

All together



MORNING:

- Testosterone is at its daily peak.
- Mental alertness peaks late morning.
- Memory works best.
- Body temperature is still low. Longer time warming up

if you would like to lose weight do, longer time warming up(7-10min) cardio workout, but do not forget your blood sugar level.

AFTERNOON:

- Pain tolerance is highest.
- Possible point of low energy around noon.
- Late afternoon, adrenalin and body temperature has a rising trend.
- Late afternoon, there is an optimum period of mental/physical function balance.

EVENING:

- Coordination, stamina, body temperature at a peak.
- Lung performance is best.
- Flexibility and strength at their greatest.
- Mental focus is waning.

Weight and flexibility workout is better afternoon. Try to not eat heavy meal before the workout 2 hours. Try to use protein after the workout

The workout is any time is good.

The important do something and leave your stress behind you for that 30 – 60 min and enjoy that what you doing

Push yourself OVER THE LIMIT

I hope is helped

Thank you !!!!

