

# SEX RECOVERY

## Optimized recovery time based on your gender

In your effort to get as strong and powerful as possible, you have a lot of variables to consider. Sure, there is the overall approach to your strength training, but you also need to consider how many reps to do per set, how many sets to do, how much rest to take between sets and what to do during those rest periods (see [BETWEEN-SET STRETCHING](#) for more), how to manipulate those variables over time, how much rest to take between training sessions (see [MASSAGING THE TRUTH](#) for the latest details), etc. There is this notion out there, probably coming from the body-building world, that you should give a muscle group 72 hours' rest before hitting it again. This is, indeed, an important consideration, for science has established that inappropriate recovery time between training sessions—either not enough or too much—can impair your maximal strength development. But how might the amount of time you need to rest between training sessions differ based on your gender? The differences are beyond startling; this research review is definitely not a “woman only” proposition.



**Being fatigue resistant to training affects your decisions as to how much recovery time you need between training sessions. And women fare better than men.**

### Original Research

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**Power Key:** bench press, strength, recovery, gender