

TRAINING TIPS

The workouts or exercises you like the least are the ones you need to work the hardest at.

Intensity should always follow *form*. Do not be too proud to drop some weight to do the intense workouts intensely and accurately (safely).

Strength days, 3-3-3-3-3 or 1-1-1-1-1-1-1 workouts as examples, are where you can work in some weight. Again, form is key.

If you are unsure of an exercise you can YouTube the exercises and watch easily. For example, YouTube “CrossFit and power clean” and you will get a good demo.

Proper rest and nutrition are key components to get fitter and better. Ignore either or both and your results will suffer.

Post workout nutrition will help you get recovered. Food (some carbs and protein) in the first 20 minutes post workout is optimal and in the first 1 ½ hours is ok. After that it does not make much difference. Eat right and eat right after!

Water, water and more water. 100 ounces a day is a good target for fluids and add 8 ounces for each ½ hour you workout.

Keep a *journal* of your workouts. Include info on your rest patterns and nutrition. You will find that when you rest and eat well, you train well. Yes, we are repeating this.

If you skip a day for some reason, you can make it up on the off day or just push back your days one until you catch up. If you decide to double up, a three hour break is recommended.

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