



YOUR KINDLE NOTES FOR:

30 Minute Body

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Last accessed on Friday July 27, 2018

3 Highlight(s) | 0 Note(s)

Yellow highlight | Location: 1,060

Simultaneously, the scientific community began learning more about nitric oxide. We now know that a diet of high nitrate foods like arugula, spinach and other dark-green, leafy vegetables, and beetroot juice is the key to maintaining a higher nitric oxide level. Two ounces of beetroot juice can provide the nitric oxide contained in 3 or 4 beets, so it is a convenient way to eat high-nitrate food. For me, eating high nitrate foods works

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High nitrate vegetables include arugula, bok choy, cabbage, carrots, celery, collard greens, green beans, lettuce, parsley, radishes, red beets and red beet juice, spinach, and Swiss chard.

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Here are some other training techniques: Drop set. Do as many reps as you can, then immediately lighten the weight and keep going. Do multiple drops before you rest. This is an overtraining technique to get past a sticky point, so be very selective when using this technique. Giant set: Do one exercise after the next for the same muscle group. Super set: Do one exercise after another of antagonistic muscle groups. Pre-exhaustion set: Exercise a muscle group just prior to the main muscle group. Example: chest flys before the bench press. Doing the flys fatigues the chest muscles while keeping the shoulders and triceps strong. This causes the shoulders and triceps to be less of a weak link in exercising the chest and makes the chest muscles work harder. Using a pre-exhaustion set is another form of overtraining to get past a sticky point, so again, be very selective when using this technique. Forced reps: A spotter helps you with reps that are impossible without assistance. I recommend limiting forced reps to 1 or 2 for the muscle group in a single workout. Forced reps are another form of overtraining

to get past a sticky point, so again, be very selective when using this technique.

Note:
