

Top 5 Supplements for Women Who Lift



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Top 5 Supplements for Women Who Lift

There are countless supplements on the market and knowing which ones are the best to help your training can be very confusing to say the least.

I have over 20 years experience in the supplement and training industry and when it comes to supplements I have seen it all.

Something you can't go wrong with are basic supplements that are proven to work.

Just like training there will always be fancy shiny new objects that can distract you from the benefits of basics, the same thing applies to supplements. Basics work.

On our Women Who Lift Weights Facebook Page when I posted about supplements I couldn't believe the response and questions so we decided to create this list to help you.

Remember when it comes to supplements it's important to have a foundation of nutrition and training. Supplements are just that, supplements.

They will help a lot but the basic foundation of training and nutrition are the most important.

When it comes to supplements these 5 supplements are guaranteed to help you.

Keep me posted and any questions you have let me know ok, we are here to help.

Stay strong and keep lifting heavy weights.

Cheers.

Coach Rob

P. S. If you are looking for a great place to get your supplements online go [HERE](#).

Top 5 Supplements for Women Who Lift

1. Protein Powder

We've all heard of protein powder but what exactly is it?

Protein assists with fat loss and muscle building, repair, and maintenance. It is needed for growth, reproduction and healing as well as supporting a healthy immune system. Protein also helps to keep us satisfied for longer after a meal. There are several different types:

- Whey Protein
- Casein Protein
- Soy Protein
- Pean Protein
- Beef Protein

When looking at protein powders, choose which one works for you. I like a whey protein that is lactose and gluten free because I don't feel bloated like I have with some of the other ones. You should also look at the label. A good protein powder should have between 120-150 calories per scoop, less than 5 grams of fat, under 10 grams of carbs and between 25-30 grams of protein. If you are a hard gainer or trying to gain, then you can go with one that has higher carbs and calories

Why should women take protein powder?

- Many women stray away from consuming enough protein for maximum results. It's hard to eat enough food to reach your protein intake requirements.
- Protein stabilizes energy levels and helps you feel full longer. If you're constantly ravenous throughout the day, you're probably not eating enough protein at every meal. Protein takes longer to break down and digest. This slow digestion time means you'll stay fuller longer and keep hunger at bay.
- Protein helps prevent muscle loss. You work hard for muscle and you want to do everything you can to keep it. If you lower your calorie intake too low, your body will use your muscle as an energy source. Protein helps prevent this from happening.
- It also helps fight cravings for sweets and other sugary foods.



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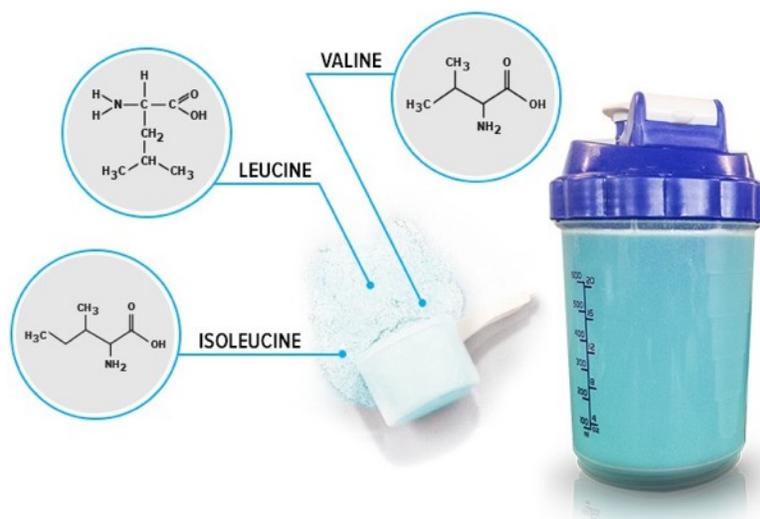
2. Branched Chain Amino Acids (BCAAs)

What are BCAAS?

Amino acids are the building blocks of protein. Of these, nine are considered essential. Essential amino acids therefore are ones we cannot survive without. Of the essential amino acids, three account for as much as 33% of muscle tissue – leucine, isoleucine, and valine.

Why should women take BCAAs?

- Build more lean muscle. Lean muscle will increase metabolism and help with fat loss. As muscles are worked and used during training, they are broken down and need to be repaired. This muscle-building process is improved by consuming BCAAs.
- Decreases muscle soreness. Consuming BCAAs before and after training will help reduce muscle soreness. You'll still be a little sore but it will not be as intense or last as long.
- It has been shown to help improve glucose uptake and insulin sensitivity.
- Enhances endurance performance, allowing you to train longer and reduces muscle fatigue.



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3. Fish Oil

What are fish oils?

Fish oil is oil derived from the tissues of oily fish, which contains the essential fatty acids EPA and DHA. The benefits of these healthy fats are numerous but here's a few.

Why should women take fish oils?

- Insulin sensitivity improves and metabolic rate is enhanced. Insulin regulates blood sugar use, either storing it as fat or using it to replenish muscles. Improving sensitivity means more getting used and less stored.
- Increases protein synthesis and helps preserve muscle mass.
- Lowers cortisol levels. Cortisol causes women to carry more weight around their mid-sections. By lowering cortisol levels, it will help lower fat storage.
- It protects the heart. It has been shown to lower triglycerides, which leads to less inflammation in the arteries. It also lowers heart rate and blood pressure.
- Fish oils are an anti-inflammatory. They will help reduce inflammation of the joints and improve digestion.
- Healthy hair and skin. As an added bonus, it helps reduce blemishes, improve your nails and cause your hair to be shinier and smoother.



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4. Creatine

What is creatine?

Creatine is a nitrogenous organic acid that occurs naturally in vertebrates and helps to supply energy to all cells in the body, primarily muscle. Creatine is also found in small quantities in your diet from some protein foods, primarily red meats (beef, lamb, pork) and fish. It's just not enough for those trying to build more muscle and increase strength

Why should women take creatine?

- It enhances strength.
- Increases muscle mass, and more muscle you carry, the more calories you burn at rest.
- Increased workout intensity, leading to improved performance
- Reduces fatigue
- Improved recovery



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5. Zinc and Magnesium (ZMA)

What is ZMA?

ZMA is a synergistic blend of two minerals, zinc and magnesium, and a vitamin, Vitamin B-6 or pyridoxine. Studies show that about 70% of the population are deficient in zinc and about 40% are deficient in magnesium.

Why should women take ZMA?

- Helps with hormone regulation. It boosts testosterone and yes as a female, a lack of testosterone can lead to feeling tired and lethargic. Low testosterone will also lead to less lean muscle and more fat.
- Improved sleep, leading to reduction in tiredness and fatigue
- Critical for protein synthesis. This will allow for strength gains and improved performance.
- Supports immunity
- Improved recovery

