

Streak
0 Days



Daily tracking

 Nap

0
min

0% is your goal

 Sleep

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0% is your goal

Nap



0 min

Daily sleep min...

0 %

Average quality

0 day

For nap

Sleep



0 hours

Daily sleep min...

0 %

Average quality

0 day

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The book challenges the common focus on training intensity alone advocating for a balanced approach that prioritizes the body's natural restorative processes. The book's approach synthesizes data from exercise physiology, sleep science, and sports nutrition to provide an evidence-based guide for athletes and fitness enthusiasts. For example, understanding sleep architecture and circadian rhythms along with macronutrient timing and anti-inflammatory foods can significantly accelerate muscle repair and reduce oxidative stress. The guide progresses from core concepts of muscle physiology to individual sections on sleep, nutrition, and stretching, culminating in practical recovery protocols tailored for different training intensities.

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web the connection will be made with gusset plates of finnish birch plywood with a thickness of 12 mm the gusset plate has a clear coverage of 250 mm in the rafters and 100 mm in the post figure 1 the face grain is horizontal to the connection figure 1 members to be connected the fasteners that will be used are nails with a tensile strength

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web jun 28 2018 the plywood or osb thickness will be 3 8 7 16 15 32 19 32 23 32 giving this even more thought it would seem that certain gusset thicknesses and nail combinations would not be optimal if the possibility for clinching and double shear is not possible

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