

MASTERING WARM UP, LIMIT AND RECOVERY WITH HUMON

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I. WARM UP

During the warm up phase of your workout, the blood flow and oxygen intake increase, causing **your MuscleOx % to rise**. Your muscle is warmed up when the MuscleOx % starts stabilizing.

We recommend witnessing this initial increase in MuscleOx % before starting the full intensity of the workout. Usually, this warm up phase will be colored in green/blue as the muscle is receiving more oxygen than it is using.

GOOD WARM UP



NO WARM UP



II. LIMITS FOR INTERVAL TRAINING

If you're completing an interval workout and **if you want to push yourself to your maximum** (until failure), we recommend continuing the interval until you reach the red zone AND your MuscleOx % stabilizes.

If you want to fully recover before starting your next interval, make sure you wait for the blue zone to turn back to green and the MuscleOx % to stabilize!

MAX INTERVAL



NORMAL INTERVAL



III. LIMITS FOR ENDURANCE TRAINING

If you're training to maximize your endurance capability, **make sure you do not reach the red zone.** If you see red appearing on your app or watch, it is time for you to dial back as you are currently training beyond your long term sustainable intensity.

Please keep in mind that the red zone is completely personalized to you and might slightly change day to day based on the current physiology of your body including the impact external factors have on it.

IV. RECOVERY

You can see early signs of over training if one of the following things happen. If any of these things happen, you might **consider an easy workout tomorrow** or a recovery day.



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MAKE LIMITS LIMITLESS

