

TIPS FOR MUSCLE RECOVERY

1. NUTRITION



PROTEIN: Repairs muscle tears and builds new lean muscle



CARBS: Refuels body's energy sources through glycogen resynthesis

2. HYDRATION



H2O:

Replenishes lost water from sweating, reduces muscle fatigue, prevents overheating, and improves cognitive function

3. SLEEP

7-8 HRS OF SLEEP:

Speeds up muscle recovery, improves performance, and boosts immune system



What Helps Repair Muscles After A Workout

Lingjun Ying



What Helps Repair Muscles After A Workout:

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