



If you working out at evening or n ight not only can you catch some extra zZz's, but you don't have to worry about packing a change of clothes, grabbing a post-workout breakfast, quickly showering at the gym and rushing to work on time. That's less stress for a lot of people.



Had a rough day at work? Sweat out all those anxieties and frustrations at the gym.

Evening workout can help you de-stress and clear your mind from everything that took place during the day. It also serves as a nice transition period between being at work and coming home, and can help you be present with your family and loved ones.

EVENING:

- Coordination, stamina, body temperature at a peak.
- Lung performance is best.
- Flexibility and strength at their greatest.
- Mental focus is waning.
- Best potential for strongest performance. This is the time of day when the body is in peak condition for physical activity.



NIGHT:

- Starting around 9pm, the body produces additional melatonin, preparing for sleep.
- Bodily processes should be slowing down in preparation for sleep.

You'll have a more relaxed morning.

In addition to sleeping in, you won't have to rush to pack a gym bag, post-workout snack, lunch and a change of clothes.

You'll also be able to take your time in the shower, instead of a 30-second one at the gym

You're already fuelled and warmed up.

While your body may be just refuelled in the morning, it turns out, your body may be better prepared for a workout later in the day.

You naturally have more energy from around 6 pm, likely due to higher testosterone levels.

You also are 20% more flexible later in the day, since your muscles are way more warmed up and your joints are a lot more fluid from being up and about, meaning you're also less prone to injuries.

Moreover, you're already fuelled up since you likely ate lunch, along with some snacks, which is the perfect energy you need for a vigorous workout after work.



It's a good outlet to blow off steam.

The psychological benefits of exercise are well documented.

So after a long and rough day at the office or class, a light or intense workout can have a big effect on de-stressing when you're trying to unwind and relax, as opposed to a bottle of wine.

You'll have a more intense workout.

Post-work gym goers are more likely to receive a higher degree of fitness because they tend to work out harder.

That's because protein synthesis peaks in the evening, making it the optimal time for weight lifting.

Your endurance workouts are more likely to be improved in the evening, too, when lungs are at peak efficiency.

A 2012 study of Tunisian soccer players found they performed best at speed and endurance test at 5 pm, while another study found that swimmers recorded their fastest times in the early evening.

It can also help with sleep quality.

While we did mention morning workouts were better for sleep, there's evidence evening workouts can help with that, too.

While many experts say evening workouts raise your body temperature, which can interfere with sleep, people who lifted weights in the evenings had longer, better quality sleep than those who lifted weights in the morning.

