



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

Nicholas Bjorn

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

Mp45 Workout Nutrition:

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 **Fitness Nutrition (fitness nutrition weight muscle food guide your loss health fitness books)** Charlie Mason ,2021-02-21 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 *Comprehensive Performance Nutrition* Justin Harris,2013 Comprehensive Performance Nutrition is an easy reference question and answer book that is

sure to become a desktop favorite 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

Bodybuilding Nicholas Bjorn,2019-08-23 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 Most of all a definitive guide can go a long way in walking you through the steps you need to take to achieve your bodybuilding goals You may already have a firm idea of the exercise regimen you need to follow but do you know what food you need to eat and what meals you need to prepare to get closer to your ideal body Don t worry if you don t have any idea because this book has you covered Although coming up with a bodybuilding exercise regimen can be difficult I know that preparing a meal plan can be just as daunting This is why this book makes everything easier for you by providing everything you need to know **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 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 *Nutrition for Sport, Exercise, and Health* Marie A. Spano,Laura J. Kruskall,D. Travis Thomas,2023-11-08 Nutrition for Sport Exercise and Health Second Edition blends nutrition and exercise theory with practical applications to provide undergraduate students and professionals with a comprehensive introduction to the field , [The Ultimate Strength Training Nutrition Guide](#) Stephen Jones,2019-01-09 The Ultimate Strength Training Nutrition Guide That Will Take You To The Next Level Today only get this Amazon bestseller for just 2 99 Regularly priced at 10 99 Read on your PC Mac smart phone tablet or Kindle device You re about to discover how to start your morning with a routine similar to the morning routines of some of the most successful people on earth This book promises to train you and

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discover how simple it is in a few easy steps you can be on your way to the shredded success of your dreams After 40 even 50 your body can perform just as well or better than it did in your 20s Don't let time take a bite out of your strength just click Add to cart and enjoy full fitness vitality and health *Fuel Before You Train: The Pre-Workout Nutrition Playbook*

Unknown,101-01-01 **Strength Training Diet and Nutrition** Jason Scotts,2013-02-15 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* 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 **Fitness**

Nutrition and Bodybuilding Nicholas Bjorn,2018-05-12 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 Often achieving the ideal body requires you to lose weight and build lean muscle But how do you do that To become physically fit you need to have the knowledge necessary to get you on your way

and the motivation required to keep you going Don't you wish that you can get your hands on an ultimate fitness guide so that you could start understanding your body's needs lose weight and stay motivated Well I've got good news for you This book will teach you how your body works and what it needs to lose those extra pounds so that you could achieve and maintain a fit and toned physique Here's what this book has in store for you Learn how your body uses calories and what role carbohydrates play in your weight Discover which foods contain good fats and lean protein that could benefit your body Determine what your meal frequency and caloric intake should be Know which exercises you should do to get that toned and sculpted look PLUS Alternative exercise options Delicious muscle building recipes Effective natural supplements You will never be able to get a fitness guide as comprehensive as this book anywhere else With the knowledge you will gain from this book you will be on your way to getting the amazing body that you want Act right now and do not delay Get the results you want immediately SCROLL UP AND DOWNLOAD YOUR COPY TODAY 2 BOOKS IN 1 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 Most of all a definitive guide can go a long way in walking you through the steps you need to take to achieve your bodybuilding goals You may already have a firm idea of the exercise regimen you need to follow but do you know what food you need to eat and what meals you need to prepare to get closer to your ideal body Don't worry if you don't have any idea because this book has you covered Although coming up with a bodybuilding exercise regimen can be difficult I know that preparing a meal plan can be just as daunting This is why this book makes everything easier for you by providing everything you need to know Here's what this book will teach you What bodybuilding is Why bodybuilding is good for you How you should set your bodybuilding goals What nutrients you need for bodybuilding What characteristics your meal plan should have PLUS You can read chapters that contain Great sample meal plans and recipes for any meal throughout the day including snacks What foods prevent you from achieving your goals The formula for true success And much much more Bodybuilding and meal planning are made a breeze through the tips and sample plans presented in this book You will never need another guide again Please note each book in this bundle is a 4th Edition copy For the full edition each book needs to be purchased individually 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 Training Nutrition Ed Burke, Jacqueline R. Berning, 1996 **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

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