

IMPORTANCE OF REST DAYS

- MUSCLES ARE **REPAIRED** DURING REST PERIOD
- HELPS IN **PREVENTING** INJURY
- **1-3 REST DAYS** SHOULD BE INCLUDED EACH WEEK
- INADEQUATE REST MAY LEAD TO **OVER-TRAINING SYNDROME**
- INADEQUATE REST MAY ALSO **LEAD TO BODY GOING** INTO CATABOLIC STATE



**WEEKEND
WARRIOR**

Day Of Rest

Yijin Wang



Day Of Rest:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Day Of Rest** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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