



Get Your Free Post Workout Recovery Drink From Prograde Nutrition

Post-workout nutrition is very important to take your body and fitness to the next level. Prograde Nutrition now offers a free 1 month sample of their recovery drink Prograde Workout

Dec. 30, 2009 - [PRLog](#) -- 'Post workout is pretty darn important. In my opinion the second most important meal of the day!' Says Columbus Bootcamp instructor Jason Yun.

Ok, so you're working your butt off. You're sweating. You're hustling. You're getting that exercise "high." Heck, not only are you now enjoying your workouts, but you want to learn more about how to make them more effective. You talk to people, watch videos, read books, all in the hopes of finding the next step in making your workout super effective.

Not just effective-- SUPER EFFECTIVE!

It never ceases to amaze me how most people don't give their bodies a second thought. They think they just go to the gym or workout at home... throw some dumbbells, barbells, kettlebells around like a madman or madwoman, then go home and eat whatever they want.

Seriously, the human body is the most complicated piece of machinery on the planet. Do they really think there's ZERO science behind exercise? Do they really think they can just eat whatever is in their fridge after working their butts off? You can't out exercise bad nutrition.

Nutrition plays a much bigger part than most people care to admit. And it's because nutrition is hard for some people to get right.

'But now it doesn't have to be so hard.' Columbus Personal Trainer Jason Yun proclaims. 'Post-workout nutrition is now Done-For-You! Thanks to Prograde Nutrition!'

There is an OPTIMAL way to fuel your body after all the demands you make of it during your training session? Of course there is!

Bottom line: Recent studies have shown that a carbohydrate AND protein formula is more effective for rapid replenishment of muscle glycogen after exercise than a carbohydrate only supplement of equal carbohydrate or caloric content.

In other words, just drinking Gatorade after your workout doesn't cut it. The research indicates you need to fuel your body with just the right combo of carbs AND protein. And yes, this is hyper-critical to optimizing your efforts. The window of opportunity is small to get these nutrients in your body 45-75 minutes is what the research points to.

Here's two more things you need to know about getting the most bang for your workout buck:

1) As a proud Prograde Partner I'm thrilled to let you know that Prograde Workout is now available on a

FREE trial basis. There's just a small S & H fee.

2) On the link below you can also learn more about the research study on post-workout nutrition.

Yes, Prograde Workout recovery drink is based on this very research. It provides the right combo of protein and carbs that your body craves after a tough training session. A perfect 2:1 ratio of carbs to protein will help speed up the recovery process you need to get your body ready for the next intense training session.

Just click this special link right here and find out for yourself how you can try it for FREE:

<http://jasonyun.getprograde.com/workout-free-trial.html>

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Jason Yun is the owner of Yun Strength and Fitness Systems LLC and proud partner with Prograde Nutrition. For your free sample of Prograde Workout go to:

<http://jasonyun.getprograde.com/workout-free-trial.html>

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