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What are you trying to do for fitness?

The Best Time of Day to Workout

A look at time of day and effect on strength gains

Does time of day have an effect on strength gains? When is the best time to work out? Take a look at gyms all across the country and you will see individuals working out at all sorts of times throughout the day with spikes in attendance in the morning and afternoon – but who is really getting the most out of their workout.

While this subject has been looked at significantly in the past on when peak power production is highest (which most often was in the late afternoon), but not as much in reference to strength development and building of muscle. As a result, a recent study by Milan Et al. looked at this very subject. In the study individuals were assigned randomly to either a control group who did not work out, morning workout group or an afternoon workout group. The workout groups all performed the same workouts regardless of workout times and both made significant increases in strength compared to the control group.

But which workout group gained more?

It was found that the gains by each group were not significantly different. As a result, it was found that training in either the morning or afternoon can be equally efficient when aiming at increasing muscle strength and size.

The biggest factor in this study that effected muscle strength and size gains was adherence or consistency in which the workouts were performed. Numerous studies have shown that consistent workouts are much more effective at eliciting results than erratic ones. As a result, no matter what time you choose, just find a time that works for you. And only you can be the true determinant of whether the morning or afternoon will be the best workout time for you.