

# 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