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## WORKOUT INTENSITY

You must decide whether your workout is a Strength workout, (less reps, higher weight with 2 minute breaks between movements) or a Cardio and Endurance Workout (more reps, more movements, less weight with no breaks between movements). You can adjust these workouts as you see fit and vary them as you like.

## SUPPLEMENTS

It is recommended that you introduce some supplements to your pre and post workout routine. Rynopower.com will help you identify what areas you can improve with supplements. By following the suggested use on Rynopower.com and also in the Nutrition Section of Rynopowergym.com, you will feel a boost in your intensity during the workout and you will recover much faster when done.