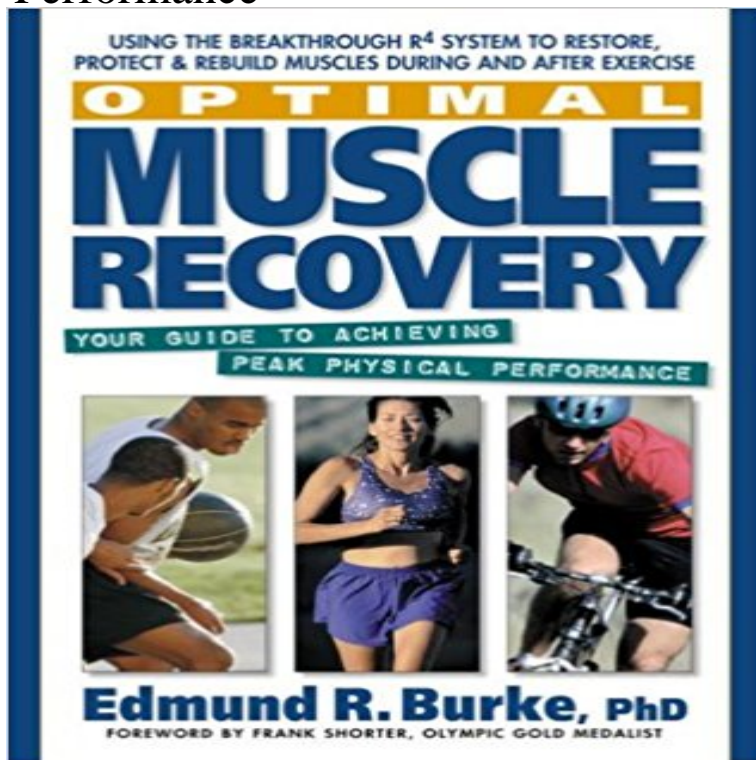


# Optimal Muscle Recovery: Your Guide to Achieving Peak Physical Performance



One of the most significant aspects of training takes place after the workout is over. A sports medicine expert shows readers how to give their muscles the right postexercise nutrients and antioxidants for optimal performance, muscle repair, and protection from future damage and soreness.

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