



# The Importance of Recovery

By Matt Brzycki

**T**here are three basic requirements for increasing muscular size and strength. First, your muscles must be loaded with some form of resistance that is made progressively more challenging over time. Second, your muscles must receive adequate nourishment by con-

suming appropriate amounts of carbohydrates, protein and fat along with sufficient quantities of vitamins and minerals. And third, your muscles must obtain enough recovery between workouts. It is the third requirement - adequate recovery - that is often ignored.