

Sadow Plus Plus

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1 Overview

Thanks for using Sandow Plus Plus!

This mod is the result of many, MANY hours of hard work that sometimes required deep research...and decompiling and trying to decipher how to use obscure undocumented files that are already quite hard to come by per se.



Figure 1: The horror...

The basic premise behind this mod is simple: **train and sleep to gain Weight and get muscular**¹.

Nonetheless, this mod has become so complex² and has so many options it really deserves a full fledged help file.

2 Really; read this document. I promise I tried my best not to be boring

I always appreciate when authors take their time to explain how to use their mods and...let us be honest: I hate when they don't bother to explain how to play their complex mods and such, so here we are.

¹If you are playing as a woman and you gain boobs instead of muscles, you may want to try [my favorite Bodyslide preset ever](#) (which I made myself, obviously).

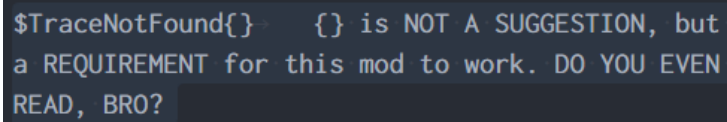
²Don't worry, though. It has always been **quite performant**

So, let me emphasize again: **Sadow Plus Plus is complex** and you should really read this document.

If you ever have a problem, I've most likely talked about it in this help file.

3 Requirements

Boring stuff, but necessary if you don't want me to ask you to enable debugging and tracing just for you to be greeted by a message telling you **DO YOU EVEN READ, BRO?**

A screenshot of a terminal window with a dark background and light-colored text. The text reads: "\$TraceNotFound{} {} is NOT A SUGGESTION, but a REQUIREMENT for this mod to work. DO YOU EVEN READ, BRO?".

```
$TraceNotFound{} {} is NOT A SUGGESTION, but  
a REQUIREMENT for this mod to work. DO YOU EVEN  
READ, BRO?
```

Figure 2: Why, of course I'm not joking!

4 FAQ

This section is actually composed of links to other parts of the document, and yes: I put it here on purpose because I know most of you won't bother to read the full guide³.

4.1 My fatigue is over 9000!!!

Dude...you are an old meme and you were never funny to begin with.



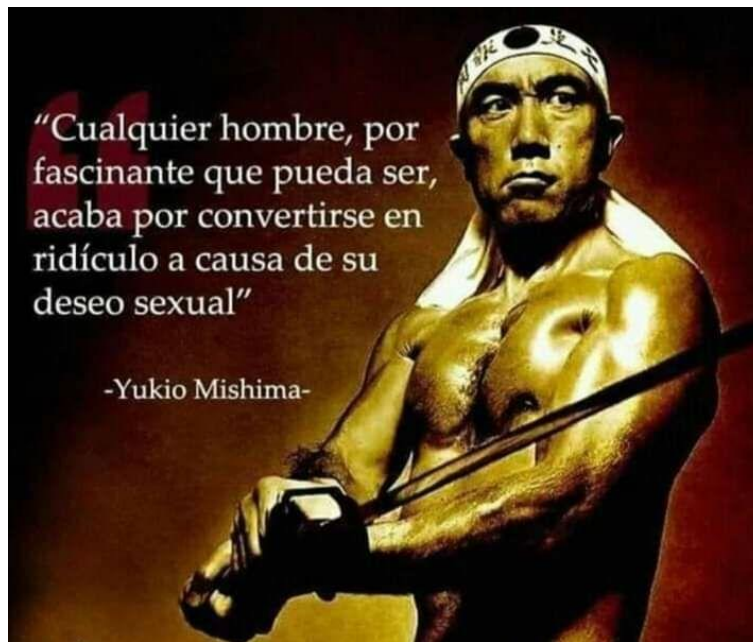
That being said, yes: that is expected if you don't sleep well.

Remember Sandow Plus Plus is easygoing as long as you don't break its rules.

4.2 Weight gaining for pure mages

Yes. Brains and brawns have never been mutually exclusive in real life.

³Your loss. You won't be able to bask in my sublime prose.



4.3 What'SPP the deal with the head resizing thing?

Avoiding this:



Also, opening the door to darkness.
I totally expect people⁴ asking me to make boobs and glutes bigger by using that marvelous technology.

⁴That could be even you!

5 The basics

- Every time a certain skill goes up, you get **Weight Gain Potential (WGP)**, which transforms to **Weight** when you sleep.
- So, train and sleep to gain **Weight**.

The basics are quite simple, so now let'SPP talk about the complex stuff.

6 Behaviors

Sandow Plus Plus 2.0 - Behaviors comparison		
	Sandow Plus Plus	Pumping Iron
Philosophy	<ul style="list-style-type: none">• Fatigue management.• Relaxed weight gaining.	<ul style="list-style-type: none">• Timed sleeping sessions.• Constant training.
How does it feel to play?	"It's natural for an adventurer to be muscular".	"No pain, no gain". Gym grind.
Rewards you when you:	<ul style="list-style-type: none">• Sleep and train however you want. Just get enough of both.	<ul style="list-style-type: none">• Constantly train.• Keep a constant sleeping schedule.
Punishes you when you:	<ul style="list-style-type: none">• Don't sleep enough.• Don't train for 3 days.• Overtrain.	<ul style="list-style-type: none">• Don't train constantly. <p>You are always losing a little Weight Gaining potential, so you are, as a matter of fact, always being punished. Punishments are not as harsh as Sandow Plus Plus, though.</p>
Overview	Easygoing and natural way to play, but it's a harsh mistress. It's hard to get punished, but you'll regret it if that happens. Gameplay is ideal for people that just want to grow.	Mod name is accurate. It feels like you are always going for the pump. Gameplay is ideal for people who really want to pay their dues with blood and sweat.

Figure 3: Behaviors in v2.0

Behaviors are rules to play this mod. The game feels quite different depending on which you choose.

To change Behaviors, just select one from the MCM.

Let us start with the simplest and the one you are most likely accustomed to, since it'SPP the most popular weight gaining mod in Skyrim.

7 The Pumping Iron Behavior

When selecting this, you will get the exact same functionality you would expect from [Pumping Iron](#)⁵, but you will also get all the **quality of life additions native to this mod** .

7.1 Summary

	Summary
Philosophy	Timed sleeping sessions. Constant training.
How does it feel to play?	“No pain, no gain”. Gym grind.
Rewards you when you:	Constantly train. Keep a constant sleeping schedule.
Punishes you when you:	Don’t train constantly. You are always losing a little WGP, so you are, as a matter of fact, always being punished. Punishments are not as harsh as Sandoz Plus Plus, though.
Overview	Mod name is accurate. It feels like you are always going for the pump. Gameplay is ideal for people who really want to pay their dues with blood and sweat.

7.2 Mechanics

Train, then go to sleep when the time is right.

You need to train constantly because you lose 10% WGP each day.

For each hour slept in a row, you gain 0.1% WGP by default, up to 1% for 10 or more hours.

You need to wait 12 hours before you can gain Weight again by sleeping.

The main idea here is training quite frequently and that’s how this Behavior feels.

That’s probably what you already know, so let’s see the new additions by this mod.

⁵Thanks to Gopher for graciously giving me permission for using his method!

7.2.1 Inactivity

You can lose Weight by inactivity if the option to lose Weight is checked. Right now that'sPP the only way to lose weight using this Behavior⁶. The weight loss rate is 1% a day after 42 hours of not leveling up any skill that contributes to your WGP.

Be warned: those days are counted starting from the last time you trained. So if you haven't trained for 42 hours, you will lose 1.75% right off the bat.

As you can notice, the inactivity window before you start to see losses is quite short. Weight loss didn't exist in the original Pumping Iron, so I tweaked the time expecting to stay true to the feeling of playing Pumping Iron⁷.

7.2.2 Skill configuration

You can't configure your skill contribution to WGP because there'sPP nothing stopping you from cranking everything up to max and make this a really boring mod⁸. You will still get training from Sneak, Alteration and Restoration, though.

Still, this Behavior's gains can be tweaked using the oççueauuaouadiudeeidud so this Behavior can become even harder⁹ or you can get the easy route and set it up to gain up to 2% a day.

That option was added so you could better differentiate how much time it takes men to be a mountain of muscles and women to have ~~bigger tits~~ way less muscle development, not to cheat... but I won't blame you if you want to use it to cheat in this Behavior.

Because of its mechanics, in the original Pumping Iron mod it was already difficult going from zero to hero even as a pure warrior; going as a mage was simply impossible. This mod added training sacks, so even mages can get proper training. Due to its playing rules, this Behaviorbenefits quite a lot from using them.

7.2.3 Status reports

There'sPP no fatigue in this behavior, so status reports show you messages telling you how many hours you have left before you can sleep to gain weight, instead. 12 hours, as per Gopher design.

⁶You don't want more ways to lose weight; going from 0% to 100% is already quite hard

⁷That is, feeling like all gym rats feel when they want to kill themselves because skipping just one training day could set back their gains.

⁸In the Sandow Plus Plus behavior doing that would lead to overtraining, but not here

⁹Why would anyone want THAT???

	Summary
Philosophy	Fatigue management. Relaxed weight gaining.
How does it feel to play?	“It’s natural for an adventurer to be muscular”.
Rewards you when you:	Sleep and train however you want. Just get enough of both.
Punishes you when you:	Don’t sleep enough. Don’t train for 3 days. Overtrain.
Overview	Easygoing and natural way to play, but it’s a harsh misstress. It’s hard to get punished, but you’ll regret it if that happens. Gameplay is ideal for people that just want to grow.

The widget does the same too. When the third bar flashes it means you can go to sleep to gain Weight. No more wild guessing.

8 The Sandow Plus Plus Behavior

Go around doing your own business to earn WGP and just go to sleep when you are fatigued. That WGP gets converted to weight if conditions are right.

This mod is all about ****fatigue managing****. You’ll only lose ‘WGP’ if you go to sleep when your fatigue is above 90

Weight gain is controlled by how much hours you sleep a day, but it’s also controlled by fatigue. For best results, go to sleep 10 hours when you are somewhat fatigued (around 70). Sleeping more than 10 hours won’t do anything for weight gaining, since your weight gain capabilities cap at 10 hours. Of course, nothing stops you from sleeping 15 hours a day if it’s more convenient to you. As I said, fatigue controls your gains, not time.

Always remember that ****weight gaining depends on your WGP, how much you sleep and your fatigue****. You can certainly try to get cute and sleep 10 hours, wait 1 hour and then sleep again 10 hours, but you’ll notice you won’t gain as much as sleeping 10 straight hours when you are actually fatigued.

Fatigue builds two ways: over time and by leveling up skills. Every single second awoken (in game time) you are getting fatigued. Also, each time you level up a skill that gives you WGP you get fatigued. That means you’ll get fatigued faster after a hard workout day compared to a shopping spree day.

And don't worry about performance. This mod only runs when you ask it to do it, and when it does, it'SPP by performing simple mathematical formulas.