

THE ULTIMATE *Post-Training & Recovery* GUIDE



WWW.TIGHTENUP.COM.AU



WELCOME

Thank you for downloading your copy of *The Ultimate Post-Training & Recovery Guide*.

If you're reading this, you're serious about your training, your performance, and even more importantly, your results.

This guide will outline simple steps you can take to help you max out your results – whether you're a diehard fitness enthusiast or brand new to working out.



At **TIGHTEN UP**, we help people reach their health & fitness goals with custom plans that fit their goals without ruling their lives.

We hope this guide helps you not only reach your goals faster but shows you just how much **YOU** can truly achieve!

Committed to Your Success,

Jewelz,

Founder of Tighten Up

e: jewelz@tightenup.com.au

p: 0418 263 786

w: tightenup.com.au





STEP

1

● **A WELL-DESIGNED TRAINING PROGRAM**

One of the BEST things you can do to maximize results from your training and other fitness-related activities is to ...

TRAIN SMART!

This goes for everyone, from fitness walkers to yoga lovers to world-class athletes! Getting fitter and stronger is a delicate balancing act. That's because fitness actually has many components:

- ✓ **Cardiovascular fitness**
- ✓ **Muscular strength**
- ✓ **Muscular stamina/endurance**
- ✓ **Flexibility**

STEP 1: A WELL-DESIGNED TRAINING PROGRAM



That's not to mention any skill-related components needed for sports you may enjoy, like speed, agility, and balance.

Making sure you do just enough – and not too much – to maintain and improve those areas of physical fitness is the key.

Getting fitter and stronger means you have to challenge your body. Then, you have to let your body work its magic by giving it time to repair, rebuild, and recover.

The best programs take that into consideration.

Hallmarks of a great fitness program:

- ✓ **Progressive (they gradually become more challenging)**
- ✓ **Periodized (they vary in intensity, with easier/more challenging training)**
- ✓ **Contain variety, and**
- ✓ **Include rest days.**

STEP 1: A WELL-DESIGNED TRAINING PROGRAM

If you work out daily or tend to overemphasise specific muscles/movements in your training, you could actually be over-stressing your body and slowing down your progress.

Working with an experienced coach is a smart way to ensure a balanced, progressive fitness program that will get you results... and faster.

Want more info?

Be sure to check out our **SMALL GROUP TRAINING PROGRAM** on how we help our clients achieve amazing results.





STEP

2

● YOUR POST-TRAINING COOLDOWN

You've just finished your amazingly well-designed program. Now what?

Well, the specifics of your cooldown depend on what you did during your training!



If it was a cardio or high-intensity interval training that raised your heart rate, take at least 5 minutes to gradually allow it to return to normal.

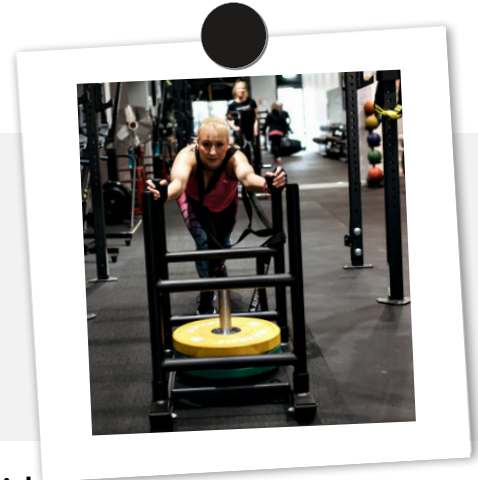
This can help stop blood from pooling in your extremities, which can make you feel dizzy, lightheaded, or even faint.

STEP 2: YOUR POST-TRAINING COOL DOWN

You can walk on a treadmill or around the gym or your home, hop on a stationary bike, or simply move your body, gradually decreasing your intensity.



If it was a strength training, hop on an exercise bike, treadmill, or elliptical machine for a short, moderate-intensity session.



Doing a little cardio after strength training is linked with less post-workout soreness.

TIP: Be sure to bring your heart rate down before you hit the shower.



STEP 3

● STRETCH YOUR BODY

When you've just finished training, your muscles are warm and pliable. This makes it an ideal time to work on your flexibility.

Stretching helps:

- ✓ Prevent soreness
- ✓ Improve mobility
- ✓ Improve your posture
- ✓ Increase blood flow
- ✓ Relieve tension & promote relaxation
- ✓ Improve flexibility and your range of motion
- ✓ Cut your risk of injury

Plus... it just plain feels good to stretch after training. It's also an excellent time to wind down and relax.





Don't Skip This: **STRETCHING**

While pre-training stretches are active (aka dynamic), your post-training routine can focus on static (non-moving) stretches, which you can hold for 30-60 seconds. Sample stretches to incorporate into your routine:

STANDING CALF STRETCH

HAMSTRING STRETCH

QUADRICEPS STRETCH

LEG CROSSOVER STRETCH

MODIFIED HURDLER STRETCH

KNEELING LAT STRETCH

Optional: **FOAM ROLLING**

While the most important time to foam roll is *before* your training, it can also be helpful to use a roller after your training. This is especially true if you have any trouble spots, muscle imbalances, or did a focused workout targeting a specific muscle group.

To foam roll after your training, simply roll the targeted body part until you feel a tender spot. Hold that spot for 30-60 seconds until the discomfort reduces, and move on to the next tender spot or body part. (Be sure not to roll over any injuries or joints.)

SMART TRAINING.

Amazing

RESULTS!



VALERIE

- Gained confidence.
- Improved sleep.
- More energy.
- More active and happy. Went clothes shopping.
- Lost 19.2kg.



STEP

4

● **HYDRATE**

It's time to replenish those fluids!

If you've worked out hard or gotten sweaty from your training, make sure you drink at least 475 ml of water.

Staying hydrated can help your body get stronger, experience less soreness, and even improve your flexibility.

If you aren't a fan of water, here are some other beverages to try:

COCONUT WATER

It contains recovery-boosting minerals like potassium and magnesium, as well as antioxidants and other micronutrients. It also contains less sodium than other electrolyte drinks. One downside: it can cause bloating in some people, so sip slowly! Check for sugar content!

CHOCOLATE MILK

One bonus to this sweet beverage is that it contains a muscle-friendly ratio of carbs to protein to help you refuel and recover, along with important electrolytes and water.

FRUIT OR VEG INFUSED WATER

You can make these at home with whatever you have on hand, even including herbs. Squeeze the fruit for extra flavour. No sugars or nasties added.





STEP

5

● REFUEL

There's an important window of time right after your training when you have the opportunity to kickstart your recovery – and your results!

This is still an emerging area of research but studies show that during the 30-45 minutes after your training, your body appears to be especially receptive to two key nutrients: carbs and protein.

The carbs will help restore your glycogen levels, which will help with both energy and recovery.

Protein, meanwhile, contains important amino acids that help your muscles repair, recover, and rebuild.

STEP 5: REFUEL



For most people, eating a simple protein-carb snack or meal will get the job done.

A few ideas:

- Greek yogurt with fruit
- Turkey wrap
- Tuna and whole-grain crackers
- Protein shake with a banana



POST-TRAINING NUTRITION *Optimized!*

If you want to get super technical when it comes to exactly how many grams of carbs and protein to eat after your training, here are some guidelines from the National Academy of Sports Medicine:

- **1 to 1.5 grams of carbs per kilogram of bodyweight**
- **15-25 grams of protein per serve**

A person weighing 70kg would aim for a snack containing 15-25 grams of protein and 70-105 grams of carbs.

STEP 6

● ACTIVE RECOVERY AND REST DAYS

Your training creates two kinds of stress on your muscles:

STRESS 1 *Mechanical Stress*

When you challenge your muscles properly, you're creating microscopic damage in your muscles – don't worry it's a good thing! – that is necessary to help your body get stronger. Your muscles generally need 24-48 hours between training to repair, recover, and rebuild from this type of stress.

STRESS 2 *Metabolic Stress*

Working out depletes your muscles of glycogen (energy). Continuous days of training (especially if they're intense) can leave you feeling drained and exhausted...



STEP 6: ACTIVE RECOVERY AND REST DAYS

Taking a rest or active recovery day can give your body the extra “oomph” it needs to keep performing at a high level during the days that you training.

Reasons to take a rest day:

- ✓ **Avoiding physical burnout:** inadequate rest can leave you feeling depleted, stale, and sore.
- ✓ **Preventing mental burnout:** constantly pushing yourself can set you up for mental fatigue and make you start dreading (vs. looking forward to) your training.
- ✓ **Creating a more balanced life:** fitness IS super important, but so are your other hobbies and interests!
- ✓ **Spending time with your family and friends.**
- ✓ **"Adulting."** Grocery shopping, meal prepping, chores, errands, etc. have to get done at some point.





But What About **"ACTIVE RECOVERY" DAYS?**

Active recovery days fall somewhere between workout days and rest days.

These are days when you're not working out as hard as you would on a "workout day" – but you're also not leaving a big dent on the couch from binge watching your latest streaming obsession.

This is when you take a yoga class, go for a hike, play ball, go swimming, mountain biking, skating or anything else that involves gentle to moderate activity.

Active recovery days can be even more beneficial than complete rest days because they can help keep your blood flowing and better help your muscles recover and rebuild.

→ Working with a coach can help you build the right amount of rest & recovery into your routine, so you can continue getting results while **ALSO** living a full and balanced life.



STEP

7

● LIFESTYLE FACTORS

>>> Sleep

There are so many reasons that 7-8 hours of quality sleep is vital to your training.

One of them is safety: when you go into training tired, your risk of injury goes up. Plus, the more energized you feel after a good night of sleep, the more energy you can bring to your training.



But from a recovery standpoint, sleep is critical at a cellular and hormonal level.

- ✓ Anabolic hormones (like human growth hormone — HGH) help your muscles recover and grow. HGH is released during periods of non-dream deep sleep.
- ✓ Catabolic hormones contribute to the breakdown of tissue, and these include cortisol and adrenaline, which are linked with (among other things) stress. When you don't get enough quality sleep, you can have higher levels of these hormones.

>>> Diet

What you eat immediately before and after your training matters — but so does what you eat between your training!

Basically, the more you can focus on eating a variety of real, whole foods (vs. packaged and processed foods), the higher quality of your nutrition will be.

Your focus should be on lean proteins, healthy fats, vegetables and fruits, and whole grains.





>>> Stress

Earlier we talked about how stress can affect you at a hormonal level.

Your body is well equipped to handle short-term acute bouts of stress, such as a bad day at work. But too much stress over a long period of time – aka chronic stress – can take a toll!

This is why it's important to have healthy habits in place to help you manage stress before it manages you.

Some proven ways to manage stress:

- ✓ Exercise
- ✓ Time outside in nature
- ✓ "Unplug" time with friends & family
- ✓ Reading
- ✓ Massage



STEP

8

● EXTRAS

If you've covered the basics of training recovery and still want more, there are some other methods you can add to your recovery toolbox.

- **Massage.** Studies show it can help improve flexibility as well as reduce post-training muscle soreness.
- **Cryotherapy.** Exposing your body to very cold temperatures for a few minutes may help reduce fatigue, pain, and inflammation after hard training.
- **Sauna or hot tub.** The heat can speed up blood circulation, helping to remove waste from your muscles while also pumping oxygen and vital nutrients to your muscles to help them repair.





WHEN YOU'RE READY TO [LEARN MORE HERE](#) TAKE THE NEXT STEP.

- ✓ Fitting into old clothes – and brand-new ones, too)
- ✓ Better skin
- ✓ Feel more confident
- ✓ And that's just the start of it!

Our UNLIMITED SMALL GROUP works because of our SPECIAL FEATURE metabolism-boosting training and time-tested custom coaching protocol.

- ✓ A proven plan – no more guesswork!)
- ✓ Weekly shopping lists)
- ✓ Coaching to help you through the rough)
- ✓ Feature 4 (Accountability)

YOUR POST-TRAINING

Checklist ✓

- ✓ Well-designed training program
- ✓ Cooldown
- ✓ Stretch your body
- ✓ Hydrate
- ✓ Refuel
- ✓ Supplements
- ✓ Active recovery & rest
- ✓ Lifestyle factors: sleep, diet, stress
- ✓ Extras



MAKE FITNESS & WELLNESS A

Lifestyle

We know how important your fitness and health are to you, and hope the information in this guide helps you get the most out of your training.

At TIGHTEN UP, our mission is to help our customers feel fit, healthy and strong – and have fun every step of the way!

As a special thank you for downloading this ebook, we have a gift for you.

We'd love to be part of your fitness/wellness journey.

Jewelz,

➔ UNLIMITED SMALL GROUP DEAL! ←

What you get:

- 2 weeks unlimited Small Group Training sessions
- Strategy and Goal Setting Session
- Myzone MZ-1 Heart Rate monitor
- Postural and Movement Assessment
- Body Composition Scan
- Beginner Exercise Guide and Programs
- Simple & Easy Recipes eBook
- Habit Checklist & Mini Guide eBook
- Support from your Coach and Crew Priceless!

[**LEARN MORE HERE**](#)