

How Exercise Works

1



Stimulus

“THE WORKOUT”

- Provides a stress on the body
- This stress is damaging (catabolic)

Mechanical
Tension

Muscle
Damage

Metabolic
Stress

Organism

“You”

- Your body responds to the stimulus
- The response is to repair the damage from the stimulus (anabolic)



2

Sleep

Nutrition

Relaxation

Adaptation

“THE RESULTS”

- Improved body composition
- Increased strength
- Better resistance to injury
- Enhanced bone density
- Improved tendon and ligament resilience
- Enhanced metabolic health / conditioning
- Balances and improves hormones

3



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