

Accelerated Recovery Guide



INTRODUCTION

You work hard to get the most out of your workouts. But are you doing the right things to maximize your recovery?

When you're working out, you're doing damage to the muscle fibers, which forces your muscles to repair themselves and form stronger and thicker muscle fibers.

This repair and growth process actually happens when you are resting. So making sure you have adequate rest time after your workouts is essential to muscle growth.

However, in order to maximize recovery from your workouts, there's a lot more to it than just laying on the couch and watching TV on your off days.

This document will provide you with important information to help you accelerate the recovery and growth process as you dive into the CalAesthetics Beast Mode Workout Program.

BEFORE YOU WORKOUT – WARM UP!

It's important for you to warm up properly BEFORE you begin your workout. This includes warming up your muscles, your joints, and your tendons. The best way to do this is by performing the ACTIVE warm-ups that we provide you in the CalAesthetics Beast Mode program for upper body and lower body.

Avoid static stretching as a warm-up before your workout. Studies have shown that static stretching (stretch and hold), actually reduces muscle strength, cuts muscle power, and reduces explosive performance when performed before your workout, so avoid this and stick with the ACTIVE warm-ups.

The Dynamic stretching we show you in our ACTIVE warm-ups have been shown to positively influence power, speed, agility, endurance, flexibility, and strength performance when used as a warm-up.

It only takes about five minutes to complete the full upper body and lower body warm-ups, and it will get the blood pumping to the muscles, and fluid moving in the joints so you're muscles are warm and loosened up for the full workout.

Also, before you start your supersets for the day, we will prescribe a warm-up set that is specific to that day's workout in your program. Make sure you follow that to warm up your range of motion and prevent injuries.

By warming up properly, you help prevent injuries and minimize delayed onset of muscle soreness (DOMS). If you don't warm up, you are more likely to experience more soreness a day or two after your workout, so make sure you follow the warm-ups EVERY time you workout.

AFTER YOU WORKOUT – MYOFASCIAL RELEASE

If you're feeling pain or tightness post-workout, you can use a long, semi-soft foam tube called a "foam roller" to give your muscles a massage.

Most popular gyms have a foam roller. Just ask the front desk where to find them. You can

also purchase your own from most sporting good stores or on Amazon.com.

Foam rolling breaks up scar tissue and knotting in your fascia (the sheet of connective tissue that encloses the muscles), which, if they aren't addressed, can lead to nagging aches and pains in your joints and muscles.

Spend at least 30-60 seconds minimum rolling your sore muscle groups immediately upon waking, before bed, and any time you can spare during the day—the more, the better.

Foam rolling is awesome for flexibility, muscle soreness and prevention of injury. I suggest you foam roll after every single workout. The foam roller digs deep into those hard working muscles where knots may form causing tightness. You'll want to focus on the calves, the IT band and hamstrings, your glutes and hips, and your upper back.

You can also use massage balls, tennis balls, or Lacrosse balls to massage specific trigger points in your body to loosen knots, and get blood flowing to the areas that are sore or tight.

Massage balls are especially useful in the shoulder and scapula area of the upper back.

Several videos can be found on YouTube that provide specific exercises for foam rollers and massage balls.

ACTIVE REST DAYS

When you have a rest day listed on your workout program, that doesn't necessarily mean that you lay in bed or lay on the couch all day.

I suggest you take the time to do some light activities on your rest days to keep the blood pumping to your muscles and speed up recovery.

Go for a walk outside, or do some light cardio in the gym. You can even participate in a yoga or flexibility class on your rest days to help improve flexibility and increase blood flow to the muscles to aid in the repair.

Don't overdo it on rest days. Listen to your body and be very selective with the type of light

exercise you choose. It's very important that you avoid doing heavy or strenuous exercise on your rest days.

You want to give your body the time to properly repair itself before you stress the muscles again and cause the damage to the muscle tissues that happens each time you workout.

If you don't take a rest day and your muscles are worked again before they have a chance to repair themselves, you are wasting your time and minimizing your results.

The muscle building process happens AFTER you've completed your workout. If you keep working out before the repair process is completed, it results in overtraining and diminished gains.

Take your rest days seriously to get those gains!

SLEEP – MORE IMPORTANT THAN YOU EVER THOUGHT

In this busy day and age, with tons of things to do to occupy your time and attention, one of the most important factors in recovering from a workout, is sleep.

When you sleep, your body goes through multiple phases that are needed for tissue growth, muscle repair, memory consolidation, and the release of hormones that regulate growth and appetite. This is also when your energy levels are restored for the next day.

You must prioritize your sleep if you want to get maximum results from your workouts. Most coaches of high performance athletes recommend 8 to 9.5 hours of solid, restful, uninterrupted sleep.

When it comes to hormones that are essential to your recovery, testosterone and growth hormone are released in the latest stages of your sleep in the final hours.

So, if you're not resting long enough, you're cutting down the production of some of the most important muscle building hormones before they have a chance to do their work repairing and building your body. Make sure you get those extra hours of sleep!

Sleep helps us thrive by contributing to a healthy immune system, and can also balance our appetites by helping to regulate levels of the hormones ghrelin and leptin, which play a role in our feelings of hunger and fullness. So when we're sleep deprived, we may feel the need to eat more, which can lead to unnecessary weight gain.

When you get adequate sleep, you'll wake up more refreshed with a clearer mind, which will allow you to be much more alert, productive, and focused during your waking hours (and your workouts), than if you cut your sleep short to get things done.

I cannot over-emphasize the importance of getting 8 to 9.5 hours of sleep each night, especially when you're training and hitting the workouts hard.

If you have to wake up early, then prioritize getting to sleep early the night before. Remove or turn off all the electronics in your sleeping area and get the area as dark as possible and get yourself to bed. Put that phone away and go to sleep!

I've been known to hit the bed as early as 7 or 8 pm at times when I'm doing hardcore training and want to make sure I'm getting more than enough rest to aid in my recovery.

With good sleep you'll recover faster and grow faster. Your body and your muscles will thank you, and it will impact all others areas of your life and health too.

HYDRATE, HYDRATE, HYDRATE

Hydration is absolutely critical to your body functioning properly. You want to make sure you are drinking plenty of water before, during, and after your workouts.

If you are dehydrated, it will affect your performance, and you could possibly injure yourself. Even a small amount of dehydration affects performance.

If you are not performing up to your maximum potential, you certainly aren't growing to your maximum potential.

Water is used for countless metabolic processes, many of which effect recovery. From muscle repair, to protein synthesis to nutrient absorption (digestion), water and hydration levels play a

huge role.

To put it simply, you cannot recover properly without adequate hydration.

For best performance and results, avoid sodas, sugary sports drinks, and artificial juices. Stick with water, real organic vegetable juices, or tea. Most bottled or processed drinks are loaded with additives, sugars, and empty calories that provide little or no nutritional value.

You can even help hydrate your body from natural food sources with high water content, such as watermelons and cucumbers.

Make sure you're getting adequate hydration every day, including rest days.

NUTRIFY YOUR BODY

The food you eat not only fuels your body before your workouts, nutrition is also critical to your recovery and growth.

Make sure you're eating enough protein (wild caught fish, organic chicken, organic turkey, and whole organic eggs) for muscle building. Protein is the building block for muscle growth.

Healthy (saturated) fats are also essential to repair, recovery, and growth. Your diet should include fat from sources such as coconut oil, grass-fed real butter or ghee, animal fats from organic animal sources, extra virgin olive oil, organic nuts, and organic avocados.

Healthy fats are a big factor in hormone production and many other processes in the body, and definitely should be included in your daily diet if you want to get optimal results.

Your diet should also include plenty of green veggies (kale, spinach, broccoli, leafy greens) to replenish your vitamins and minerals.

Vegetables play a critical role in your growth and recovery, so make sure you prioritize this part of your diet every day.

You should be eating vegetables with every meal, every day to get the most nutritional bang for the buck.

In the workout guide I provide you with lots of food recommendations under the “Foods You Should Consume” section.

If you would like a more in depth training to help you customize your diet, you can get my BCut Meal Plan/Weekly Eating/Diet program at www.BCutFit.com

I actually believe in getting as much nutrition as possible from whole healthy foods, and then adding in supplements to fill in the gaps.

It's difficult to get your full nutritional needs from food alone, with the way food is mass produced in our society today.

Foods in grocery stores and restaurants are highly processed and have less nutritional content these days. So supplementation is definitely a big help.

Here are some of the supplements I use to accelerate my recovery: Multi-Vitamin, Fish Oil, Creatine, and BCAA's.

These can all be found on www.BCutFit.com

I also supplement with Transdermal Magnesium spray, because research shows that magnesium is one of the most important minerals in the human body and regulates more than 300 biochemical processes in your system.

You can find transdermal Magnesium spray (you spray it on your skin) at most health food stores, or on Amazon.com.

All of the supplements I use, I believe are extremely important to getting excellent results from my workouts and giving the body the proper nutrition it needs to function properly and grow.

CONCLUSION

Pay close attention to all these guidelines and make them part of your lifestyle, because that's what champions do, and I know you're a champion.

If you need to make adjustments to your lifestyle or schedule to implement these things, do it!

You invested in this program to get results, and this recovery guide is an important part of those results.

Your body is important. Treat it like the treasure that it is and give it everything it needs to recover and repair itself and grow stronger.

You'll see not only the Aesthetic Results, you'll see the Athletic results in your everyday performance too!

Good luck in your journey to greatness 😊

-Brendan