





HOW TO CHOOSE WEED FOR YOUR WORKOUT

Presented by **STONED&TONE** and *HempSley*.

1 CHOOSE A WAY TO CONSUME YOUR CANNABIS

When deciding what product is best for your specific wants and needs, **compare onset times and length and type of effects.**

METHOD	ONSET TIME	LENGTH OF FX	FULL BODY / TARGETED
 INHALANT	0-5 min	2-4 hrs	Full Body
 SUBLINGUAL	5-15 min	2-4 hrs	Full Body
 EDIBLE	30-120 min	4-7 hrs	Full Body
 TOPICAL	0-60 min	0-8 hrs	Targeted

2 CONSIDER A CBD:THC RATIO

Cannabinoids like THC & CBD determine how “high” you feel.







THC can create a high, CBD won't. **Chances are your perfect product will have some of both** — and only you can figure out the best ratio for yourself.

More High ← ————— Mild High ————— → Less High

THC-DOMINANT (TYPE 1)	BALANCED CBD:THC (TYPE 2)	CBD-DOMINANT (TYPE 3)
A great choice if you're looking to break down mental barriers or get lost in the flow of your workout.	A great choice if your ECS needs a boost of THC but you want to stay grounded while you work out.	A great choice if you need to stay mentally sharp for heavy weight or high intensity workouts.

3 FOLLOW YOUR NOSE TO YOUR FAVORITE TERPENES

If you've decided to inhale your cannabis, the final step in choosing the best weed for your workout is finding the perfect mix of terpenes. Terpenes are the compound that give plants their smell and flavor. They are responsible for many of the therapeutic benefits of herbs, and when it comes to the cannabis plant, **terpenes play a big role in the specific effects of each different strain.**

TERPENE	AROMA	GOOD FOR
 LIMONENE	citrus, tangy, sweet	digestion, anxiety, heartburn, depression, mood
 PINENE	pine, woody, sharp	alertness, memory retention, asthma, anxiety
 TERPINOLENE	sharp, diesel, fresh	anxiety, focus, energy, relaxation, sleep
 LINALOOL	floral, sweet, citrus	sleep, relaxation, anxiety, depression
 MYRCENE	earthy, musky, fruity	pain, relaxation, muscle tension, depression
 CARYOPHYLLENE	spicy, peppery, woody	anxiety, depression, inflammation, relaxation

Not sure where to start? Just remember that your nose knows! When choosing a strain, sniff a few. If it smells good to you, you'll likely have a positive experience. If it smells bad, you probably won't like its effects.

How much weed do I need?

For most people, .25g of flower is plenty. Try taking a hit then waiting 5-10 minutes to tune into how you feel before taking another.

 **.25G FLOWER =**
 **1/4 JOINT =**
 **1-2 VAPE HITS**

STAY SAFE

Get the most out of your Stoned + Toned Sesh

BEWARE OF DIZZINESS

Cannabis can cause slight drops in blood pressure, which can lead to dizziness. Be extra careful during workouts when you're moving from sitting to standing or making other fast changes to your posture, like burpees. Remember to pay attention to your body and take breaks as needed.

DRINK EXTRA WATER

THC can cause dry mouth by inhibiting the production of saliva. This is different from being dehydrated, but it can nonetheless be uncomfortable — especially when you're working out. Keep extra water nearby to help quench your thirst.

START LOW + GO SLOW

Remember that you can always take more, but you can't go back! When trying any new product, start with a microdose and slowly increase until you feel the desired effects. For edibles and tinctures, a microdose is 2.5-5mg THC.

LEARN MORE AT [STONEDANDTONE.COM/INFO](https://stonedandtoned.com/info)