

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