

# Benefits of Sauna After Workout

By [Martin Reaker](#) on December 12, 2009 | From [saunaabc.com](#)

We have been asked a lot, what are the main benefits of going to a sauna after working out?

We'll its simple really:

Scientific research has shown that regular use of the sauna many non-specific training effects caused very positive impact on the physical condition. For the athlete, the next sauna effects of importance:

**The myocardium**

The heart muscle during the stay in the sauna cabin trained under optimal conditions which strengthen the heart muscle and cause an increase in stroke volume. Here arises a sports center and thus indirectly increasing the aerobic capacity.

**The blood vessels**

Regular sauna baths trains the smallest ramifications of the vascular system more responsive to heat stimuli through which the capillaries, both in the skin into the muscle tissue, faster delivery and transport of blood can occur. This means an increase in both aerobic and anaerobic capacity.

**The skin**

Under the influence of heat and cold stimuli of the sauna, the skin is practiced in the accelerated opening and closing of the sweat glands and capillaries. This means that excess heat quickly through the skin to the environment can be issued and that waste and excess fluid through the zweetsecretie easily be removed. The improvement in body heat regulation will also be less likely to become hypothermic.

**Increase in muscle size**

Due to the improved blood flow to the muscles in the sauna creates creates a sharp increase in the number of muscle fibers, measured as an increase of 4-5% in the size of the muscle bundles. Indirect (after weight training) can increase muscle size again lead to an increase in strength and speed factors.

**Positive impact on coordination and agility**

The increased activity of the central nervous system in the sauna-bathing quickly regulate the various heat and cold stimuli should react to enter a training effect which also include the coordination and agility factors favorably affected.

**Acceleration of metabolic processes**

In the sauna-bathing might result from the temperature increase is an acceleration in the completion of metabolic processes. Burning fat deposits are removed from the muscles to make room for newly-formed muscle cells. It is far released excess fluid drained. Combined with a sensible diet, it is possible that way after a rest soon the ideal training weight back.

**Increasing resistance to infectious diseases**

As a result of the temporary temperature increases the body in the sauna goes into the blood creates an

increased concentration of antibodies that provide good protection against the occurrence of infectious diseases.

*In this way, the sauna contributes to security in the settlement of training and schedules are optimal for the guarantees in top condition to participate in the contest happen. Given the persistence of a sauna bath there is always a minimum period of one days and one night last taken to lie between the sauna bath and a big game.*

The properly applied sauna bath is a highly recommended training method for key functions of the human body to reactivate. Regular sauna baths to take the adaptability of circulation, its vascular system and increases zweetsecretie through the nervous system and regulation of reflex responses practiced. In this way, a mild sauna initial training for those who are not as long physically active and then suddenly decide you want something to do with sport.

So these are the main ways you can benefit from sauna after working out.