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.

Sources

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

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

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

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

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

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