
Good idea to...

Posted by YoungBlood1419 - 2008/06/11 18:41

Would energy drinks such as redbull,rockstar, monster... so on, be a good idea to have before a work out? I've been on the program for 10 days now and i love it but due to my 6am to 6pm fast paced warehouse work schedule i find it difficult to find the energy and just looking for anything to help out so this issue wont become an excuse to not work out..

Thanks...

=====

Re:Good idea to...

Posted by he4dhuntr - 2008/06/12 09:23

I personally don't like those energy drinks so I don't drink them at all. Actually I don't drink coffee at all either. Those drinks aren't great for you and I would especially not recommend taking them every day. You can if you really want to, but I would just try and get more sleep. Really I don't know what answer to give you. If you're that tired maybe it would be a better idea to take a day or two off instead of hoping up on cafeine and working your muscles while they're tired. Cafeine really just "fakes" that you aren't tired when you really are. Or that's my opinion anyway, I'm far from an expert on the subject. Hopefully someone else can help you more than I can... Cheers!

=====

Re:Good idea to...

Posted by Les - 2008/06/15 06:42

i don't have an answer either, unfortunately. you should however consider this; when taking energy booster to workout you could create dependencies i.e. you will need them all time to have the same effect all the time.

=====