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

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

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

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