



# HOME GYM NUTRITIONAL GUIDE

## CONSIDER YOUR GOALS & CHOOSE A PROGRAM

### BULK



#### MUSCULAR STRENGTH

### TONE



#### MUSCULAR ENDURANCE

### SLIM



#### HIIT CONDITIONING CIRCUIT

## EAT FOR RESULTS



### CARBOHYDRATES

Provides energy and is the most important fuel for exercise.

#### WHAT?

Oats, Sweet Potato, Quinoa, Brown Rice, Wholegrain Pasta, Beans, peas and lentils

#### WHEN?

**Pre-Workout:** Consume 2-3 hours before a strength training session

**Post-Workout:** Carbohydrates should make up part of your larger post workout meal and be consumed within 1-2 hours after training.



### PROTEIN

Repairs, maintains and grows muscle

#### WHAT?

Whey protein shake, Greek Yoghurt, White fish, Chicken, Turkey

#### WHEN?

**Pre-Workout:** Consume 2-3 hours before a strength training session

**Post-Workout:** Consume protein immediately after training i.e. a protein shake as well as with your larger post-workout meal.



### FATS

An essential nutrient and a rich source of energy. Stabilises blood sugar levels, acts as an anti-inflammatory and can burn fat.

#### WHAT?

Oily fish e.g. Salmon, Avocados, Nuts and seeds, Vegetable oils e.g. olive oil, Almond butter

#### WHEN?

**Pre-Workout:** Small portions of good fats can be consumed up to an hour before working out.

**Post-Workout:** Incorporate good fats into your post workout meal along with starchy carbs and protein.

## ALIGN YOUR NUTRITION

### BULK

Consume more calories, of the right type, than you are burning each day

### TONE

Achieve an equal balance of calorie intake to what you are burning each day

### SLIM

Achieve a calorie deficit: burn more calories than you consume daily

Use in conjunction with the adidas Home Gym workout program for ultimate results.

**FUEL YOUR BODY,  
TO TRAIN HARDER.**

for a more detailed guide:  
[www.adidashardware.com/single-post/Strength-Training-Nutrition](http://www.adidashardware.com/single-post/Strength-Training-Nutrition)