

ATHLETES/TOP PERFORMANCE CONDITION PROTOCOL

Supplementation Regimen:

- Optimal Muscle Rx, 5 capsules before and after workout
- NOS Performance Pak, 1 packet before bed
- Optimal BFF, 2 chewables before workout
- Optimal Opti-T, 2 capsules morning and night



Nutrition Regimen:

- Caloric regimen based on goals
- Eliminate all white flour, fried foods, and carbonated drinks
- Limit added sugar intake to 50g daily
- Consume more raw foods

Exercise Regimen:

- Aerobic High Intensity Interval Training (HIIT): 20 Rounds - 20 seconds full out, 40 seconds off, 5 times per week
- Strength Training: 3 times per week