



## 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 x3
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 x4  
*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

**Stephen Jones**



## **Mp45 Workout Nutrition:**

**Mademoiselle**, 1995-04 **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 **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 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 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 then resting Do

completely different muscles every workout and incorporate lots of cardio into your plan The recipes included are so simple and quick to follow All of them take less than 10 minutes to prepare Perfect for people on the go Included in this book are breakfast lunch and dinner options When you exercise every day you have more energy vigor and your metabolism will skyrocket All of these workouts are geared toward building muscle and take less than 45 minutes warm up and cool down included these workouts that can be done at home with little to no equipment and are perfect for busy people This book is designed for everyone at any stage in their fitness journey Never has it been easier to learn how to lose weight and build muscle Do not fall for the fads that tell you can lose 50 pounds in a week if you take a pill or if you drink a specially formulated drink Losing weight and getting fit takes work and discipline If you follow this book you will see the difference within a few days All it takes is eating right and burning more calories than you consume to lose weight To bulk up you need to consume protein get rest weight train with the addition of a little cardio and eat more protein Remember fitness is only 20% exercise and 80% diet Controlling what you consume is more important than the exercise so be vigilant and follow this book Tags fitness nutrition weight muscle food guide your loss health fitness books fitness mindset fitness journal fitness instructors handbook fitness for women fitness nutrition fitness books for men fitness diary muscle energy techniques muscle building books muscle book fitness guide gym workout gym motivation book gym workout book gym workout plans fitness junkie fitness confidential fitness for life yoga fitness for men fitness nutrition the ultimate fitness guide fitness nutrition coach gym bodybuilding healthy food pilates optimum nutrition weight loss tips exercise weight loss lose weight workout diet plans personal trainer total fitness weight loss diet supplement healthy eating how to lose weight fitness first gym equipment diet how to lose weight fast **Fitness Nutrition (fitness nutrition weight muscle food guide your loss health fitness books)** Charlie Mason ,2021-02-21

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Sports Nutrition Maria Garrets, Sports nutrition is an essential component of any athlete's training program playing a pivotal role in maximizing performance promoting recovery and enhancing overall health Whether you are an elite competitor or a weekend warrior the food you consume directly impacts how well your body responds to the physical and mental demands of sport In this chapter we will explore the relationship between nutrition and athletic performance the importance of macronutrients and micronutrients and why hydration is critical for sustaining high levels of physical activity The Role of Nutrition in Athletic Performance Nutrition is the foundation upon which athletic performance is built While training programs are essential for developing strength speed and endurance the nutrients consumed on a daily basis dictate how well the body can adapt to and recover from exercise Proper nutrition provides the energy needed to perform at peak levels during training sessions and competitions while also supporting muscle repair reducing the risk of injury and maintaining optimal immune function Athletes have unique nutritional needs compared to the general population The intensity and frequency of their physical 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

**Fuel Before You Train: The Pre-Workout Nutrition Playbook** Charlotte Hayes, 2025-12-11 You show up to train but your body shows up empty You feel sluggish mid workout your strength plateaus and you wonder why you're not progressing The problem isn't your training program it's what you did or didn't eat before you started Pre workout nutrition is the difference between a workout that builds muscle and burns fat versus one that just drains energy and leaves you sore Fuel Before You Train explains exactly what to eat when to eat it and why it matters for

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### **FITNESS NUTRITION & STRENGTH TRAINING** NICHOLAS.

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