



Personal Trainer Wirral

- Pre Workout - Post Workout -



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- *Pre Workout - Post Workout* -

Pre workout -

First thing is first. Your food is your fuel. Every athlete should make sure their food storage is not on empty before any physical activity. Then you can think about what pre workout formula will work for you. Why dont you try our simple Flapjack before your workout.

Post workout -

As ironic as it sounds, when you push yourself at the gym you are breaking down muscle. Heavy training, especially strength training, actually causes damage to muscle fibres. Why would your body do this? Essentially, your body is replacing weak muscle fibres with more functional muscle and remodelling its composition. Survival of the fittest at its best! Along the same lines, your carbohydrate and muscle protein stores also start to become depleted with high intensity exercises. Without proper nutrition, this remodelling and repletion process will come to a standstill and while you may be training harder or lifting more, you may not be seeing the results. If you don't put adequate nutrients in the tank, you cannot expect to get anything out. Our Protein brownie is a delicious post workout snack.



-Flapjack-

Pre Workout



Calories - 164
Total Carbs - 29g
Sugar - 10g
Protein - 3g
Total Fat 4g

Ingredients

- 65g Fructose
- 35g Agave Syrup
- 35g Butter
- 65g Flour
- 365g Jumbo Oats
- 1/2 tsp Baking Powder
- 1/2 tsp Bicarbonate of Soda
- 185g RIPEST Banana, Mashed

Method

Add ingredients in descending order, mixing as you go. Bake in 30x20cm tray for 25 minutes on 180. Cut into 12 and serve.

-Brownie-

Post Workout



Calories - 235
Total Carbs - 26g
Sugar - 23g
Protein - 11g
Total Fat 10g

Ingredients

- 25g Ground Almonds
- 135g Whey Protein
- 45g 100% Cocoa Powder
- 1/2 tsp Bicarbonate Of Soda
- 1/2 tsp Instant Coffee Granules
- 180g Fructose
- 150g Liquid Egg Whites
- 150g Light Mayonnaise
- 110g Low Fat Natural Yoghurt
- 150g Dark Chocolate, Melted

Method

Add ingredients in descending order, mixing as you go. Bake in 30x20cm tray for 20 minutes on 180. Cut into 12 and serve.