

ORANGE THEORY FITNESS HELL WEEK TIPS

TIPS FOR HELL WEEK

An Orange Theory Fitness fanatic's favorite time of the year is right around the corner! We at Stronger U Nutrition want to make sure you have all the tools you need to feel and perform your best throughout the entire **Hell Week** event! Your OTF coaches know how to push you to achieve your best in the studio and we're here to support your fueling and hydration before, during, and after these grueling workouts!

Hydrating and fueling well all week is important!

Below, we provide you with specific guidance for what to eat and drink before, during and after your workouts. It's equally as important that you are eating a well-balanced diet and staying hydrated all day too. So, eat well and drink up!!

SOME GOALS TO FOCUS ON THIS WEEK ARE:

- 1. Staying hydrated.**
- 2. Having the energy that you need to perform your best.**
- 3. Replacing all of the energy you are using during classes so you are ready for the next day.**
- 4. Eating in a way that is comfortable for you and your gut.**

If you are looking for guidance and support on how to fuel and hydrate your workouts or to reach other performance, weight loss or body composition goals, Stronger U offers **1:1 personalized nutrition coaching** to help you achieve your goals!

You are matched with an individual coach that adjusts your program based on you & your needs. Come work with one of our coaches & save 50% on your first month by entering code **OTHellWeek50** at checkout!

BEFORE



HYDRATION:

You may want to add some electrolytes to your beverages the night before or right before your workout if you are someone who sweats a lot.

Options such as Liquid IV, LMNT, or Gatorade are great choices.

What You Should Eat Before Your Workout Depends On:

- Time Of Day You Are Attending Class
- Timing Of Your Last Meal/Snack
- How Your Gut Feels After Eating
- Your Preference

Most people will do their best having a carbohydrate-based snack or a small meal about 1-2 hours before their workouts. Carb based foods are digested quickly and their energy is readily available for your workout.

However, if you are working out first thing in the morning, you may or may not want to eat before. Some people do well with a small snack on the way to the gym but others get an upset stomach. If you eat enough the night before, you should have enough fuel to do great during your morning workout.



Examples: A bagel with a small amount of butter or cream cheese, a granola bar, or a piece of fruit.

DURING



For Most People, Drinking Water Is Likely Enough Hydration:

- If you are a heavy or salty sweater, consider using a hydration option with electrolytes such as Liquid IV, LMNT, Gatorade or others.
- As the week goes on, if you are feeling fatigued during the end of your workouts
 - o 1st make sure you are entering the workout well fueled
 - o 2nd consider adding some carbohydrates during the workout in a liquid form. Gatorade and Liquid IV are examples of two hydration beverages that contain electrolytes AND carbohydrates.

AFTER



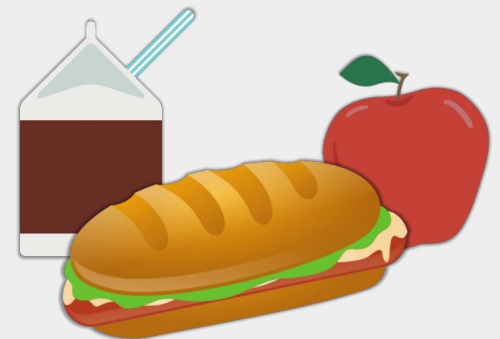
HYDRATION:

It is also important to replace fluids lost during this exercise as well. So drink up!

Water will be fine for most people but if you want to include a beverage with electrolytes, that is a great choice too!

What You Should Eat After Your Workout:

- With the increased volume and high intensity of exercise on back-to-back days, what and when you eat after a workout is more important than ever!
- Within 2 hours of your workout, your body is primed to replace the nutrients you used, and is ready to build muscle. During Hell Week in particular, eat or drink a large snack/meal within 2 hours of working out to recover and refuel as quickly as possible. Make sure the meal includes a good dose of protein and carbohydrates
- After your post workout meal, continue to eat a well-balanced diet of carbs, proteins and fats to keep refueling and prepare for the next day.



Examples: A protein shake with some fruit, a turkey sandwich, a big glass of chocolate milk or anything lower in fat but higher in carbs and protein.

You want to eat and drink enough that you are entering each new day and workout at 100% fueled and hydrated!

