

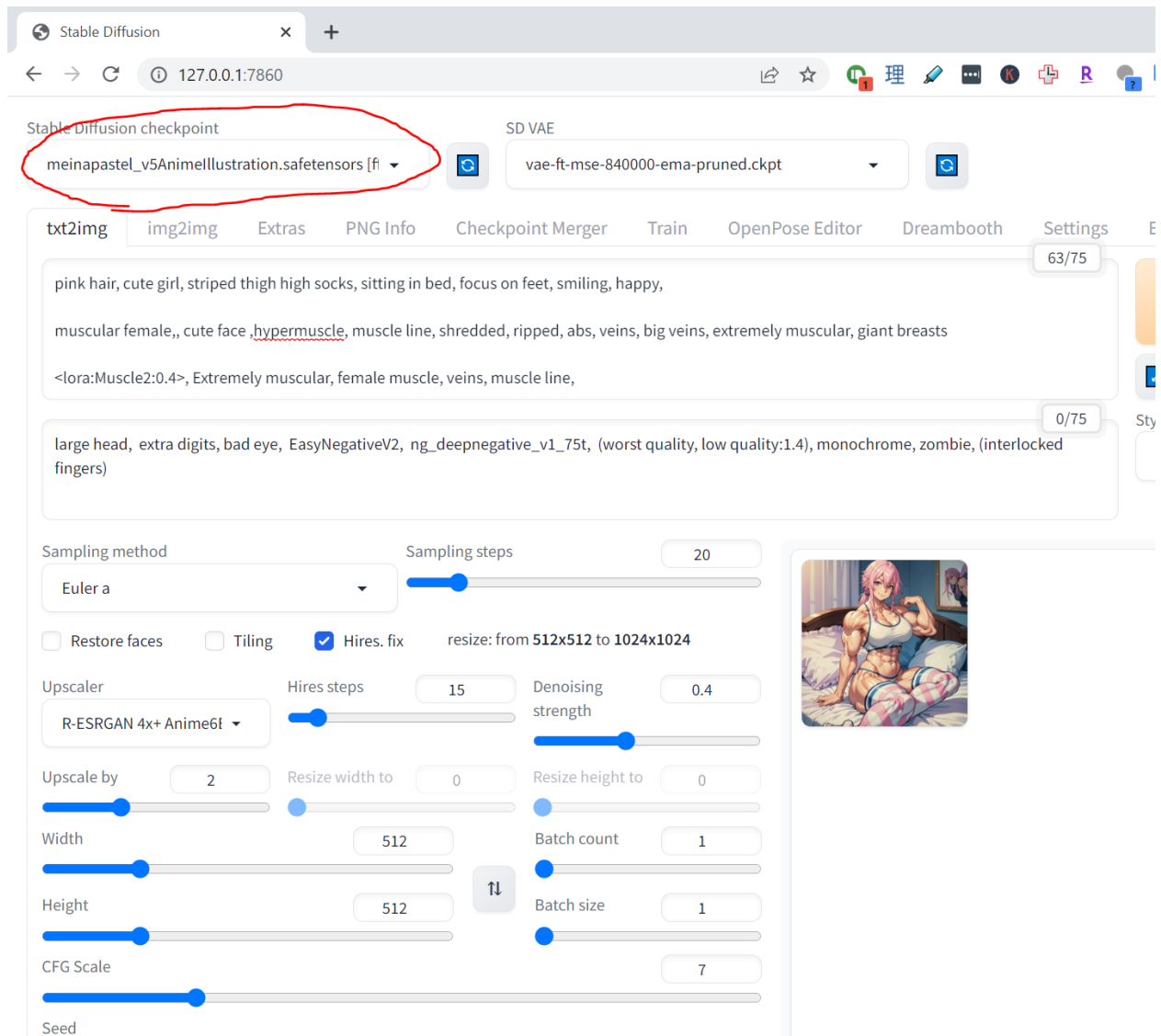
I wanted to write an updated guide on my Stable Diffusion workflow. This guide assumes you already have Stable Diffusion running and that you know what checkpoints/models are and that you are familiar with Loras, negatives, as well as controlnet.

I will also cover how I use Midjourney along with Stable Diffusion for unique results.

I may write a step-by-step guide on how to set it up with automatic1111 however there are many guides online that are easily found by googling.

Checkpoints:

These are the files you put in the `\stable-diffusion-webui\models\Stable-diffusion` folder
The model you select at the top left of the webui



I use Meinapastel v5 at this time. It creates an aesthetic bold look that does well to show muscle definition while also looking more like a digital comic book. At the time of writing, there is a v6 of meinapastel however it has more chaotic results while v5 is considered more stable. Just experiment.

Meinapastel can be downloaded here <https://civitai.com/models/11866?modelVersionId=108289> just select the version at the top first.

As for settings: This model requires upscaling to look decent. I recommend at least upscaling by 2 using the R-RSRGAN 4x+ Anime6B upscaler. Keep the steps at 15, and denoising at 0.4

CFG scale can be 5-11 in my experience.

Sampling method I leave at Euler a with 20 sampling steps. I found it gives cleaner images which is the style I go for. Adding more steps may add more details. The creator of meinapastel also recommends using the DPM++ 2M Karras sampler with 40 steps so try that out as well.

LORAS:

The main one I use for muscle definition is <https://civitai.com/models/34524>

This one varies a lot based on lora strength (0.1 - 0.9) as well as the prompt words used.

It will be triggered by "slightmuscle, bulky, bodybuilder, hypermuscle"

The keyword you use determines the level of muscularity with hypermuscle being the max. I often use hypermuscle and just reduce the lora strength.

Other than that, the prompt matters a lot. So write stuff like "muscular female, muscular legs" etc depending on what you are going for.

Another one I use often to mix in is <https://civitai.com/models/44420>

This one adds muscle in a different way, and often looks good mixed with the one above.

However, I found that it may also limit the poses a bit so use it sparingly.

Negatives:

You absolutely cannot skip this step

The negative prompt I use for 99% of images is

large head, extra digits, bad eye, EasyNegativeV2, ng_deepnegative_v1_75t, (worst quality, low quality:1.4), monochrome, zombie, (interlocked fingers)

This requires you to download two textual inversions:

- EasyNegativeV2
https://huggingface.co/gsd/Counterfeit-V3.0/blob/main/embedding/EasyNegativeV2.safe_tensors
- ng_deepnegative_v1_75t <https://civitai.com/models/4629/deep-negative-v1x>

Pop these files into the folder path: \stable-diffusion-webui\embeddings

Controlnet:

I use this to get more unique poses. There are two main methods I have used in my posts:

Depth and Openpose

Depth: Is great for replicating the composition of another image. This is where I use Midjourney to prompt something quickly, then I bring it over to Stable Diffusion controlnet to make it into a muscle girl.

Here is an example:

I got this image from Midjourney by prompting something like “beautiful girl working in coffee shop”



And then it became the base for this image:



To do this I use depth. I upload the MJ photo to the contolnet, select depth and then set the strength to about 0.5

IF strength is 1 then Stable Diffusion will try to copy the exact image too much and won't allow for added muscle definition.

Alternatively, if you only want to copy a pose- you use openpose instead of depth.

That is about it for now! Hope you found this useful.