



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

Nguyễn Đông



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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 **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 **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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Fitness Nutrition 101: What You Really Need to Know Nguyễn Đồng,2025-07-03 A clear practical guide to eating for fat loss muscle gain and better performance without the confusion Whether you re just getting started with fitness or looking to take your results to the next level Fitness Nutrition 101 breaks down the essentials of calories macronutrients meal timing and supplements in a way that s easy to understand and apply You ll learn how to fuel your body based on your specific goals create sustainable habits and build a flexible nutrition plan that fits your real life not just a perfect schedule No crash diets No complicated math Just smart strategies that work

Chris Carmichael's Food for Fitness Chris Carmichael,Jim Rutberg,Kathy Zawadzki,2005-04-05 From the coach of several of the world s greatest athletes comes a revolutionary eating plan for all active people from weekend warriors to elite competitors to those just trying to lose a few pounds and be more fit

You'll learn The truth and consequences of low carb diets for athletes Chris Carmichael's step by step method to match your nutrition to your activity level for better workouts and fewer excess calories The best sources of clean burning fuel for your healthy and active lifestyle Which supplements work and which just waste your money Specific recommendations for teenage female and older athletes The complete Carmichael Nutrition Program which has carried many top athletes to victory The ease and benefits of dozens of quick to prepare power packed recipes Everything you need to know about food and fitness is outlined in this easy to follow remarkably effective nutritional program Get on board once you eat right and train right there will be nothing to stop you Includes original Carmichael Training System Recipes Not only has Chris put together a great read for adults but any parents reading it can relay the information to their children to get them on the right track early

Brandi Chastain U S Women's National Soccer Team

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 your specific goals This

book cuts through the noise of supplement marketing and conflicting diet advice to give you clear science backed guidance on how to fuel your body for performance You ll learn how to match your pre workout nutrition to your training type strength endurance HIIT or hybrid and how to adjust based on your body composition goals whether you re cutting bulking or maintaining Inside you ll discover the roles of carbohydrates protein and fats before training how to time your meals for maximum energy without stomach discomfort and what to do if you train fasted or early in the morning You ll find simple meal templates quick snack ideas and hydration strategies that fit real life not just perfect scenarios You ll also learn how to spot and avoid common mistakes like under fueling over fueling or relying on sugary energy drinks that crash you mid session This playbook is for anyone who trains at home in the gym or outdoors and wants to stop leaving performance on the table Whether you re a beginner or an experienced lifter proper pre workout nutrition will help you train harder recover faster and see results sooner *FITNESS NUTRITION & STRENGTH TRAINING* NICHOLAS. BJORN,2020 **The**

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competitive advantage *Fitness Nutrition & Bodybuilding: Fitness Nutrition: The Ultimate Fitness Guide & Bodybuilding: Meal Plans, Recipes and Bodybuilding Nutrition* Nicholas Bjorn,2019-09 FITNESS NUTRITION The Ultimate Fitness Guide DO YOU WANT TO KNOW HOW YOU CAN LOSE WEIGHT AND BUILD MUSCLE FAST STARTING RIGHT NOW THIS BOOK WILL LET YOU IN ON THE SECRET Everyone knows how important it is to maintain a healthy physique But how do you do that To become physically fit you need to have the knowledge necessary to get you on your This book will teach you how your body works and what it needs to lose those extra pounds 2 BOOKS IN 1 BODYBUILDING Meal Plans Recipes and Bodybuilding Nutrition HAVE YOU BEEN DREAMING SO LONG ABOUT HAVING TONED AND WELL DEFINED MUSCLES DO YOU HAVE NO IDEA OF HOW YOU CAN START ACHIEVING THE BODY OF YOUR DREAMS The good news is that this book can show you how Bulking up and maintaining a toned physique cannot be easily accomplished without the right plan and discipline A definitive guide can go a long way in walking you through the steps you need to take to achieve your bodybuilding goals [The All-Pro Diet](#) Tony Gonzalez,2009-08-18 The professional football player provides guidelines and advice to eating healthy foods that complement athletic performance energy levels and long term health focusing on fruits vegetables and unprocessed foods *Strength Training Nutrition 101* Marc Mclean,2019-05-09 Strength Training Nutrition 101 Build Muscle Burn Fat Easily A Healthy Way Of Eating You Can Actually Maintain is a sensible manageable nutrition guide for men and women who lift weights Marc McLean an online PT and nutrition coach with over 20 years experience in weight training shares his masterplan for maximising your gym efforts **Macrobolic Nutrition** Gerard Dente, Kevin J. Hopkins,2010-05 Many people want to attain the muscles and lean body of a bodybuilder but wonder how to do it right

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