

***PHASE 1***

***WEEKS 1-8***

# ***STRENGTH PROGRAM***

**WORKOUTS USED BY**

# **NFL ATHLETES**

**PERFORMING AT THE HIGHEST LEVEL**



***By former NFL DE Ike Igbinosun***



# ***Pro Limit Athletes Blueprint To Maximum Athletic Success***

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## ***STRENGTH PHASE 1***

### **PLAYING AT THE HIGHEST LEVEL IS NO EASY TASK.**

Playing in the NFL was a blessing. It has taught me a lot about athletes and what it takes to play at the highest level. It's certainly no easy task, but it is possible. In order to reach the highest level you must first focus on where you are at now, and then plan how to separate yourself from the pack.

### **WHAT ARE THE CHANCES OF A HIGH SCHOOL ATHLETE MAKING THE TRANSITION TO THE COLLEGE LEVEL, THEN THE PROFESSIONAL LEVEL?**

Who cares about the odds of a high school / college athlete going on to play professionally! The truth of the matter is that the odds are very low. What Matters? What really matters is putting the best product on the field / court every time you step foot on it. And here is your blueprint to doing so.

### **THE 6 PILLARS OF ATHLETIC TRAINING**

1. Strength Training
2. Power Training
3. Speed Training
4. Agility Training
5. Flexibility / Mobility
6. Conditioning

### **DIFFERENCE BETWEEN A GOOD ATHLETE & A GREAT ATHLETE**

1. Mental Toughness
2. Nutrition

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**IN THIS E-BOOK WE WILL BE FOCUSING ON PILLAR 1 STRENGTH TRAINING**

***GRIND NOW, SHINE LATER***



## ***Pro Limit Athletes Strength Training***

**WHAT:** Exercise with barbells, dumbbells, machines, etc. that provide an overload on the body.

**WHY:** To develop strength in the muscle groups of the body that are used to play. Increased strength will help improve performance (power, agility, and speed) and help to protect the areas of the body that are susceptible to injury.

**HOW:** We will use a combination of free weights, machines, and body weight movements to develop strength.

### **KEY POINTS:**

1. Warm-up properly prior to each exercise. This means doing a general warm up to raise the core body temperature and specific warm-up sets on each exercise.
2. Do all exercises correctly. This means to control the weights up and down! Don't cheat for the sake of handling more weight!
3. Utilize the concept of compensatory acceleration on the bench press and squat lift. This means trying to accelerate the bar from the bottom of the lift - to just before the lockout. Think EXPLOSIVE!
4. Workout with great intensity and concentration. You will reap what you sow in this area!
5. Be consistent. Once a workout is missed, it cannot be made up!
6. Eat well and get enough rest. Training breaks the body down. Without proper nutrition and rest, your body will not be able to adapt and recover from your workout.
7. Stretch and cool-down after each workout. This will ensure that you don't lose flexibility and it will enhance your recovery.

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We will break down our strength program into four ( 4 ) phases to ensure variety and continual development. Lifting will be incorporated into the entire program.

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# Pro Limit Athletes Blueprint To Maximum Athletic Success

## STRENGTH PHASE 1 - OVERVIEW

### PHASE ONE: WORKOUTS / OFF SEASON

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 1</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork
<b>WEEK 2</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork
<b>WEEK 3</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork
<b>WEEK 4</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork

**GRIND NOW, SHINE LATER**



# Pro Limit Athletes Blueprint To Maximum Athletic Success

## STRENGTH PHASE 1 - OVERVIEW

### PHASE ONE: WORKOUTS / OFF SEASON

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>WEEK 5</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork
<b>WEEK 6</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork
<b>WEEK 7</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork
<b>WEEK 8</b>	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	High Intensity Speed <b>Lift-Lower</b> Roll Out Mobility	Low Intensity Conditioning & Footwork Drills <b>Lift-Upper</b> Roll Out Mobility	Active Recovery Yoga/ Swimming/ Boxing Roll Out Mobility	Low Intensity Conditioning & Footwork

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## LOWER BODY - PHASE ONE: MONDAY

SUPER SET	EXERCISE	SETS & REPS	NOTES: Write down the weight you finish with
1a	Squat	4 x 5	
1b	Hip Circle (Forwards, Backwards)	3 x 8	
1c	Reverse Crunch Knee to Elbow	2 x 15	
2a	RDL's	3 x 8	
2b	Groin Machine	3 x 12 (2 Sec Hold)	
2c	Side Plank Twist	2 x 8 Each Side	
3a	Calf Raises	3 x 8	
3b	Neck (Left side, Right Side)	2 x 8 Each Way	
3c	Back-Ups	2 x 10	
4a	Pistol Squats	3 x 5 Each Leg	
4b			
4c	Transverse Criss Cross (Bicycles)	2 x 20	

## LOWER BODY - PHASE ONE: THURSDAY

SUPER SET	EXERCISE	SETS & REPS	NOTES: Write down the weight you finish with
1a	Bulgarian Split Squat	3 x 5	
1b	Side Lying Leg Lift	3 x 8	
1c	Reverse Crunch Knee to Elbow	2 x 15	
2a	Hamstring Curls (Single Leg)	3 x 8 Each Leg	
2b	Groin Machine	3 x 8	
2c	Side Plank Twist	2 x 8 Each Side	
3a	Isolated Calf Raises	3 x 8 Each Leg	
3b	Neck (Left Side, Right Side)	2 x 8 Each Way	
3c	Good Mornings	2 x 8	
4a	Box Jumps	3 x 5	
4b			
4c	Transverse Criss Cross (Bicycles)	2 x 20	

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## UPPER BODY - PHASE ONE: TUESDAY

SUPER SET	EXERCISE	SETS & REPS	NOTES: Write down the weight you finish with
1a	Bench Press	4 x 5	
1b	Front Pull-Downs/Pull-Ups (alt grip)	3 x 8	
1c	Box Sit-Ups	2 x 15	
2a	Shoulder Press	3 x 8	
2b	Bicep 21's (7,7,7)	3 x 21	
2c	Russian Twist	2 x 20	
3a	DB Shrugs	3 x 8	
3b	Tricep Pull-Downs	3 x 10	
3c	Side Crunch	2 x 8 Each Way	
4a	Explosive Push-Up	3 x 8	
4b	Neck Front, Back	2 x 8 Each Way	
4c	Supermans	2 x 10	

## UPPER BODY - PHASE ONE: FRIDAY

SUPER SET	EXERCISE	SETS & REPS	NOTES: Write down the weight you finish with
1a	Incline Bench Press 1, 2, Both = 1 Rep	3 x 4	
1b	Single Arm Rows	3 x 8 Each Arm	
1c	Box Sit-Ups	2 x 15	
2a	Single Arm Shoulder Press	3 x 8	
2b	Single Arm Triceps Pull downs	3 x 8	
2c	Russian Twist	2 x 20	
3a	Reverse Flyers	3 x 10	
3b	DB Lateral Raises	3 x 10	
3c	Side Crunches	2 x 8 Each Way	
4a	Explosive Push-Up	3 x 8	
4b	Neck Front, Back	2 x 8 Each Way	
4c	Supermans	2 x 10	

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## **GOAL SETTING**

**PRODUCT GOALS:** Something we can improve/achieve in the next 12 months. **PROCESS GOALS:** Things we can do daily to reach the product goal.

1. What are the three greatest priorities in your life? (please list them in order of importance) \_\_\_\_\_

2. What is your ultimate goal in Fitness/Sports \_\_\_\_\_

3. List one product goal you want to accomplish 365 days from today and two process goals needed to accomplish it.

Product goals: \_\_\_\_\_

Process goals: \_\_\_\_\_

Process goals: \_\_\_\_\_

4. List a second product goal that you want to accomplish 365 days from today, and two process goals needed to accomplish it.

Product goals: \_\_\_\_\_

Process goals: \_\_\_\_\_

Process goals: \_\_\_\_\_

5. List the sacrifices it will take on your part for you to achieve your ultimate fitness / sport goal \_\_\_\_\_

\_\_\_\_\_

6. List your character traits that show proof that you have what it takes to achieve your ultimate sport goal \_\_\_\_\_

\_\_\_\_\_

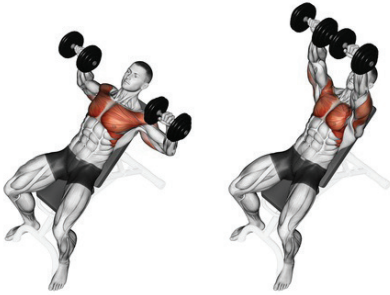
7. Name a coach or mentor who will review your goal progress by the fifth of every month \_\_\_\_\_

\_\_\_\_\_

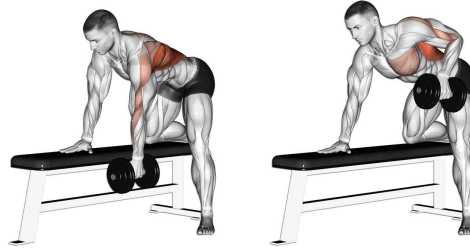
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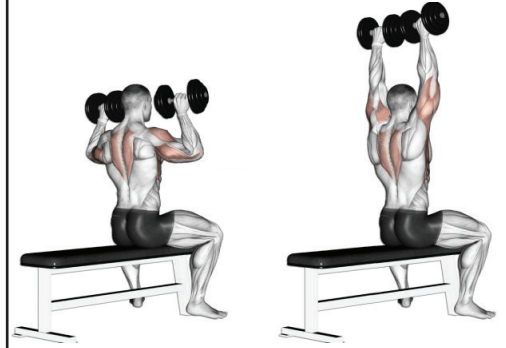
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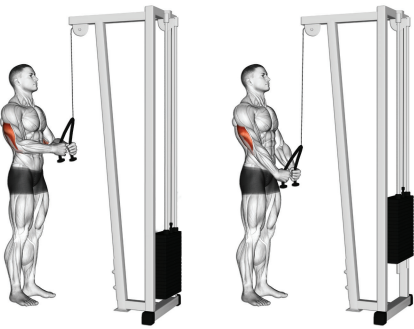
**INCLINE BENCH PRESS 1,2, BOTH**



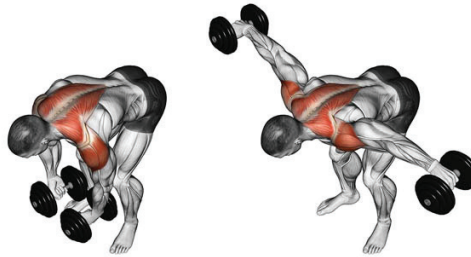
**SINGLE ARM ROW**



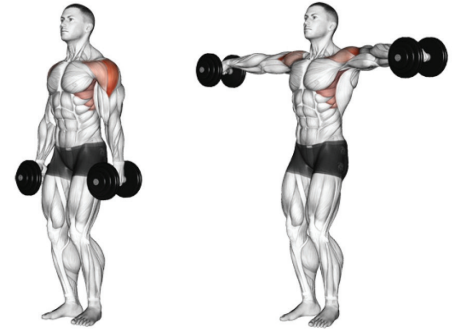
**SINGLE ARM SHOULDER PRESS**



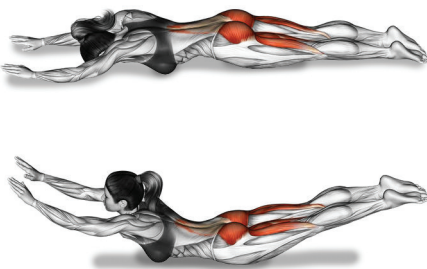
**SINGLE ARM TRICEP PULL-DOWNS**



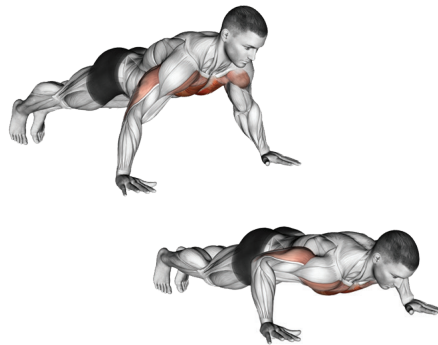
**REVERSE FLYERS**



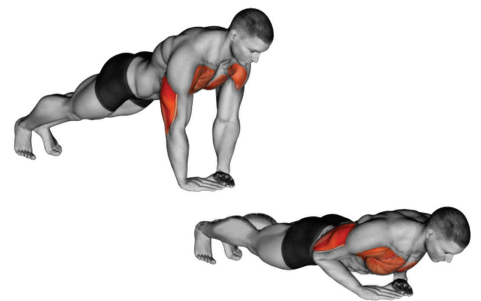
**DB LATERAL RAISES**



**SUPERMANS**

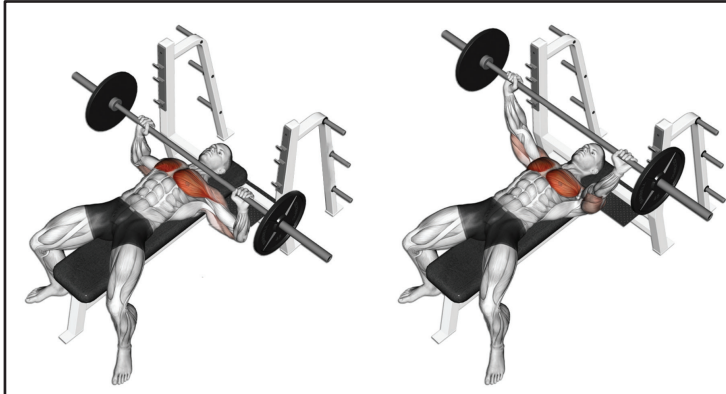


**EXPLOSIVE PUSH-UPS**

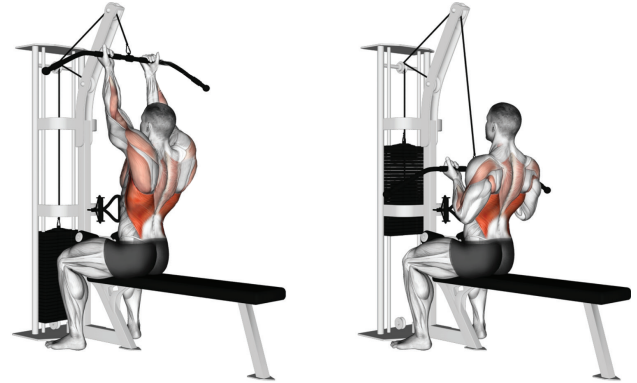


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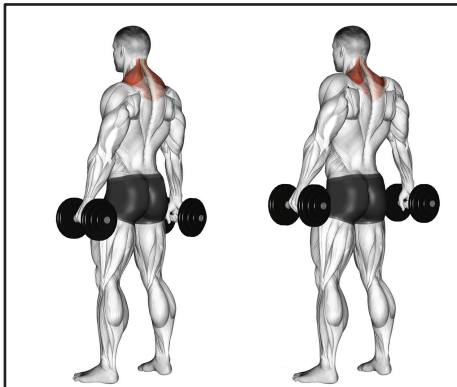
## ***PICTURE GLOSSARY***



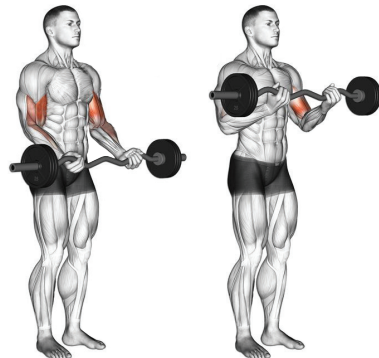
**FLAT BENCH PRESS**



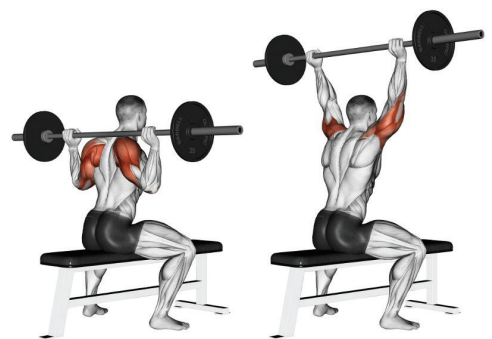
**LAT PULL DOWNS**



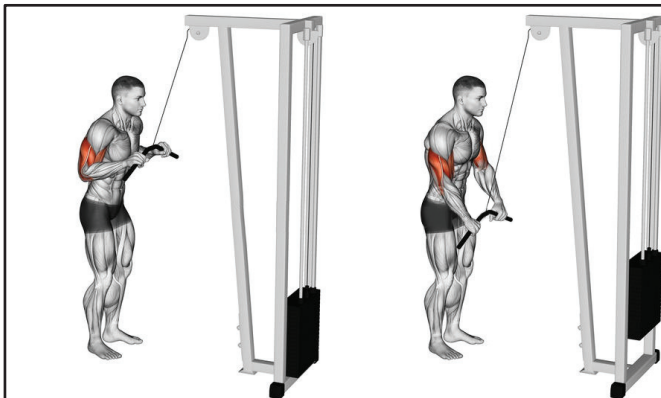
**SHRUGS**



**BICEP 21'S**



**SHOULDER PRESS**



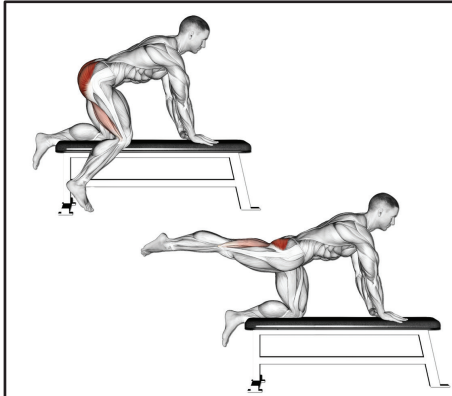
**TRICEP PULL-DOWNS**



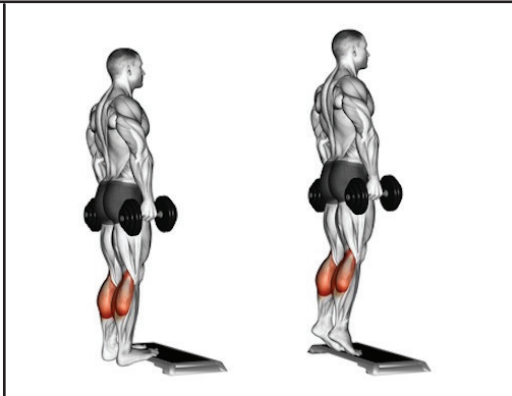
**SQUATS**

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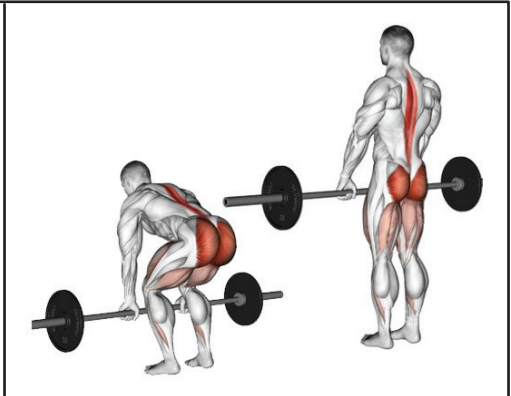
## ***PICTURE GLOSSARY***



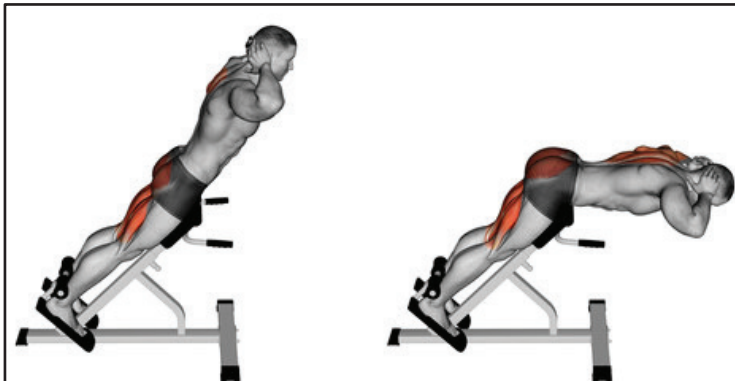
**HIP CIRCLES**



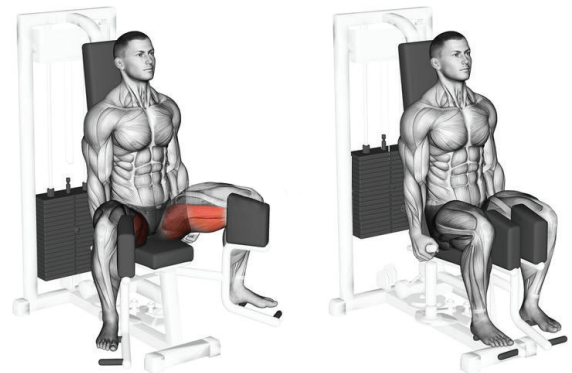
**CALF RAISES**



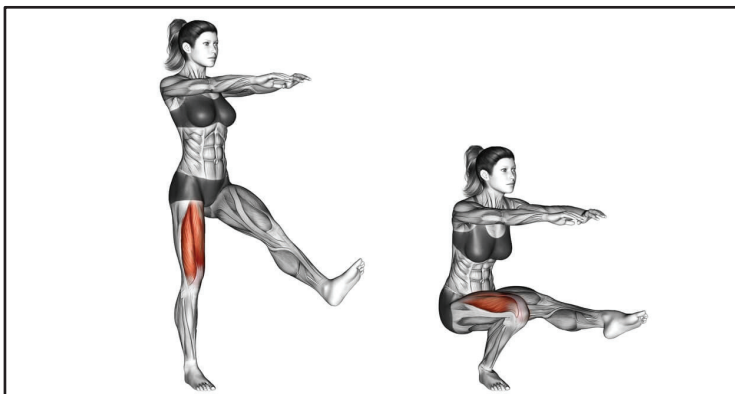
**RUSSIAN DEAD LIFT**



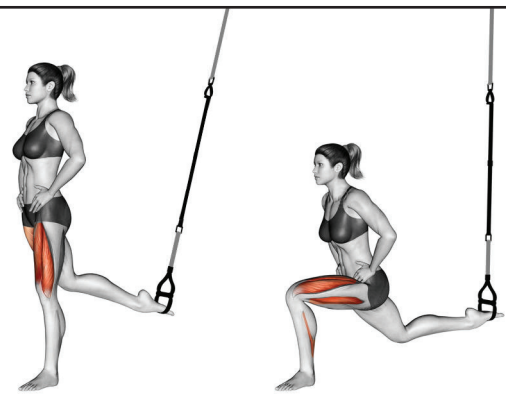
**BACK UPS**



**GROIN MACHINE OR STABILITY BALL**



**PISTOL SQUATS**

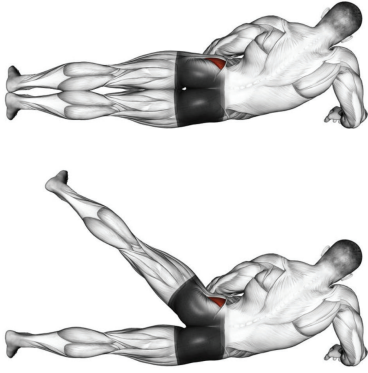


**BULGARIAN SPLIT SQUAT**

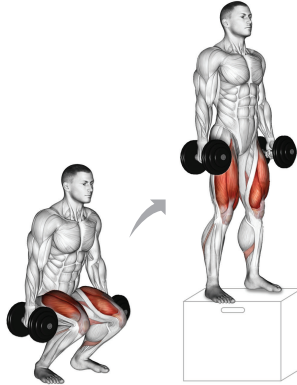
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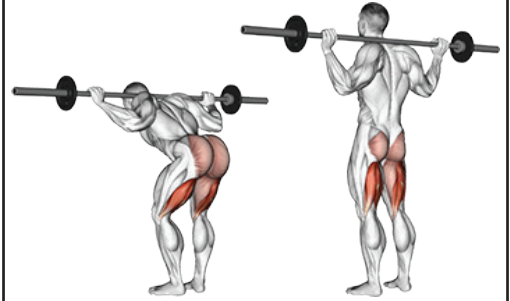
## ***PICTURE GLOSSARY***



**SIDE LYING LEG LIFT**



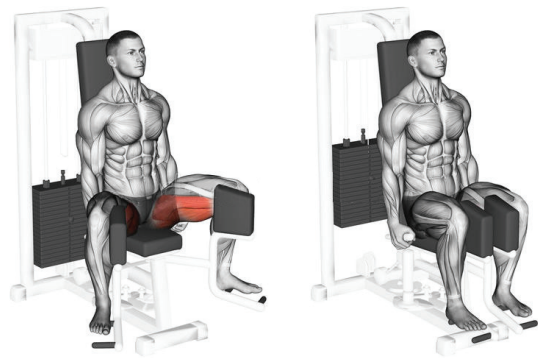
**BOX JUMPS**



**GOOD MORNINGS**



**SINGLE LEG HAMSTRING CURL**



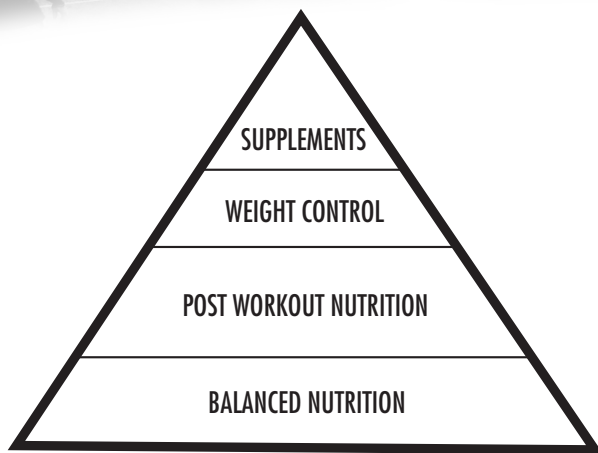
**GROIN MACHINE OR STABILITY BALL**

***prolimitathletes.com***

**This picture glossary does not include abdominal workouts.  
Visit [prolimitathletes.com](http://prolimitathletes.com) to see the video.**

***GRIND NOW, SHINE LATER***





## ***Intro to Sports Nutrition the Athlete Nutrition Pyramid***

### **WHEN CONSIDERING THE ATHLETES DIET, WE NEED TO CONSIDER 4 QUESTIONS:**

1. What we are eating?
2. When we are eating?
3. Why we are eating?
4. How much we are eating?

For sports nutrition purposes we can divide food into 4 categories based on what nutrients they provide, and how much they contribute to athletic performance.

Athletes need Energy to perform (Carbs), Nutrients to recover (Protein, Fruits, Vegetables, and Fluid) The WHEN (nutrient timing in relation to activity) and HOW MUCH. A balanced nutrition plan takes all three factors into account daily. By ignoring any one part you are ultimately sacrificing performance.

Remember what you eat today effects not only how you perform today, but how well prepared you are for tomorrow.

### **GENERAL GUIDELINES**

- Match your Calories to your activity
- Stay Hydrated! - if you are thirsty, you are already dehydrated
- Plan Ahead
- Eat Breakfast
- Eat More Frequently
- Listen to your body
- Limit night time eating
- Enjoy your food

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**WHAT: BALANCED NUTRITION CARBOHYDRATES**

**WHY:** Carbohydrates provide the body with the energy it needs to do quality work. Both starches and sugar are considered carbohydrates. Your body eventually breaks all carbs down into sugar in our blood. **HOW QUICKLY** the sugar gets in our blood is measured by the **GLYCEMIC INDEX** (0-100, with 0 taking the longest)

When carb levels are low in the blood, & your body stores (AKA GLYCOGEN) you will fatigue faster and lose a step. Muscles that are naturally slow to relax between contraction are those most likely to become fatigued. These muscles become tight and are more vulnerable to cramping or pulling, over time, slight pulls and tears can lead to scar tissue build up in the muscle which can lead to an increased risk of that muscle becoming a chronic problem.

**Pre-Workout /Competition:** We generally eat slow digesting (Glycemic index 0-70) Carbs about 2-4 hours pre-competition. (Usually about ½ of your plate).

**During & Immediately After Workout/ Competition:** We use simple sugars (usually in a sports drink) to avoid cramping and get the carbs back into our muscles.

**On Inactive Days:** You will not be burning nearly as many calories as during a training day. Therefore, you need to **CUT FAST DIGESTING CARBS** and eat smaller portions of **SLOW DIGESTING CARBS** (usually about ¼ of your plate).

High blood sugar (too much carbs in diet) can promote the accumulation of body fat and the host of problems associated with **TYPE II DIABETES**. Kidney damage, high blood pressure, and decreased ability of anti-oxidants to cope with stress are all effects of high blood sugar.

COMMON SLOW DIGESTING CARBS	MODERATE DIGESTING CARBS	COMMON FAST DIGESTING CARBS
<b>Active &amp; Inactive Days</b> Carrots Sweet Potatoes Boiled Potatoes with skin Lentils Kidney Beans Black Beans Whole Wheat Pasta Ravioli (with cheese or meat) Brown Rice Wild Rice Rice Pilaf Couscous Whole Wheat Bread Multi Grain Bread Pumpernickel Pita Bread	<b>Active Days</b> Pasta Special K, frosted Flakes etc. Apples Plums Peaches Oranges Grapes Bananas Mango Papaya Cantaloupe Pineapples Snickers Pudding Granola bars Angel food cake	<b>Pre/Post Work Out</b> Hash Browns Mashed/ Baked Potatoes Graham Crackers Pretzels White Rice Pop tarts Bagels Breakfast Bars English Muffins Baguettes Waffles Pancakes Sugar Cereal Sweetened Soft Drinks Watermelon Keep Intake

\* Keep Intake of high Glycemic foods limited to the 2 hours before and after exercises. This allows the body to use the sugar in these foods for energy before they get stored as fat.



**WHAT: BALANCED NUTRITION PROTEIN & CALCIUM**

WHY: Protein breaks down into Amino Acids, which are the building blocks of muscle. We need to established a good mix of proteins in order to minimize our muscle soreness while improving recovery time.

Spreading protein intake out throughout the day, is important to improve our efficiency or rate of recovery as well as promoting tissue remodeling after your workout

Your rate of PROTEIN SYNTHESIS is at its peak about 2 hours after activity, and again at night. This is why we try to get athletes protein right after activity and again before bed.

We keep our amount of protein the same between ACTIVE DAYS & INACTIVE DAYS however we have a little more room for medium and high fat meat on active days since we are burning more calories.

If you are always choosing lean protein, even on ACTIVE DAYS you have more room to utilize the healthy fats (VIT E FOODS) that contain antioxidants.

COMMON LEAN PROTEINS	COMMON MEDIUM FAT PROTEINS	COMMON HIGH FAT PROTEINS
<p><b>Active &amp; Inactive Days</b></p> <p>ANIMAL SOURCES:</p> <p>Egg Whites</p> <p>95% Lean Ground beef</p> <p>Ground Rounds</p> <p>Sirloin/ Flank Steak</p> <p>Veal/ Buffalo</p> <p>Ham/ Pork Tenderloins</p> <p>Chicken/ Turkey</p> <p>Ostrich</p> <p>Salmon</p> <p>White fish</p> <p>Tuna</p> <p>Scallops / Shrimp</p> <p>DAIRY:</p> <p>Skim milk</p> <p>Fat free cottage cheese</p> <p>Parmesan cheese</p> <p>Low-fat yogurt</p> <p>VEGGIES:</p> <p>Peas/ Lentils/ Beans</p> <p>Soy Protein Shakes</p>	<p><b>Active Days</b></p> <p>ANIMAL SOURCES:</p> <p>Egg Whites</p> <p>85% Lean Ground beef</p> <p>Prime rib</p> <p>Rib eye</p> <p>Corned beef</p> <p>Hot Dog/ sausage/ bologna (3-5g fat/ serving)</p> <p>Poultry- dark meat with skin</p> <p>Fried chicken</p> <p>Fried fish/ shellfish</p> <p>DAIRY:</p> <p>2% milk</p> <p>Cottage cheese</p> <p>White cheeses (Mozz. Provolone etc.)</p> <p>Plain yogurt</p> <p>VEGGIES:</p> <p>Tofu</p> <p>Soy yogurt</p> <p>Soy milk</p>	<p><b>Active Days (Limited)</b></p> <p>ANIMAL SOURCES:</p> <p>75% Lean Ground beef</p> <p>Beef ribs</p> <p>Spare ribs</p> <p>Bacon</p> <p>Hot Dog/ sausage/ bologna (6g fat/ serving or more)</p> <p>Salami</p> <p>Kielbasa</p> <p>DAIRY:</p> <p>Whole milk</p> <p>Yellow cheeses (American/Velveeta)</p> <p>Monterey Jack</p> <p>American Cheddar</p> <p>Swiss</p> <p>VEGGIES:</p> <p>Peanut Butter</p> <p>Soy cheese</p>



## **WHAT: Balanced Nutrition Fluids & Hydration**

**WHY:** Hydration is a major issue for athletes. Dehydration is a major issue and can lead to many medical issues including death. Do not wait until you are thirsty to drink. If you feel thirsty you are already partially dehydrated.

Athletes are at risk for dehydration given the high sweat losses during practice/conditioning especially in the heat or during double sessions.

Dehydration can lead to heat stroke- symptoms are headaches, nausea, dizziness, clumsiness and even loss of consciousness.

**SEE YOUR PEE:** One way to monitor your hydration status is to observe the color of your urine. A well-hydrated athlete will have light to clear urine. Dark, concentrated urine is the sign of dehydration and/or heavy supplement use.

Our thirst and drive to drink do not match the rate at which we lose fluids. Being **WELL HYDRATED BEFORE A WORKOUT** or competition is the best way to prevent dehydration.

**DURING ACTIVITY** you need about 1-2 cups of water or a sport drink every 15 minutes or more. **SPORT DRINKS** help stimulate the drive to drink due to the sodium in the formulas. **WATER** can often diminish our drive to drink. Most sport drinks also contain a dilute source of fast digesting carbs to help prevent blood sugars from falling to a dangerous level.

If you don't take in fluids as you sweat, your blood actually thickens. This makes your heart pump harder and slows oxygen and nutrient delivery to exercising muscles. Result: your body suffers.

Electrolytes are necessary for maintaining fluid levels in the body, muscle contraction, and nerve impulse transmission. Electrolytes are lost in our urine and during periods of high sweat loss. If we do not replace the electrolytes lost, we become dehydrated and our blood levels can drop to dangerous levels. Sodium and potassium are needed to contract your muscles (including your heart). By replacing electrolytes, we prevent muscle cramping and heat stroke due to dehydration.

During periods of high fluid losses **AVOID CAFFEINE** products, as they can decrease your short-term ability to reclaim fluids. **CAUTION:** Many liquid supplements contain **LARGE** amounts of caffeine. **CHECK THE LABELS** for caffeine. Be especially aware of products that contain the word "**ENERGY**" "**FAT BURNING**" or "**THERMOGENIC**".

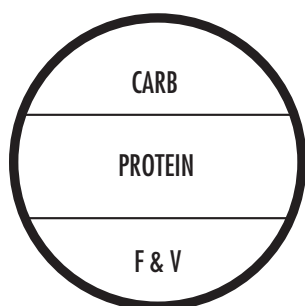
***GRIND NOW, SHINE LATER***



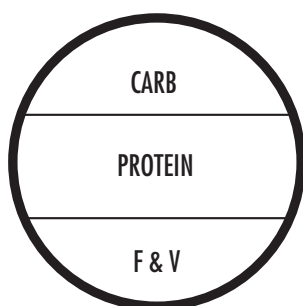


## WHEN: OFF DAYS

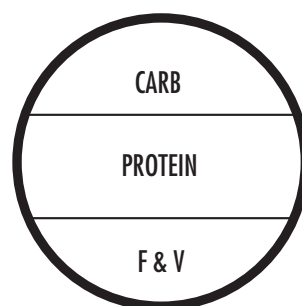
On off days your eating pattern will be drastically different than on a day with any level of activity. Since your muscles and body are not being shocked by workout or practice, you can eat a general balanced meal plan. Choose equal parts of carbs, protein, fruits, and veggies at each meal. If you are prone to gain unwanted weight, these are the days you really need to be careful. Choose moderate to slow digesting carbs as a rule. If possible, try to incorporate mid-morning and mid-afternoon snacks to help your metabolism.



**BREAKFAST**



**LUNCH**



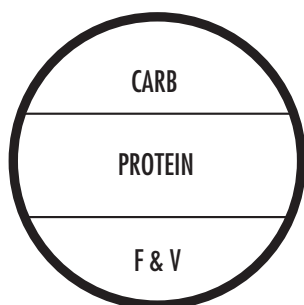
**DINNER**

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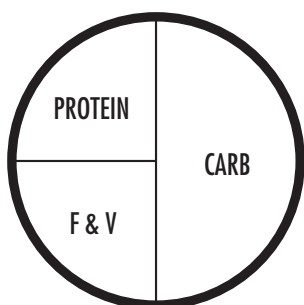
## WHEN: WORKOUT DAYS

On light workout days you need to fuel your workouts with plenty of glycogen and recover from your workouts with plenty of protein. You have some room for fast digesting carbs pre-work out and immediately post workout. If you are trying to lean up, limit medium fat meats here. Avoid high fat meats.

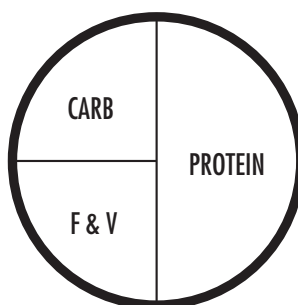
On heavy workout days, you need the same breakdown of food at each meal, but since you are burning more energy, you need more fuel. Use your heaviest work day to fit in any high fat or dessert type items. On these days your metabolism is running at its highest, and you are less likely to store these extra calories as fat.



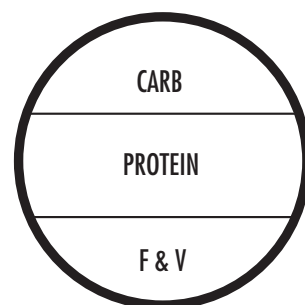
**BREAKFAST**



**PRE WORKOUT**



**POST WORKOUT**



**DINNER**

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## WHAT: POST WORK OUT NUTRITION

What you eat and drink in the first two hours after a workout is just as important as what you do in the workout itself. Nutrition is the primary determinant of the outcome of this critical short-term muscle recovery process. Athletes who consistently take in the right nutrients in the right amount during the "muscle recovery window" will recover faster, adapt more fully, and eventually wind up far ahead of those who consistently do not.

Poor post workout nutrition can lead to: increased soreness and fatigue, decreased performance, a decrease in muscle gains despite training, increased fatigue in your next work out. When you work out, your body continues to break down even after the exercise has stopped. You deplete your energy and increase muscle break down. You will continue these negative effects until your body receives signals to stop. Your post work out feed provides these signals.

Under normal conditions, your body responds to a meal by sending the nutrients you just took in all over the body to provide the energy you need to survive, some of the nutrients end up in the muscles. After intense workouts, you have essentially traumatized your muscles (your body doesn't know you are doing this on purpose). When we eat immediately (20 minutes to 2 hours) after a heavy work out, your body senses this "trauma" and sends much more of the nutrients to the muscles.

Remember, it is these nutrients that head to the muscles that will provide the energy for tomorrow's work out. Proper nutrition today, gives you the edge tomorrow!

There are four categories of nutrients you need to consume as soon as possible after every work out: water and electrolytes, carbohydrates, protein, and antioxidants

**Water and electrolytes:** During exercises, body fluid comprising water and electrolytes is lost. It is not possible to restore water and electrolytes as quickly as they are lost during moderate- to high-intensity exercise. So, even athletes who are conscientious about hydration always complete their workouts in a state of fluid deficit. This phenomenon is known as "involuntary dehydration". Dehydration causes blood volume to stay low which in turn slows the delivery of vital nutrients to the muscles and the removal of metabolic wastes from the muscles.

**Replenishing Glycogen (Carbohydrates):** The primary fuel sources for moderate- to high-intensity exercise is glycogen that is stored in the muscles and comes from dietary carbohydrates. After exercises, the sooner you begin to replenish muscle glycogen by consuming carbs, the better. This is because, following exercise, the muscles cells are much more receptive to insulin, the hormone responsible for transporting glucose through the blood stream to the liver and muscles, where it can be stored as glycogen. The body can synthesize glycogen two to three times as fast during the first two hours after exercise than it can at other times.

Studies have shown that taking in a small amount of carbs and protein in the first 20 minutes after a workout can drastically improve recovery and decrease muscle soreness. The most effective mix of carbs and protein seem to be 4gm of carbs for every 1 gram of protein. This mixture in the first 20 minutes, appears to help stimulate the muscles to begin the recovery

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## WHAT: POST WORK OUT NUTRITION (CONTINUED)

process as well as stimulating the insulin response, which drives the carbs into the muscles. Some examples of foods with close to the 4 to 1 carb to protein ratio are: Chocolate Milk, Gatorade Shakes, Ensure, Cliff Bars, and Myoplex Shakes with Milk.

How much carbohydrate is needed? As a general guideline, athletes should try to consume about one gram of carbs per pound of body weight during the first two hours of exercise. Most or all of this carb should be high-glycemic, because high-glycemic carbs stimulate greater insulin release and are therefore delivered to the muscles and liver more quickly than their low-glycemic counterparts. Many athletes find it most convenient to get their post exercise carbs simply to continue using a sports drink following workouts. A majority of sports drinks provide the water, electrolytes, and carbs the body needs to recovery. Also, its often easier to drink than it is to eat a full meal soon after exercise.

**Protein:** Protein is used to produce some energy during strenuous workouts when carb fuel runs low. Also, the normal process of protein building is virtually shut off during workouts because protein is an important structural element of muscle. Protein breakdown during exercises leaves the muscles in a weakened state afterwards. In order to properly recover from and adapt to this particular training stress, athletes must act quickly to rebuild muscle protein. Timing is as important for protein rebuilding as it is for glycogen replenishment, and for the same reason. Insulin is responsible for delivering both glucose and protein to muscle cells. Again, the muscle cells are extraordinarily sensitive to insulin during the first two hours after exercise.

**Antioxidants:** A major cause of post-exercise muscle soreness and weakness is oxidative stress, or free radical damage. Oxygen is a high reactive type of molecule- a free radical. During intense exercise, an athlete's rates of oxygen consumption increases dramatically. Fortunately, antioxidants such as vitamin E are able to protect body tissues by neutralizing free radicals. Research has shown that athletes who take in healthy doses of antioxidants after exercise experience much less free radical damage than those who do not. Antioxidants are plentiful in many fruits and vegetables, and a growing number of sport drinks and performance recovery drinks contain them.

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Thank you for purchasing this e-book. You are now one step closer to achieving your athletic/fitness goals.

Feel free to reach me directly through my email or any of my social media platforms.

I am committed to seeing you reach your full athletic potential and will be dropping more books, covering the other athletic pillars.

Please send me all of your success stories. I would like to personally Welcome you to the Pro Limit Athletes family!

*-Ike*



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