

SPECIFICS ON SUPPLEMENT BREAKDOWN

“More of the same usually just gives you more of the same.”

Include in your pattern of thought and action supplements that will assist in your move from normal performance to peak performance.

PROTEIN

Protein	What is it?	Protein consumption	Supplements	Apply
Cornerstone of weight training. Muscles need protein to repair, rebuild and grow!	Complex nitrogen-containing compound. Made up of amino acids and essential for muscle growth and repair.	Should equate to roughly 1.2 to 1.8 grams of protein per pound of bodyweight	Protein and meal supplements available in powders, bars, and ready-to-drink shakes.	<p>_____ lbs current lean body mass</p> <p>_____ Lbs DLB (desired lean body weight 10 additional lbs is considered reasonable. Once reached, reassess.)</p> <p>x 1.35g protein</p> <p>= _____ grams</p> <p>divided by 5-6 meals</p> <p>= _____ grams per meal</p>

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Not everything that is good for you feels good for you.
Every Day Is The Day
Go Train Hard!