

SUPPLEMENT GUIDE

I will give you my best referral for supplements below but it's up to you to decide what's the best fit for you

Get it Now

PRE WORKOUT:

Favorite pre-workout mix- preferably no/low carb & not high in caffeine or oxide supplements or they will lose effectiveness

Creatine- 2-5 grams split into 2 meals a day

Bcaa's- 10-30 grams divided pre & post-workout! 20 grams is the suggested threshold so start at 10 grams split between pre & post workout meals & increase accordingly (if you're lean & want to gain faster use more)

L-carnitine 800-1000 mg will increase energy production

RECOVERY:

Whey protein .3-6 grams per pound of lean body mass

100-300 mg of R-ALA post-workout to utilize carbs faster

3-10 grams of Glutamine with a post-workout meal to speed up recovery

KEY POINTS:

⚡ If you're training hard, you're going to need 7 1/2- 9 hours of sleep a day & can add 30-minute naps in between (only if you're training HARD) or 7 1/2 will suffice!

⚡ Try to eat 60-70% of your calories around your workouts

Example: 1,200 calories a day you will multiply 1,200 X 70% on a calculator & it equals 840 so divide that by 2 & have two 420 calorie pre & post-workout meals & two 180 OR one 360 calorie meal! READ THIS AGAIN to understand, it's simple math

⚡ if your prime focus is to lose weight, your protein intake should be the highest macro but if your prime focus is to gain muscle then your carb intake should be the highest

EXAMPLE- fat loss is 40% protein, 35% fat & 25% carbs AND for muscle building 40% carbs 35% protein & 25% fats



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