



Warm-Up Cardio

1. 10-Minute jog RPE 3/10

Working Set

- Increase weight gradually by 20% each set so that you reach failure in the designated rep range.
- Strip sets mean you go to failure until you can't complete another rep on each set. You then drop the weight. There is no rest between sets in a strip set and you should complete 4 sets (x4).

2. **Bodyweight Squats** 30 Reps
3. **Pushups** 25 Reps
If less than 5, do them from your knees
4. **Machine Chest Press Warmup** 15 Reps x3
5. **Machine Chest Press Strip Set** 12 Reps x4
Rest 1 minute
6. **Machine Back Row Warmup** 15 Reps x3
7. **Machine Back Row Strip Set** 12 Reps x4
Rest 1 minute
8. **Machine Shoulder O/H Press Warmup** 15 Reps x3
9. **Machine Shoulder O/H Press Strip Set** 12 Reps x4
Rest 1 minute
10. **Machine Leg Press Warmup** 15 Reps x 3
11. **Machine Leg Press Strip Set** 12 Reps x4
Rest 1 minute
12. **Machine Crunch Warmup** 20 Reps x3
13. **Machine Crunch Strip Set** 12 Reps x 4
Rest 4 minutes

Cooldown Set

14. Run at 5/10 of your RPE for 10 minutes
15. Quads, Hamstrings, Chest, Shoulders, and Back



Mp45 Workout Nutrition

Ensheng Dong



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Mademoiselle, 1995-04 **Strength Training Diet & Nutrition : 7 Key Things To Create The Right Strength Training Diet Plan For You** Jason Scotts, 2013-05-17 Whether you're trying to enhance your performance as an athlete or just attempting to lose weight including some form of strength training into your exercise regime is crucial. However, it's also important you make sure you're following the right sort of strength training diet and nutrition plan to really reap the benefits. If you aren't eating the right kinds of foods, then you won't actually make the most of each strength training session you undertake. However, if you aren't sure about what you should be eating and drinking, then creating the right sort of plan can be difficult. There are a few things you need to consider when putting together your eating plan. **Sports Nutrition Handbook** Justyna Mizera, Krzysztof Mizera, 2019-05-08 Sports Nutrition Handbook unpacks the need to know concepts of sports nutrition into everyday language, making fueling and daily diet easily understandable to athletes across a wide range of sports. Athletes will find the hows and whys of sports nutrition offered in plain language, no science required. Sports Nutrition Handbook is clear, easy to use as a reference, and includes the details if you want to explore more deeply. Sports Nutrition Handbook unpacks the need to know concepts of sports nutrition into everyday language, making fueling and daily diet easily understandable to athletes across a wide range of sports. Athletes will find the hows and whys of sports nutrition offered in plain language, no science required. Sports Nutrition Handbook is clear, easy to use as a reference, and includes the details if you want to explore more deeply. Sports Nutrition Handbook answers frequently asked questions in a straightforward and simple way: How do HIIT workouts promote weight loss? Does it help or harm to eat carbs before bedtime? Why do early morning workouts feel so different than workouts after breakfast? Why do marathoners often hit the wall? Answers to all your sports nutrition questions are easy to find, simple to grasp, and actionable for your next workout or race.

The Ultimate Guide to Post-Workout Nutrition: Workout recovery made easy Fitness Massive, 2022-12-05 What you eat after a workout is just as important as what you eat before a workout. Find out the best post-workout foods to refuel and recover your body. When it comes to exercise, what you do before and after your workout is just as important as the workout itself. Many people make the mistake of thinking that all they need to do is exercise and then they can eat whatever they want. But if you really want to see results, you need to focus on both your pre-workout nutrition and your post-workout nutrition. What you eat after a workout is crucial for recovery. Your muscles are depleted of glycogen, the storage form of carbohydrate, after a tough workout, so it's important to refuel with carbohydrates and protein as soon as possible. Protein is essential for muscle repair and growth, while carbs help replenish energy stores in the body. *Fitness Nutrition* Charlie Mason, 2018-08-03 **SPECIAL BONUS INSIDE THE BOOK** The benefits of this book include 10 workouts that cover every part of your body and warm-ups necessary for each day. Protein-packed recipes to help you look your best. And lessons on how to incorporate food into your everyday life. This book will help you to lose weight by following a workout for three days in a row.

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activity require more energy and specific nutrients to fuel their muscles and sustain high performance. Inadequate nutrition can lead to fatigue, decreased strength, impaired concentration, and even injury. On the other hand, well-balanced meals that account for an athlete's individual requirements can lead to enhanced performance, better recovery, and prolonged career longevity. Nutrition also impacts mental performance, which is often overlooked in discussions of sports training. Cognitive function, such as focus, decision making, and reaction time, can be influenced by the type and timing of food consumed. Athletes in sports that require quick thinking, such as basketball, soccer, or tennis, benefit from a diet that supports not only their physical needs but also their brain's ability to process information rapidly.

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