

# How to Know If You Need a Rest Day | Dr. Andy Galpin & Dr. Andrew Huberman

<https://silosolo.com/377677>

## Summary

This video discusses the importance of considering systemic damage and recovery in the context of hypertrophy training. The video explains how to determine if the body needs rest or exercise by assessing muscle soreness and using biomarkers from blood tests. It highlights markers such as creatine kinase, LDH, myoglobin, AST, and ALT that can indicate excessive muscle damage. Additionally, the video mentions other factors to consider for recovery, including sleep patterns, heart rate variability, and motivation levels. It also suggests adjusting volume during recovery by reducing intensity, modifying range of motion, using machines, and maintaining a lower relative perceived exertion.

## Silo sample questions

- Why is it important to consider systemic damage and recovery?
- How can you determine if your body needs rest or exercise?
- What markers can indicate excessive muscle damage?
- What are some other factors to consider for recovery?
- How can volume be adjusted during recovery?

## Topics

systemic damage

recovery

hypertrophy

muscle soreness

biomarkers

## Key Takeaways

- Considering systemic damage and recovery is important to prevent excessive damage or injury to the muscles and to properly stimulate hypertrophy.
- To determine if your body needs rest or exercise, you can consider the level of soreness (using a scale of 1-10) in the muscles and the presence of certain biomarkers in the blood.
- Markers such as creatine kinase, LDH, myoglobin, AST, and ALT can indicate excessive muscle damage.
- Other factors to consider for recovery include sleep patterns, heart rate variability, and motivation levels.
- During recovery, volume can be adjusted by reducing intensity, modifying range of motion, using machines instead of free weights, and maintaining a lower relative perceived exertion.

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