

There are some that rise from sleep easrlier-waking up enthusiastic and full of energy. Such people are called "larks." Another type of person, the "owl," wakes later and more slowly than most, taking a few hours to get functioning and feel alert. Generally speaking, the owl will perform better in the late afternoon, while the lark will perform better in the morning.

Second Day

Afternoon training



- Pain tolerance is highest.
- Possible point of low energy around noon.
- Late afternoon, adrenalin and body temperature has a rising trend.⁴

- Late afternoon, there is an optimum period of mental/physical function balance.

So if we hit the weight room every day at 4p.m., eventually we might perform better at that time than at any other time of day. These findings are similar to earlier research, which suggests that sticking to a specific workout time can result in better performance, higher oxygen consumption, and lower perceived exhaustion. But scheduling a workout is more complicated than choosing a number on the clock.

Your body's core temperature is an important factor in determining the quality of exercise. A cold body leaves muscles stiff, inefficient, and susceptible to sprains, whereas higher body temperatures leave **muscles more flexible**. Body temperature typically increases throughout the day, so muscle strength and endurance may peak in the late afternoon, when body temperature is highest. The afternoon is also when reaction time is quickest and **heart rate and blood pressure are lowest**, all of which combine to improve performance and reduce the overall likelihood of injury.



Hormone levels are also important in determining optimal workout time. Testosterone is important for muscle growth and strength, in ladies and gents. And the body produces more testosterone during late afternoon resistance training than it does during morning workouts. Plus, the stress hormone cortisol, which aids in the storage of fat and reduction of muscle tissue, peaks

in the morning and decreases throughout the day and during exercise. But early birds, take heart: Morning workouts can be successful too.

Just grab the weight and push yourself OVER THE LIMIT

