

Weekly Requirements

2

The recommended minimum weight training according to the ACSM is one set of 8 - 12 repetitions of eight to ten exercises that work the major muscle groups at least 2 times per week. Studies have shown that strength training twice per week resulted in a 21% increase in strength. Increasing the training sessions to three times per week resulted in a 28% increase in strength only 7% more than the twice per week group or 75% of what could be accomplished in a three session week.

The logo for ABAHE Diet Requirements features the acronym 'ABAHE' in large, white, serif capital letters inside a red rectangular box. Below the box, the words 'Diet Requirements' are written in a smaller, black, sans-serif font. The entire logo is centered on the page and overlaid on a faint, stylized red silhouette of a person with arms raised in a 'V' shape.

ABAHE **Diet Requirements**

For six hours after a weight training session muscle requirements for protein are extremely high. It is therefore a good time to intake a protein rich meal or supplement. Carbohydrates are also necessary after a workout as well as before.

Before exercise, carbohydrates provide the energy to sustain the workout. After the workout session, the muscles, as described above, require tissue-building protein. Intake of carbohydrates after the workout raises the insulin level. Increased insulin levels in turn lift growth-hormone levels and stimulates the production of protein, which is needed for new muscle growth and repair. In addition, protein takes up to 24 hours to move through the digestive system and will be utilized within the next two days for repair. Carbohydrates move through the system within 3 hours.

In summary, take a carbohydrate drink or meal about 2 hours before your workout and during the workout. Afterwards, consume both a protein and carbohydrate snack immediately after the workout. When using sports drinks, try to use drinks that contain a complex carbohydrate like maltodextrin and not one that is simply glucose, fructose or simple sugars which won't provide sustained energy and can actually cause your workout to be shortened due to fatigue.

All Rights Reserved © [Arab British Academy for Higher Education](http://www.abahe.co.uk)