

Home > Training > Find A Plan > Big Man on Campus > **Week 1**

STEVE COOK'S ///12-WEEK COLLEGE TRAINER

BIG MAN

STORE

TRAINING

ARTICLES & VIDEOS

COMMUNITY

Search

Log In/Join

DAY 6: REST

Powered By

UN

FIND A PLAN

- FREAKMODE
- PH3
- DUEL
- PEAK WEEK
- 30 DAY BEGINNER
- KRIS GETHIN 12 WEEK
- LIVEFIT
- SHORTCUT-TO-SIZE
- SHORTCUT-TO-SHRED
- JAY CUTLER
- LEAN BODY TRAINER
- ARNOLD'S BLUEPRINT
- BIG MAN ON CAMPUS
- Listen to the Iron
- Nutrition 101

Big Man On Campus Week 1, Day 6

By [Contributing Writer](#)
Last updated: Oct 07, 2015

226
SHARES

Rest is essential for maximum muscle growth. Get the most from your rest days with these essential tips.

Quick Navigation

Jump To A Page

[back](#) | [Main](#) | [Next](#)

Muscle growth requires adequate rest. To become the biggest man on campus, you need to treat your rest days as seriously as your training days. Lifting actually damages muscle tissue; only with proper rest and recovery does muscle grow.

Quality rest isn't watching movies, swilling soda and cramming potato chips. Check these seven essential tips to get the best from your rest days.

1

EAT

Don't turn your rest days into cheat days. You need to ingest quality fuel to build quality muscle. Give your body every opportunity to grow by sticking to clean, nutrient-dense food sources.

COMMUNITY ACTIVITY

[View /](#)

- Supplements 101
- Goal Setting 101
- Time Management 101
- Lifestyle 101
- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Week 9
- Week 10
- Week 11
- Week 12

- DTP TRAINER
- GET SWOLE
- KRIS GETHIN MUSCLE BUILDING
- Y3T TRAINER
- MFT28
- PROJECT MASS
- REWIRED
- ELITE BODY TRAINER
- BIZZY DIET TRAINER
- BLOOD AND GUTS TRAINER
- BUILT BY SCIENCE
- 30 DAYS OUT
- 7 DAY BEGINNER TRAINER
- POWER BODYBUILDING
- ARNOLD'S BLUEPRINT TO CUT
- AMP
- 365 CIRCUIT TRAINER
- CHISELED
- SQUAT EVERY DAY
- CLUTCH CUT

Junk food may be convenient, but it won't boost your gains. It may even derail them. One [cheat meal](#) per week may help you stick to the nutrition plan, but I'd save it for a training day.



Don't turn your rest days into cheat days. You need to ingest quality fuel to build quality muscle. Have your cheat meal after a workout, when your muscles are hungry for nutrients.

2

SLEEP

[Sleep](#) is essential for muscle growth. It's the time when your body's growth hormone release peaks. It's also a key time for muscle repair and growth.

Take your rest days seriously: Use the extra time to schedule extra sleep! You've been working your butt off in the gym, so make sure you allow your muscles to recover. No recovery means no growth!

3

GO PLAY!

A low-intensity cardio session can help you recover from a lifting session. Take a walk around campus, play some Frisbee golf, or go play a light game of pick-up ball.

Low-intensity cardio will loosen your muscles, move nutrients to damaged tissue, speed your recovery and help you maintain a solid level of cardiovascular fitness. Rest-day cardio should be fun, not taxing.

4


STRETCHING

In the process of recovering from cumulative training damage, your muscles tend to shorten. You can easily tell which bodybuilders don't work on their flexibility—their muscles are tight and stiff, which hampers athleticism.

Take your body through the following light stretching routine, holding each stretch for at least 30 seconds.

CREATE A FREE ACCOUNT

PROVEN TO HELP YOU REACH YOUR GOALS FASTER THAN EVER.



SIGN UP

[HELLRAISER TRAINING](#)[BILL PHILLIPS BACK TO FIT](#)[JNLS ON THE GO TRAINER](#)[NFL COMBINE TRAINER](#)[JAMIE EASON POST-PREGNANCY](#)[TRUE MUSCLE](#)[CLUTCH LIFE](#)[12-WEEK DAILY BULKING TRAINER](#)

Take your body through the following light stretching routine, holding each stretch for at least 30 seconds.

Stretching 

1

[Kneeling Hip Flexor](#)

30 seconds



2

[Intermediate Groin Stretch](#)

30 seconds



3

[Ankle On The Knee](#)

30 seconds



4

Chest And Front Of Shoulder Stretch

30 seconds



5

Front Leg Raises

30 seconds



6

World's Greatest Stretch

30 Seconds



5

YOGA

Don't want to stretch alone? Turn over a new leaf and try [yoga](#). Current research suggests that yoga may reduce back pain, reduce stress and anxiety, lower [heart rate](#) and blood pressure, and help relieve insomnia.

Yoga is also great for increasing strength and flexibility. Of course, this is a rest day, so don't burn yourself out in a hot yoga class.



6

FOAM ROLLING

A [foam roll](#) (or other device/massage) applies force to a tightened muscle, activating certain receptors that will cause it to relax. Adhesions that are gluing together your muscle fibers are broken, accelerating muscle recovery.

After you stretch or hit a yoga class, perform the following soft-tissue routine. Make sure to hit each exercise for at least 30 seconds.

Foam Rolling 

1

Adductor

30 seconds



2

Quadriceps-SMR

30 seconds



3

Iliotibial Tract-SMR

30 seconds



4

Rhomboids-SMR

30 seconds



7

STUDY GROUP

Big Man on Campus is about balance and time management. If you want to be a successful student, you need to put in the work. Spend some time on rest days paying special attention to your schoolwork. Join a study group for extra homework help, motivation and socialization.



Big Man on Campus is about balance and time management.



[Big Man On Campus Beginner Stack](#)

Your Get-Big Foundation! Build more muscle with these building blocks!

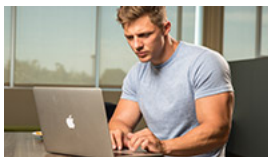
[GO NOW!](#)

[back](#) | [Main](#) | [Next](#)

RECOMMENDED FOR YOU

[View All Training Articles](#)

ABOUT THE AUTHOR



Contributing Writer

Bodybuilding.com's authors include many of the top coaches, nutritionists, and physique athletes in the world today.

[View All Articles By This Author](#)

33

193

RATE THIS ARTICLE

POOR

EXCELLENT

Out of 10
Ratings



We were unable to retrieve comments. Refreshing the page may fix this issue.

CORE VALUE #1: ALWAYS BE TRUTHFUL AND HONEST IN EVERY ASPECT OF BUSINESS.

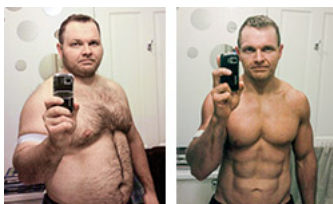
NEED HELP?

Email Support
Live Chat
Gift Certificates
Payment Methods

ORDERS & SHIPPING

Order History
Returns/Exchanges
US Shipping
International Shipping

REAL PEOPLE. REAL RESULTS.



Spencer was an active guy until stress and physical complacency got the better of him. He committed to change, made a plan, and lost 100 pounds in one year! [Read more](#)

JOIN OUR NEWSLETTER

Be the first to receive exciting news, features, and special offers from Bodybuilding.com!

CONNECT WITH US

HOW CAN WE BE BETTER?

SHOP WITH CONFIDENCE

WE ARE BODYBUILDING.COM

YOUR TRANSFORMATION IS OUR PASSION. WE ARE YOUR PERSONAL TRAINER, YOUR NUTRITIONIST, YOUR SUPPLEMENT EXPERT, YOUR LIFTING PARTNER, YOUR SUPPORT GROUP. WE PROVIDE THE TECHNOLOGY, TOOLS, AND PRODUCTS YOU NEED TO BURN FAT, BUILD MUSCLE, AND BECOME YOUR BEST SELF.

[Careers](#)

[Terms of Use](#)

[About Us](#)

[Site Map](#)

[Advertise With Us](#)

[Affiliates](#)

© 2015 Bodybuilding.com, LLC. All rights reserved. Bodybuilding.com[™] and BodySpace[®] are trademarks of Bodybuilding.com, LLC.

© Bodybuilding.com, 5777 N. Meeker Ave. Boise ID 83713 USA - 1-866-236-8417