

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## DO YOU KNOW THESE 8 PROVEN SIGNS OF OVERTRAINING?



There's a basic law of living that goes like this: If you want more, do more.

It applies more or less across the board. You tend to get out of life in proportion to what you give.

Working out isn't that simple, though. The "more is better" approach works...until it doesn't. And then it becomes counterproductive

**That is, in terms of building muscle, strength, and endurance, more training is generally better than less...but once you exceed your body's ability to recover, the wheels start to fall off.**

Here's a short list of what can happen next:

- ✓ You struggle to finish your workouts.
- ✓ You lose strength and endurance.
- ✓ You sleep poorly.
- ✓ You struggle with fatigue and lethargy.
- ✓ You have odd aches and pains.
- ✓ You get sick more frequently.

These are all signs that there is a systemic imbalance between work and recovery.

Scientifically speaking, this symptomatology is known as "overtraining syndrome," and chances are you're going to wrestle with it to one degree or another at some point in your fitness journey.

### **IS OVERTRAINING REAL?**

If you've been lurking in the workout advice space for any amount of time, you've likely heard one of two things about overtraining:

01. "There is no overtraining. There is only under-recovery."

02. "If you do more than 2 to 3 heavy weightlifting workouts and low-intensity cardio sessions per week, you will wind up overtrained."

Well, as usual, the truth seems to lie somewhere in the middle.

Heavy weightlifting places large amounts of stress on your muscles and central nervous system, but most people can train quite a bit harder than they currently are without any negative physical (tangible) side effects.

Just how far you can go with your body depends on many things, including age, genetics, training history, diet, and sleep hygiene, but I promise you this: It's much harder to overtrain than most people think.

I've worked with thousands of people and can say with absolute certainty that if you're a relatively healthy adult, you can do very well with something like the following:

- ✓ 3 to 6 hours of heavy weightlifting per week (3 to 5 workouts)
- ✓ 1 to 2.5 hours of cardio per week (depending on your goals)
- ✓ 20 to 25% calorie deficit with a high-protein and high-carb macro split

This is the basic strategy behind my Bigger Leaner Stronger (men) and Thinner Leaner Stronger (women) programs, by the way, and they work.

## 8 SIGNS OF OVERTRAINING THAT YOU SHOULD KNOW

It may be difficult to overtrain—and it may be more of a psychological than physical state—but it can happen.

You see, overtraining doesn't happen overnight. It's like quicksand—it devours you slowly, and the harder you fight against it, the faster you sink.

So, let's discuss several signs of overtraining that indicate it's time to take your foot off the gas for a beat.

01. Your workouts are feeling particularly hard.

When your body is fatigued, the perceived difficulty of exercise increases. This is expected when you've just finished a set and are resting, but when it becomes the norm, it may indicate that your body needs a break.

## 02. You lack motivation to train.

If you normally look forward to your workouts but now have no desire to get in the gym, that's a red flag.

## 03. You feel depressed.

In some people, the mood disruption caused by overtraining extends beyond training. They can lose motivation to do just about anything.

## 04. You're perpetually sore.

Muscle soreness is part of weightlifting, but as you become more experienced, you get less and less sore regardless of what you do. When you're pushing the envelope, though, a persistent soreness can set in that just won't fully go away.

## 05. You're not sleeping well.

If you're pushing your body too hard, your nervous system can become overstimulated. This makes it harder to fall and stay asleep and thus feel well rested.

## 06. You're always tired.

If you're not sleeping well, you're going to be tired. No surprise there. But sometimes, when your body is on the edge, you can feel perpetually fatigued despite sleeping normally.

## 07. You have odd aches and pains.

There is one of the first things I notice when I'm due for downtime. My shoulder starts to ache. Then my wrist. Then my knee. These symptoms usually begin after 8 to 10 weeks of intense weightlifting and they're gone within 3 to 5 days off.

## 08. You're getting sick more frequently than usual.

Prolonged periods of intense exercise can suppress the immune system, making you more prone to sickness.

### **4 WAYS TO PREVENT OVERTRAINING**

Now that we know what overtraining is and how to head it off before it can sucker punch us, let's talk about avoiding it altogether.

The most reliable strategies for warding it off are what you would expect. They're aimed at assisting your body's natural recovery mechanisms and aren't fancy, but they work.

If you do the following, it's very unlikely that you will ever be afflicted with overtraining syndrome.

## 01. Get Enough Sleep

Well, inadequate sleep is far worse for our health than many people realize.

It increases the mortality and the risk of chronic diseases like hypertension, diabetes, depression, obesity, and cancer, and it reduces quality of life and productivity. It can even slow weight loss, lead to weight gain and muscle loss, and reduce testosterone levels.

The bottom line is that your sleep hygiene is like your diet—it's either working for you or against you, regardless of whether you realize it.

Sleep poorly for too long, and the consequences, which are unavoidable, can be dire.

Sleep well, though, and the benefits can be surprisingly far-reaching.

## 02. Eat Enough Food

Many people know that the amount of protein they eat affects recovery, but not so many know that the amount of calories does as well.

The reason for this is rather simple: If you feed your body less energy than it burns every day, you've created an energy (or calorie) deficit. This is necessary for fat loss, but it also impairs your body's ability to create muscle proteins and can reduce anabolic and increase catabolic hormone levels.

This hobbles recovery, of course, and slows down (or even halts) muscle growth as well.

## 03. Manage Your Stress Levels

Our bodies are built to deal with acute stress, which is one of the reasons why exercise is so beneficial to our health and well-being. Too much stress for too long causes problems, though.

Namely, chronic stress causes us to age faster, become more susceptible to disease, and experience elevated levels of systemic inflammation. It also causes cortisol levels to remain chronically elevated, which, among many things, blunts our body's ability to recover from our workouts.

Thus, stress management is an important part of keeping overtraining at bay.

In fact, I'd go so far to say that the overall quality and longevity of your life is going to depend heavily on how well you can de-stress.

#### 04. Rest or Deload

As much as we might like working out, we have to abstain every so often. (In my Bigger Leaner Stronger and Thinner Leaner Stronger programs, for example, you turn down the volume every eight weeks.)

There are two ways to do this:

- ✓ Stay out of the gym for a week. Spend the time you would normally be working out doing something relaxing instead. Simple and effective.
- ✓ Take a deload week. A deload week is a reduction in weekly training intensity (weight load) and/or volume (sets performed).

### WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you recover better.

#### Creatine

Creatine is a substance found naturally in the body and in foods like red meat. It's perhaps the most researched molecule in the world of sport supplements—the subject of hundreds of studies—and the consensus is very clear.

Supplementation with creatine helps...

- ✓ Build muscle and improve strength

- ✓ Improve anaerobic endurance
- ✓ Reduce muscle damage and soreness

If you have healthy kidneys, I highly recommend that you supplement with creatine. It's safe, cheap, and effective.

In terms of specific products, I use my own, of course, which is called RECHARGE. RECHARGE is 100% naturally sweetened and flavored and each serving contains:

- ✓ 5 grams of creatine monohydrate
- ✓ 2100 milligrams of L-carnitine L-tartrate
- ✓ 10.8 milligrams of corosolic acid

## Whey Protein

You don't need protein supplements to recover effectively from your workouts, but considering how much protein you need to eat every day to recover and build muscle optimally, getting all your protein from whole food can be impractical.

That's the main reason I created (and use) a whey protein supplement. (There's also evidence that whey protein is particularly good for your post-workout nutrition.)

## Multivitamin

Similar to protein powder, a multivitamin isn't going to accelerate recovery per se...but ensuring your body is getting all the nutrition it needs will. The problem is the Western diet has quite a few nutritional holes, so achieving this through food alone is a constant struggle.

This is why I think a good multivitamin supplement makes sense to add to your recovery regimen, and one of the reasons I created my own. TRIUMPH contains more than 22 essential vitamins and minerals as well—it also has 14 additional ingredients that improve general health and overall well-being, enhances physical and mental performance, and protects against disease.

## Greens Supplement

Most greens supplements are basically poorly formulated and underdosed multivitamins, which means they may or may not help you depending mainly on the quality of your diet.

This is why...surprise surprise...I created my own, and went about it very differently. I started with a base of leafy greens that are rich in nitrates and other beneficial phytochemicals. (Leafy greens are some of the most nutrient-dense plant foods we can eat.)

I knew I also wanted a clinically effective dosage of spirulina because it's widely considered one of nature's richest and most complete sources of vital nutrients (and it accelerates muscle recovery, as well). Next, I put together a combination of other beneficial ingredients that we aren't going to get from our diets, like reishi mushroom, maca, and astragalus membranaceus.

Well, the result is GENESIS, and it's unlike any other greens supplement on the market today.

## Sleep Supplement

Good sleep hygiene is a like a good exercise routine: it improves your life in just about every way. This is why many people turn to hypnotics and sedatives to combat their sleep troubles, but these drugs are habit forming and associated with a rather scary set of side effects, including...

- ✓ Depression
- ✓ Increased risk of cancer and overall mortality
- ✓ Increased risk of infections
- ✓ Delirium, nightmares, and hallucinations

A smarter approach—before turning to drugs or even supplements—is to address lifestyle. When you've done that and are still having sleep troubles or just want to sleep even better, then it makes sense to look to supplementation.

And that's why I created LUNAR. LUNAR contains 4 natural, safe, and non-habit-forming ingredients that help you fall asleep faster, enjoy longer and deeper sleep, and wake up feeling rested and rejuvenated, not groggy and lethargic.

## THE BOTTOM LINE ON OVERTRAINING

Overtraining syndrome is real but our bodies aren't as fragile as some "gurus" would have you believe.

The bottom line is you can probably train quite a bit harder than you think without risking overtraining. And that's especially true if you follow the advice in this article and do everything you can to assist your body's ability to recover from the stress of workouts and daily life.

That said, there will probably be times where you push the envelope in terms of exercise intensity or frequency or where you don't quite sleep or eat as much as you should.

When this happens, be on the lookout for the signs of overtraining that we've discussed and deal with them accordingly and you'll never get hit with a full-blown overtraining "crisis."

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