

Do not leave cardio training behind

Written by

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Light cardio training 4 times a week helps to refill your glycogen deposits and keep your metabolism at a high level. Keep the cardio training light in order to avoid exhaustion and overtraining.

Train only when you feel full of energy

As a rule of thumb, to avoid overtraining, you should train only when you are full of energy and when you feel the desire. This will guarantee maximum effectiveness and intensity in your workout session. A workout without energy and desire is worthless and a waste of time. It is best to take the day off and train the next day with renewed energy.

Use supplements

Benefit from supplements, which supply the body with natural substances to optimize the fat-burning and muscle-building process, and to avoid a vitamin deficiency in the body.