

TRAINING TIPS

SEPTEMBER 2025



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SUPPLEMENTS



Improved Strength and Power – Creatine helps regenerate ATP (the body's main energy source), allowing you to push harder during high-intensity workouts like weightlifting, sprints, or explosive sports. I recommend 5 g per day of creatine monohydrate. Some research is showing a high dose can increase brain function.

CREATINE

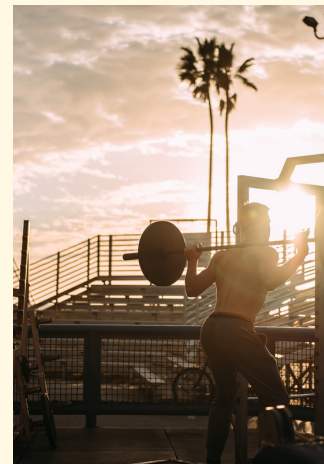
DIET



There are **3 Macro Nutrients** that make up your calories. They are protein, carbohydrates, and fats. How much should you eat of each? I believe every person is different, but most function well at a ratio of
40% carbs
30% protein
30% fat
Custom Meal Plans are available, just hit me up.

NUTRITION

TRAINING



Should I Walk or Run?
There are benefits to both but each has different effects on the body. Walking activates type 1 muscles while running or high impact training activates type 2. This month, let's look at Type 2.
Type 2 – Burns glycogen (carbs) primarily during activity, but the high effort elevates metabolism and burns more calories after training

EXERCISE