

# A Simple Test for Gauging Recovery & Workout “Readiness” | Jeff Cavaliere & Dr. Andrew Huberman

<https://silosolo.com/899299>

## Summary

The video discusses the challenges of assessing muscle recovery and how to determine when a muscle is ready to be challenged again. It highlights that muscles recover at different rates and the recovery schedule should be determined on an individual basis. Muscle soreness is one tool that can be used to assess local level recovery. Resting heart rate, core temperature, and grip strength can be indicators of recovery at the systemic level. Grip strength, in particular, is highly correlated with performance and recovery. A physical scale, similar to an old-fashioned bathroom scale, can be used to measure grip strength and assess recovery and cognitive function.

## Silo sample questions

- How do you know when a muscle is ready to be challenged?
- How can you assess recovery at the local level (muscles)?
- How can you assess recovery at the systemic level (nervous system)?
- What tool can be used to assess recovery and cognitive function?
- What is the variability in recovery between different muscle groups?

## Topics

Muscle recovery

Assessing recovery

Muscle soreness

Systemic recovery

Grip strength

## Key Takeaways

- Muscles recover at different rates, and there is no one-size-fits-all answer. The recovery schedule of a muscle should be determined on an individual basis. Muscle soreness can be used as a guideline, but it is not definitive.
- Muscle soreness is one tool that can be used to assess recovery at the local level. However, there are no precise non-invasive methods to measure muscle recovery internally.
- Resting heart rate, core temperature, and grip strength can be indicators of recovery at the systemic level. Grip strength is particularly correlated with performance and recovery.
- A physical scale, similar to an old-fashioned bathroom scale, can be used to measure grip strength and provide an indication of recovery. This tool is also used for assessing cognitive decline and function in people with Alzheimer's and dementia.
- Different muscle groups recover at different rates. The recovery rate of a specific muscle can vary from person to person and over time.

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