25 WAYS TO IMPROVE YOUR WORKOUT

You never have to endure a bad workout again. Inject these 25 tips into your daily routine to start supercharging your gym sessions.

- [ ] Eat slow-digesting carbs before workouts
- [ ] Avoid higher-fat meals for up to four hours before workouts
- [ ] Eat a green salad with your last whole-food meal before the gym
- [ ] Eat buckwheat as part of your pre-workout carb intake
- [ ] Take 20g of whey protein and 3-5g of a creatine supplement
- [ ] Take 200-400mg of caffeine 1-2 hours before your workout
- [ ] Take 3-5g of arginine 30-45 minutes before workouts
- [ ] Add 2 teaspoons of cocoa extract to your preworkout protein shake
- [ ] Use forced reps on your last sets
- [ ] Don't train to failure on every set
- [ ] Keep your focus on the muscle you're training
- [ ] Vary your rep speed
- [ ] Train with several partners
- [ ] Listen to music
- [ ] Don't train too heavy for too long
- [ ] Stay off the exercise balls, wobble boards, and other instability devices
- [ ] Save cardio for after your weight workout
- [ ] Use wrist straps for your pulling exercises
- [ ] Drink a shake with 20g each of whey and casein proteins
- [ ] Stretch only after training
- [ ] Take 3-5g of creatine with 50-100g of fast-digesting carbs and 300-500mg of alpha-lipoic acid (ALA)
- [ ] Don't drop dietary cholesterol too low
- [ ] Relax in a sauna or hot tub every day
- [ ] Drink four cups of tea during the day

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