

## MUSCLE SORENESS – EVERYTHING YOU NEED TO KNOW

OK so something that happens to most of us after training...

Muscle soreness and navigating your way around the toilet seat...ouch!!

What is it? why does it happen? what can we do to recover from it?

Muscle soreness or stiffness after exercise is very common.

Often called **DOMS** or **Delayed Onset of Muscular Soreness** because the soreness tends to peak around 48 hours after your workout.

Muscle soreness **differs from one person to the next** depending on many factors including the type of exercises performed, experience with the movement, intensity, duration and genetics.

Muscle soreness is **NOT a sign that the workout was effective** or that you will grow more muscle so you should not feel alarmed if after a while you no longer feel sore following a workout.



### **What is Delayed Onset of Muscle Soreness?**

Most researchers seem to agree that DOMS are the result of an inflammation caused by microscopic tears or muscle strains in the body's tissue. So when you train you tear the muscles.

So as you exercise and subject your tissue to **excessive or unfamiliar movements** tissue is traumatised and this results in a soreness as the tissue heals.

Exercises that produce DOMS

It has been believed that it's the **eccentric, or muscle lengthening, part of any movement** that tends to cause the most amount of muscle soreness.

**Although most exercises have the potential to cause DOMS here's a list of some of the most common culprits:**

1. **Lunges** due to the deceleration, especially forward lunges
2. **Kettlebell Swings** due to the weight absorption at the bottom part of the swing
3. **Single Leg Deadlifts** caused by the slow lengthening of the hamstrings under load
4. **Ab Roll Outs** due to the lengthening of the Abdominals as you near the floor
5. **Pull Ups** if you lower your body to the floor from the top position slowly
6. **Downhill running** due to the hamstrings working hard as your natural brakes
7. **Jumping exercises** that require the body to absorb impact from the ground



### **How to Recover Quicker from Muscle Soreness**

If you are suffering with delayed onset of muscle soreness then general mobility will make them feel less sore, often a light workout, walking, light cycling, or light rowing will help but you must avoid intense workouts of the type that caused the problem in the first place.

So, by taking an active rest day you can still do some kind of movement that's quite light or easy day.

Read HOW TO TAKE AN ACTIVE REST DAY here:

<https://bit.ly/3t2JOSZ>

Just remember your muscles need to repair so don't feel guilty about taking the odd rest day here and there.

Finally

DOMS shouldn't **occur during your workout or in your joints** and should realistically be easing off after 48 – 72 hours.

Make sure you are drinking plenty of water and eating nutritious food so that you can help fuel those muscles and help them recover a little quicker.

Once your muscles have repaired, they will be stronger and ready for the next bout of training.

There you have it, a little bit of a low down on muscle soreness.

I hope you have taken something away from this.



Any questions email me at:

[thecoach@kebofit.com](mailto:thecoach@kebofit.com)

For more lifestyle changing knowledge bombs:

<https://www.kebofit.com/profile/jasonbrownliecoach/365-main-menu>