



Optimal Muscle Performance and Recovery

Edmund Burke

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Optimal Muscle Performance and Recovery Edmund Burke

Now in a revised, expanded second edition, Dr. Edmund Burke's landmark book will take any athlete—elite or recreational—to new peaks in physical performance. Based on the most recent sports science research, Dr. Burke's R4 System® emphasizes the importance of

- restoring fluids to your body to recover from dehydration
- replenishing glycogen, a primary fuel source
- reducing muscle and immune-system damage resulting from exercise stress
- rebuilding muscle protein to maintain muscle structure and function

This remarkable nutritional regimen goes beyond sports drinks and energy bars, and shows how to consume the right nutrients in the right proportions to ensure muscle health and enhance performance. In addition, readers will learn the latest on the importance of sleep and nutrition in recovery, the best supplements and drinks to aid in replenishment, and a new spin on carbohydrate loading. The book includes forewords by Frank Shorter, an Olympic marathon champion, and Don Kirkendall, Ph. D., a member of U.S. Soccer Sports Medicine, Physical Fitness Research Committee.

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