



## **GYMGUYZ Training and Nutrition Tips**

### **Q: How should I train to prepare for the Hustle Chicago® stair climb?**

A: To improve cardiovascular health, our GYMGUYZ Coaches recommend training on a Stairmaster or Treadmill on a high incline. If you are not a fan of cardio machines, sled push & pulls or distance running uphill are great alternatives! To improve your strength and stability during the race, we recommend completing calf raises, knee extensions and lunge variations. Since this is an endurance event, light weight and high repetition sets will help improve muscular endurance or even completing sets with a time target instead of a repetition target.

### **Q: Do I need to warm-up prior to the race?**

A: Think of your muscles and tendons as rubber bands. When you put a rubber band in the freezer, take it out and try to stretch it, the band will snap. Similarly, jumping right into an endurance event like the Hustle Chicago Stair Climb without properly warming up can lead to injury. Ankle circles, butt kicks, hip-flexor stretches, toe touches, and high-knees are great exercises & dynamic stretches to improve blood flow and warm-up the muscles prior to the race.

### **Q: How do I fuel up properly for the race?**

A: Because this is an endurance event, your body will need enough energy to sustain through the full race. Our GYMGUYZ Dietician recommends consuming a carbohydrate-based meal or snack 1 hour prior to your race along with some protein and minimal fat. Carbohydrates are the main source of energy for our bodies. An example meal would be oatmeal prepared with low-fat milk and fruit. Do not forget to stay properly hydrated and bring your water bottle. A good rule of thumb is to drink minimally half your bodyweight in ounces throughout the day.

### **Q: How can GYMGUYZ help?**

A: GYMGUYZ is the largest mobile personal training franchise in the world, located in over 700+ cities. We specialize in helping clients crush their goals by bringing the certified personal trainers, all the fitness equipment, the custom workout, organic meals, and nutrition support right to your doorstep or online. We take the guesswork out of the whole process, and provide the maximum accountability & convenience needed to get results! Have more questions? You can email us at [downtownchicago@gymguyz.com](mailto:downtownchicago@gymguyz.com) or call (312) 637-2244.