Courses	Weeks	Total cost	Reward for the bachelor course
Self Defense	8	22	$49,000	+100% damage when fighting with fists only
Health & Fitness	9	23	$16,450	+25% speed during an opponent's escape attempt
History	8	25	$10,150	Unlocks the Museum, where sets are exchanged for points
Psychology	8	25	$13,180	+10% crime experience and skill progression
Combat Training	11	28	$29,950	Weapon experience, which raises damage and accuracy with weapons you use
General Studies	12	29	$19,010	+10% work stats from all future courses
Sports Science	10	29	$18,830	A further 1% to all gym gains
Biology	10	31	$26,150	Equip needles in your temporary slot
Mathematics	11	35	$14,080	+20% ammo conservation
Business Management	13	37	$12,800	Company size, storage and staff room upgrades

Bachelor	Courses	Weeks	Total cost	Reward for the bachelor course
Computer Science	16	37	$23,450	Send mail and money anonymously
Law	15	38	$28,745	Busting 50% easier and bailing 50% cheaper

Altogether that is 131 courses, 359 weeks and about $262,000. Money is rarely the limit; time is. The individual courses inside each bachelor also give rewards, often more useful than the bachelor itself. Browse them in the education course directory.

Step by step

1. **Get your time reductions first.** Education Length merits, the Principal rank in the Education city job, and the WSU stock benefit block together cut 40% off every course you start afterwards.
2. **Start with introduction courses you need.** Each is one week and unlocks its bachelor. Several, like Introduction to Computing, unlock things on their own.
3. **Pick a goal** from the examples below and take its courses first.
4. **Take single courses with big rewards** before finishing whole bachelors whose final reward you do not need yet.
5. **Keep a course running at all times.** Idle days are lost time.
6. **Check your course length** with the education time calculator before planning far ahead.

Examples

Total time with every reduction. With the full 40% reduction, 359 weeks becomes about 359 × 0.6 = 215 weeks, a little over four years of continuous study.

Suggested orders. These are starting points, not rules; adjust them for your own plans.

Play style	Start with	Why
Fighter	Sports Science, Health & Fitness, Combat Training	Gym gains and passive battle stats compound over every training session
Criminal	Psychology, Computer Science intro, Law	Faster crime progression, the Cracking crime, then jail perks
Trader or collector	History	The Museum turns flower and plushie sets into points
Company owner	Business Management, General Studies	Company upgrades, and more work stats from later courses

Course rewards inside a bachelor. In Biology, Intermediate and Advanced Biochemistry each add 10% to medical item effectiveness, and Anatomy adds 3% critical hit chance. A fighter might take those three without finishing the whole bachelor straight away.

Advanced tips

- General Studies' bachelor reward only affects courses completed afterwards, so it is worth taking early if you care about work stats.

- Time reductions only apply to courses started after you gain them. Starting a long course just before a reduction kicks in wastes it.
- The International School TC (IST) benefit block makes courses free, but cost is small next to time for most players.
- High addiction removes you from your current course. Keep drug use in check while studying; see Drugs.

Common mistakes

- **Studying in alphabetical order.** The order you take courses in decides when their rewards start working for you.
- **Leaving gaps between courses.** Start the next course as soon as the last one finishes.
- **Finishing a bachelor for its title alone.** Some bachelor rewards are niche; the course rewards along the way may matter more.
- **Taking long courses before getting time reductions.** Merits and the Principal rank pay off on everything after them.

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Related guides: Education, Work stats, Merits, Battle stats, Crime progression, Points and the Points Building

Merits

How you earn merits, every upgrade they buy, and how to choose where to spend them.

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Introduction

Merits are a currency you earn by reaching goals in Torn, such as levels, stat milestones and attack counts, usually alongside medals and honours. You spend them on permanent upgrades. There are more upgrades than any player can fill early on, so choosing well matters.

How it works

Earning merits. Most merits come from achievements. You can also buy merits at the Points Building for 300 points each, but only one for every two levels, so at most 50 by level 100.

Upgrades. Every upgrade can be taken up to 10 times. Each step costs one more merit than the last (1, 2, 3 and so on), so a full upgrade costs 55 merits.

Upgrade	Effect per step
Brawn, Sharpness, Protection, Evasion	+3% passive strength, speed, defence, dexterity
Weapon masteries (11 types)	More accuracy and damage with that weapon type
Temporary Mastery	Stronger damaging temporary weapons such as grenades
Nerve Bar	+1 maximum nerve
Critical Hit Rate	+0.5% critical hit rate (base about 12%)
Life Points	+5% maximum life
Crime Progression (Crimes 2.0)	+1% crime experience and skill gains
Education Length	Courses 2% shorter
Awareness	20% more items found in the city
Bank Interest	+5% bank interest, from your next investment
Masterful Looting	+5% money from mugging
Stealth	+0.2 stealth level, so you stay anonymous more often
Hospitalizing	+5% hospital time you cause
Addiction Mitigation	Addiction's negative effects reduced by 2%
Employee Effectiveness	+1 effectiveness in a company (not for directors)

Resetting. You can reset all your merits. The first reset costs 500 points, each later one 250 more, up to 5,000 points. Free resets, for example from completing Book: High School For Adults, are used first and do not raise the price of the next paid reset.

Step by step

1 Decide what your account is for over the next few months: fighting, crimes, making money, or a mix.

2. Spend the first merits where they help every day. Education Length shortens every future course; a battle stat passive helps every fight.
3. Fill upgrades in order of value to you, remembering each step costs more than the last.
4. Buy merits with points only if your spare points are worth more to you as merits than as refills or market sales.

Examples

- The first three steps of Education Length cost 1 + 2 + 3 = 6 merits and make courses 6% shorter. The last three steps cost 8 + 9 + 10 = 27 merits for the same 6%.
- A level 40 player can buy at most 20 merits with points, at 300 points each.

Advanced tips

- Because each step gets more expensive, spreading merits across several upgrades often gives more total benefit early on than filling one completely.
- Masteries reward commitment to one weapon type. Pick the type you actually fight with.
- Christmas Day has given out free merit resets in recent years, but since 2025 only to players who do not already have one.

Common mistakes

- **Spending without a plan,** then paying points to reset.
- **Taking Bank Interest too early,** before you have much money in the bank.
- **Forgetting Employee Effectiveness does nothing for a company director.**

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Related guides: Battle stats, Education, Life, Nerve, Long-term stat planning

Happy jumps

The technique of stacking energy and pushing happiness far above its maximum before one big gym session. How it works, what it costs, and the risks.

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Introduction

A happy jump is a planned training session where you first build up a large amount of energy, then raise your happiness far above its maximum, and then spend all of that energy in the gym before the extra happiness disappears. Because happiness has a large effect on gym gains, the same energy trained at very high happiness gives much more than it would normally.

"Happy jump" is a player term, not a game feature. This guide explains the mechanics it relies on and the real risks. The approach described is the Academy's summary of common practice, not an official recommendation.

How it works

The technique uses four mechanics, all documented on the official wiki:

1. **Happiness boosts gym gains**, especially when your stats are low.
2. **Happiness above your maximum resets** to the maximum at the next quarter hour (xx:00, :15, :30, :45). Whatever you build must be used inside one quarter.
3. **Ecstasy doubles your happiness**, so anything added before taking it is doubled too.
4. **Energy can be stacked above your maximum** with Xanax (+250 each), energy drinks and refills, up to 1,000 energy held at once.

The common order is: build energy over many hours, wait for a quarter hour to pass, add flat happiness (for example Erotic DVDs at 2,500 each), take Ecstasy to double the total, then train every point of energy immediately.

The limits.

- You cannot take a drug while a previous drug's cooldown is running. Xanax's cooldown is 6 to 8 hours, so stacking several takes most of a day, and you must wait for the last one to end before taking Ecstasy.
- Erotic DVDs, candy and energy drinks all add to your 24-hour booster cooldown.
- Every train lowers happiness by 40 to 60% of the energy used, so the session gets a little less effective as it goes.

The risks.

Risk	What happens
Xanax overdose	All energy, nerve and happiness lost, about 5,000 minutes in hospital, longer cooldown, 100 addiction points

Risk	What happens
Ecstasy overdose	All energy and happiness lost, so the energy you stacked is gone
Addiction	Every drug adds addiction, which lowers your stats and company effectiveness and, when high enough, removes you from your education course
Sports Science Lab	Taking more than 150 Xanax and Ecstasy in total locks you out of this gym for good

Not confirmed
Whether energy above your maximum stops natural regeneration, as nerve does, is not stated on the energy page. Players generally plan as if it does.

Step by step

1. Decide whether a jump suits you. If you hope to use the Sports Science Lab one day, count your lifetime Xanax and Ecstasy first.
2. Make sure your booster and drug cooldowns are clear and you will not be interrupted.
3. Build energy over the day: natural regeneration, your daily refill, and Xanax doses spaced by their cooldowns.
4. When the last drug cooldown has ended, wait for the next quarter hour to pass.
5. Use your flat happiness items, then take Ecstasy.
6. Train all your energy straight away in your best gym for the chosen stat.
7. Record the result and compare it with a normal session using the Gym gains estimator.

Examples

- A player with a 5,025 maximum (Private Island) uses one Erotic DVD (2,500), reaching 7,525, then Ecstasy doubles it to 15,050. They must train before the next quarter hour.
- A player who takes Ecstasy at 10:13 TCT has two minutes before the reset at 10:15. Waiting until just after 10:15 gives a full fifteen minutes.

Advanced tips

- The 10-star Adult Novelties special doubles an Erotic DVD to 5,000 happiness.
- The faction Toleration branch lowers overdose chances by up to 30%, and a 7-star Nightclub halves it. Neither removes the risk.
- The benefit of a jump is largest for players whose stats are still low, because happiness matters most there. Very strong players often get more from stat enhancers.

Common mistakes

- **Starting just before a quarter hour.** The extra happiness vanishes within minutes.
- **Taking Ecstasy while Xanax is still active.** You cannot take a second drug during a drug cooldown.

- **Ignoring overdose risk.** An Ecstasy overdose wipes the energy you spent a day building.
- **Jumping during an education course** without considering that the addiction from repeated jumps can get you removed from the course.

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Torn wiki: Item Cooldowns: https://wiki.torn.com/wiki/Item_Cooldowns, retrieved 2026-11-23

Torn wiki: Gym: https://wiki.torn.com/wiki/Gym, retrieved 2026-11-23

Related guides: Gym training, Happy, Drugs, Boosters and cooldowns, Long-term stat planning

Work stats

What Manual Labor, Intelligence and Endurance are for, every way to raise them, and which methods are fastest at each stage.

Version 1.0. Published 24/11/2026, last reviewed 24/11/2026.

Introduction

Work stats decide which jobs you can hold and how well you perform in them. They are separate from your battle stats and are never used in fights. There are three: Manual Labor (MAN), Intelligence (INT) and Endurance (END). This guide lists every way to raise them so you can plan a route into the job or company position you want.

How it works

Where they are used.

- City jobs need a set amount of all three for each rank. Army, Grocer and Casino can be joined on day one; Medical, Education and Law need work stats first. See City jobs.
- Player companies use two of the three for each position: a primary and a secondary stat. How close you are to those requirements sets your efficiency; see Working for a company.

Ways to raise them:

Method	Gain	Notes
Working a city job	A few to 45 a day, by rank	All three stats, passive
Working in a company	Based on your efficiency	Only the position's primary and secondary stats
Being a company director	5 to 50 of each stat a day	5 at 1 star, 10 at 2, 20 at 3, 35 at 4, 50 at 5 stars or more
Director trains	50 primary and 25 secondary per train	Given by your director; the fastest method
Education job specials	+100 of one stat per 10 Education points	Up to 70 a day at Principal
Clothing Store or Lingerie Store 3-star special	+100 Endurance for 10 job points	Endurance only
Book: Working 9 Til 5	+5% of each stat, up to 2,500 each	Best read at 50,000 or more in each
Education courses	Small one-off gains	Some courses give much more than others

Director trains. A company earns one train a day per star, and can store up to 20. Each train gives the employee 50 of their position's primary stat and 25 of its secondary stat, whatever their efficiency. That makes them the best option for players with low work stats. Directors cannot train themselves.

Step by step

1. **Start in a city job** on day one for steady gains in all three stats.
2. **Take the short, efficient courses** early. DEF 1700, an introductory course, gives 50 of each stat in one week.
3. **Choose your target position** in a company and note its primary and secondary stats.
4. **Join a company that offers trains,** or negotiate them with a director. Ask before joining.
5. **Use job specials** that add work stats, if your job has them.
6. **Save Working 9 Til 5** until your stats are high enough to get the full 2,500 from it.

Examples

Best courses for work stats. Ranked by total work stats gained per week of course time, without any time reductions:

Course	MAN	INT	END	Weeks
DEF 1700 (intro)	50	50	50	1
BIO 2390	5	170	120	2
CMT 2590	0	250	30	2
CMT 2600	0	275	55	3
LAW 2101	0	175	40	2
CBT 1780 (intro)	50	50	0	1

Trains add up fast. A 5-star company has 5 trains a day. An employee who gets all five daily earns 250 primary and 125 secondary stats a day, far more than passive gains at that stage.

Reading the book at the right time. With 20,000 in each stat, Working 9 Til 5 gives 5% = 1,000 of each. With 50,000 or more, it gives the maximum 2,500 of each.

Advanced tips

- Company passive gains depend on your efficiency, so getting close to the position's requirements also speeds up your future gains.
- Plan towards a position, not a stat. Only the two stats your position uses count there.
- If you plan to run a company later, director gains of 50 a day at 5 stars come from all three stats.

Common mistakes

- **Training work stats in the gym.** The gym raises battle stats only.
- **Ignoring the third stat.** City jobs need all three, so a stat you neglect can block a promotion.
- **Joining a company without asking about trains.** Trains are the director's to give, and not every company hands them out.

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Torn wiki: Working Stats: https://wiki.torn.com/wiki/Working_Stats, retrieved 2026-11-23

Torn wiki: Job: https://wiki.torn.com/wiki/Job, retrieved 2026-11-23

Torn wiki: Company: https://wiki.torn.com/wiki/Company, retrieved 2026-11-23

Torn wiki: Education: https://wiki.torn.com/wiki/Education, retrieved 2026-11-23

Related guides: City jobs, Working for a company, Running a company, Education

Long-term stat planning

How to think about building battle stats over months and years, from even builds to specialising for the 8.0 and 9.0 gyms.

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Introduction

Over a long Torn career, the decisions that matter most for your stats are not single sessions but the overall shape of your build: which stats to push, which gyms to work towards, and which permanent bonuses to collect. This guide sets out those choices. The trade-offs are game mechanics; which build is "best" is a matter of judgement, and the advice here is the Academy's.

How it works

Gyms shape builds. Late-game gyms reward imbalance:

- **Balboas Gym** and **Frontline Fitness** (7.5) need one pair of stats, defence and dexterity or strength and speed, 25% higher than the other pair.
- **Gym 3000, Total Rebound, Mr. Isoyamas and Elites** (8.0) each need one stat 25% higher than your second highest.
- **The Sports Science Lab** (9.0 in every stat) needs Last Round unlocked and a lifetime total of no more than 150 Xanax and Ecstasy.

If you drop below a gym's requirement, you are moved out but keep the membership.

Bonuses stack on top. Gym gain bonuses come from faction Steadfast upgrades (up to 10% per stat, plus extra 5% branches), education courses, books (20 to 30% for 31 days) and company specials. Passive fight bonuses come from merits, faction Aggression and Suppression, education and armour.

Growth slows. The higher a stat, the more energy each percentage of growth costs. The 2022 stat cap removal means gains keep rising above 50,000,000, but slowly.

Step by step

1. Decide early whether you want access to the Sports Science Lab. If you do, count every Xanax and Ecstasy from now on.
2. Build evenly until you reach the heavyweight gyms, unless you already know your specialisation.
3. Choose a specialisation before Cha Cha's: a defensive pair, an offensive pair, or one standout stat for an 8.0 gym.
4. Keep your ratios: check that the stat you push stays 25% ahead.
5. Time your biggest sessions for when books and faction bonuses are active.

6 Project a few months ahead with the Stat projection calculator.

Examples

- A player with 100M strength, 80M speed, 60M defence and 60M dexterity has strength + speed (180M) 50% higher than defence + dexterity (120M), so qualifies for Frontline Fitness once Cha Cha's is unlocked.
- For Gym 3000, strength must be 25% above the second highest stat: with speed at 80M, strength needs to be at least 100M.

Advanced tips

- A heavily unbalanced build is strong in some fights and weak in others. Think about what you will actually be doing: chaining weaker targets, ranked wars, or defending.
- Faction specials can be swapped, but only every 72 hours. Ask your faction which branches it runs before planning around them.
- Treat calculators as rough guides. The gym formula is a community estimate, and real results vary.

Common mistakes

- **Taking drugs casually and losing the Sports Science Lab for good.**
- **Specialising by accident,** then finding you no longer meet a gym's requirement.
- **Ignoring passives.** Percentage bonuses are worth more the stronger you get.

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Torn wiki: Item Cooldowns: https://wiki.torn.com/wiki/Item_Cooldowns, retrieved 2026-11-23

Related guides: Battle stats, Gym training, Happy jumps, Merits, Boosters and cooldowns