

# OPTIMAL MUSCLE PERFORMANCE AND RECOVERY

Using the Revolutionary R<sup>4</sup> System to Repair  
and Replenish Muscles for Peak Performance

Revised  
and Expanded  
Second Edition



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"Recovery is the most  
important issue my  
athletes face while  
training hard. *Optimal  
Muscle Recovery*  
contains key concepts  
I now use to help them  
speed recovery and  
optimize training."

—Ole Carlsrud, coach of  
two de facto champion  
Jamaican sprinters

Edmund R. Burke Ph.D.

## Optimal Muscle Performance and Recovery: Using the Revolutionary R4 System to Repair and Replenish Muscles for Peak Performance



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reducing muscles and immune-system damage caused by exercise stress • The publication includes forewords by Frank Shorter, an Olympic marathon champion, and Don Kirkendall, Ph.D. to fresh peaks in physical performance. Based on the latest sports science research, Dr. Burke, an associate of U. Edmund Burke's R4 System® restoring liquids to your body to recover from dehydration • replenishing glycogen, a primary gas resource • Today in a revised, expanded second edition, Dr. • rebuilding muscle protein to maintain muscles structure and function This impressive nutritional regimen goes beyond sports activities drinks and energy bars, and shows how exactly to consume the right nutrients in the proper proportions to ensure muscle health and enhance performance. Furthermore, visitors will learn the latest on the significance of sleep and nourishment in recovery, the best supplements and beverages to aid in replenishment, and a new spin on carbohydrate loading.s landmark publication will take any athlete— D. emphasizes the significance of elite or recreational— Soccer Sports activities Medicine, Physical Fitness Research Committee.



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Good basic info on muscle recovery, but don't depend on as a sole source of information I think there's some useful info in this publication if you're thinking about taking overall performance up a notch, nevertheless, you have to take it with a grain of salt. =)Regardless, I would like to see results of a report not linked to the writer or the powdered drink maker. Recovery is paramount to Athletic Performance While it's true that elements of this book read such as a commercial for the R4 System of recovery, there's plenty of material that can help an athlete learn how his / her body can recover quicker between workouts. The author presents some useful info on muscles recovery, and how your body needs an suitable mixture of carbs, electrolytes, and proteins to properly get over bouts of workout. He also discusses other styles of helping muscle tissue recover, such as for example massage therapy, however, not in enough fine detail to pay dividends.His primary focus in on endurance exercise, so don't be prepared to find a ton of information if you're doing weight training exercise.So disregard the R4 fluff, and focus in in what he must say about muscle recovery in an over-all sense. You can experiment with the recovery ideas offered by Burke and discover which work for you and discard the ones that do not. Excellent explanation of the healing process! Perhaps you have had a really hard workout and prepared for at least one day of becoming sore and then find yourself ready to go the very next day? Maybe.I cannot look for any other clinical tests on this subject, expect thru the "Endurox". If you want probable answers to these questions, read this book... which he repeated so often concerning put a red flag up for me.I did some study on the web, and found that the writer has licensed the "R4" method to the makers of the powered "Endurox". Perhaps you have finished an exercise that you didn't believe was too hard and awoke the very next day to get yourself sore? As additional reviewers have mentioned he does go on and on about his patented R4 system, but actually if you're totally sold onto it by the end of the book it's not like there's an R4 exercise recovery drink sitting following to the Gatorade on the supermarket shelves.We am just a bit skeptical, but if it works, this may be a great issue for all those. Sounds like advertising to me. Of course, if it is in print, it must be true, right? Maybe this book is accurate.The author seems to think the only way to provide his claims is thru a "sport drink". Burke offers a great explanation of what happens to your muscles through the stress and recovery phases of workout, and offers great advice on what recover with efficiency. If you're interested in finding out more about the science of recovery, this is a must read. Don't buy this book... The author goes on and on about the R4 recovery system, that is patented, of course you will find R4 mounted on the name of an athletic recovery beverage.Nothing at all too useful in here, nothing brilliant at all. It's an extremely long (and costly) brochure for something that I know the writer has some sort of financial interest in.I purchased this book, but want I hadn't.



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