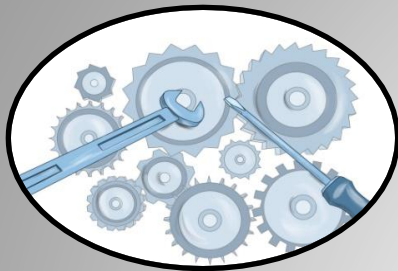


# CEI 4 "R" PENTRU RECUPERARE



## REPAIR

Tesutul muscular cu proteina de calitate si aminoacizi(animala/vegetala)

0.3 gr per kg proteina

Ex 70kg=21 gr proteina(dupa antrenament)



## RESTORE

Glicogen-carbohidrati de calitate

0.6 gr per kg

Ex 70 kg =42 gr carbohidrati(dupa antrenament)



## REPLACE

-Lichide pierdute si electroliti

Pentru fiecare kg pierdut consuma intre 1.5-2.0 L de lichide



## RECHARGE

-Vitamine/minerale/fitonutrienti

Fructe/legume(cat mai colorat/curcubeu)

# DEPOZIT VS RETRAGERE



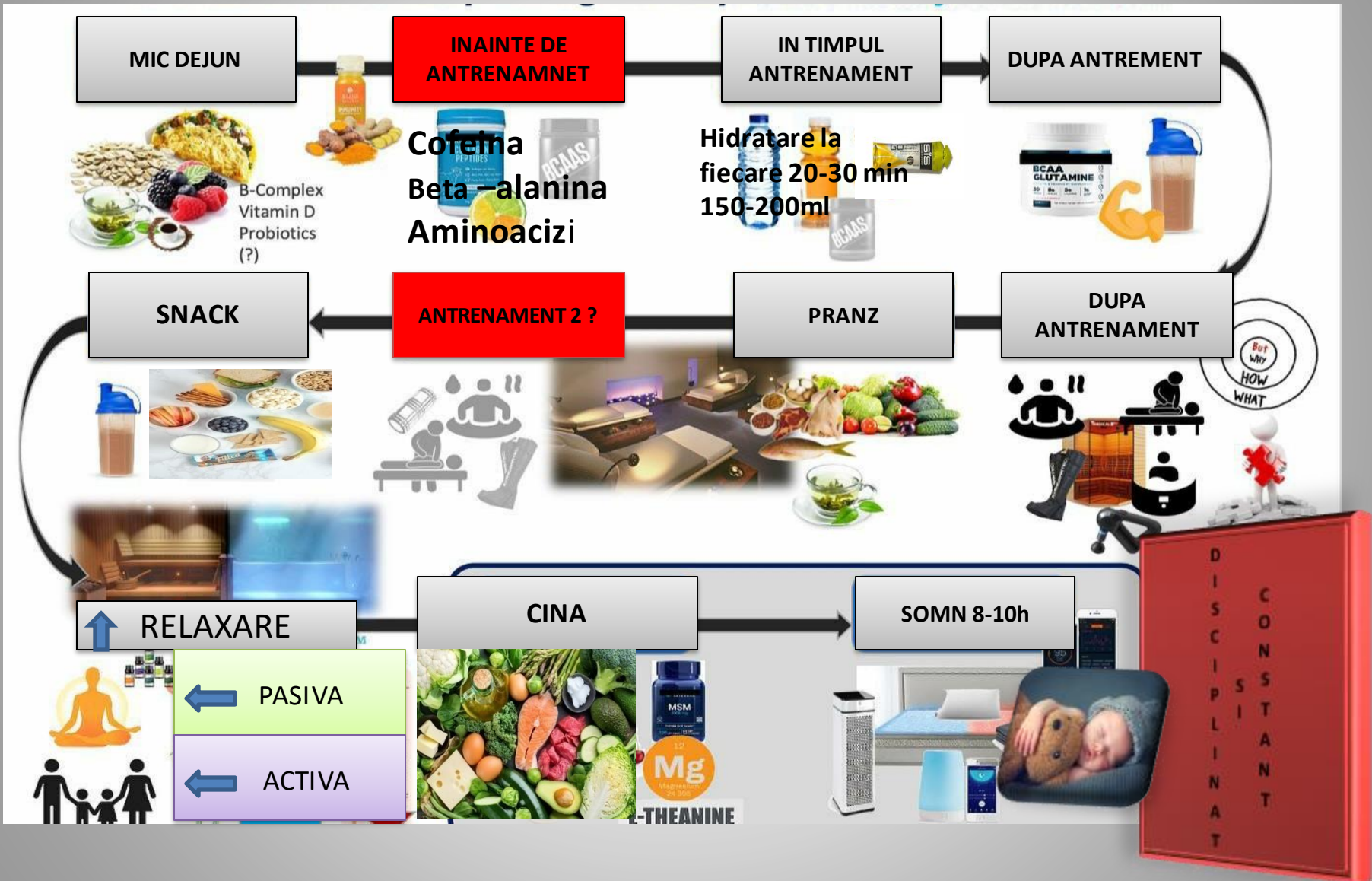
**NU POTI DEPUNE MONEZI SI  
SA RETRAGI BANCNOTE!!**



**SOMN  
NUTRITIE  
HIDRATARE  
RECUPERARE**

**STRES  
OBOSEALA  
ANTRENAMENT  
JOCURI**

# RECUPERARE IN TIMPUL ZILEI







**SUCCESS=ANTRENAMENT+RECUPERARE**



**100**  
ANI DE  
**HANDBAL**



**STEFAN CIUNTU**