



FIGHT TO BE FIT

TRAINING PROGRAM

WITH ANDY STERN



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PROGRAM INTRODUCTION



FIGHT TO BE FIT TRAINING PROGRAM

Boxing is an ancient sport that dates back over four thousand years to the ancient Egyptian Empire, as well as to the Minoan and Mycenaean Periods in ancient Greece. It was first introduced to the Olympics in 688 BCE and has been a highly competitive and popular sport ever since. The centuries that followed would show bare-knuckle matches in Britain — also called “prizefights” — and later, in the early 1600s, the title “boxing” was born. Today’s society has come to recognize boxing by the 1976 glorified movies of Rocky Balboa, which showcased a fighter’s journey with massive influential magnitude.

Not only do movies like *Creed*, *Raging Bull*, and *Million Dollar Baby* evoke strong emotions in their viewers, but they also bring out the fighter in us all. We were all born to fight and, in different ways, every single day we wake up and fight the day. We want to conquer our goals in different areas, while other battles have either been won or lost. Often times, ironically, it is our health that can take the backseat on the drive to survive. We must come to realize that it is within each of us to stand up to ourselves and welcome the opportunity to be stronger and more health conscious human beings.

No one becomes a pro overnight, and we all must start somewhere. Andy Stern, the founding trainer from Rumble Boxing in New York City, has created a game plan to help everyone, from professionals to those who are just starting out. Whether you’re someone who has always wanted to box or you’re just looking for a new, intense, and fun way to work out, this personal conditioning system will help you build incredible lean muscle mass and show you how to train like an athlete.

This guide was designed with you in mind. Now, let’s get ready to RUMBLE!

ABOUT ANDY STERN

Andy Stern developed his passion for fitness at an early age and it is this passion that drives him to engineer new ways to help people. Andy feels incredible when he is physically active and he has set out to develop a simplified fitness formula to share with all those living an active lifestyle.

Having graduated from Monmouth University, Andy earned his MBA and went on to work as a brand marketer for Nike Training Club, Orange Theory Fitness, and the New York Road Runners. With all the trials and tribulations that come as an entrepreneur, Andy also suffered the loss of his biggest supporter — his father, who wanted nothing more than to see his son succeed. After numerous accomplishments over the years, including becoming the NPC Men's Physique Champion, an NYC Marathon runner, and four-time Tough Mudder challenger, Andy continues to honour his father's memory with his continued dedication to his industry.

Currently, Andy is the founding trainer and Director of Talent for Rumble Boxing, which has locations in NYC, LA, San Francisco, Washington DC, and Philadelphia. He and his wife, Julia, also helped to create a partner workout for Cyberobics classes in Europe. He hosts an annual Wiffle Ball Tournament, WiffleMania, to raise funds for rare disease research and, since its founding year, he has donated over twenty thousand dollars to the Wobbly Feet Foundation.

Andy has given us a sneak peek into his nutrition, as well as some tips to help guide you in your recovery and enhance your routine for maximum results. He knows firsthand what it is like to run a tight schedule and has found the perfect balance between a busy life and healthy living.

Follow Andy Stern online:



Andrew G Stern



@andrewgstern



@AndrewGStern



PROGRAM SUMMARY

INTRODUCTION

This guide is a five-day full body workout that combines aerobic and anaerobic exercises to get you the best overall results, fast. Based on your level of fitness, you can decide which days to rest completely or take an active recovery break. For a more advanced push, you can perform all five days consecutively and take the last two days of the week to let your body recover.

PROGRAM OVERVIEW | Each day is a 6x10 series that focuses on six body parts, for eight sets of ten reps.

Equipment: Dumbbells, Jump Rope, Treadmill, and Punching Bag.

“Simple by Design,
Challenging by Execution.”
— Andy Stern

WARM UP | Quick warm up for Days 1, 3, and 5

Warm Up	Duration	Sets
BOXING	3 Minutes	5
JUMP ROPE	3 Minutes	5

DAY 1

Muscle Group	Exercise	Reps	Sets
CHEST	CHEST PRESS	10	8
SHOULDERS	OVERHEAD PRESS	10	8
TRICEPS	TRICEP KICKBACKS	10	8
LEGS	SQUATS	10	8
BACK	BENT-OVER DUMBBELL ROWS	10	8

DAY 2 | 30-minute treadmill cardio-interval running

Incline	Speed (MPH)	Duration (Min)
3%	5	2
3%	6	2
3%	7	2
3%	8	2
1%	3*	1
5%	5	2
5%	6	2
5%	7	2
5%	8	2

Incline	Speed (MPH)	Duration (Min)
1%	3*	1
7%	5	2
7%	6	2
7%	7	2
7%	8	2
1%	3*	2
1%	8**	1
1%	3*	1

* Walking Recovery ** Sprint Finish

DAY 2 | 15-minute core workout

Exercise	Reps	Sets
MEDICINE BALL SIT-UPS	10	3
OBLIQUE TWIST	20	3
SCISSOR KICKS	30	3

Exercise	Reps	Sets
BICYCLES	40	3
CLIMBERS	50	3
PLANK	60 seconds	3

DAY 3 | Start with WARM UP (page 6)

Muscle Group	Exercise	Reps	Sets
CHEST	CHEST FLY	10	8
BICEPS	HAMMER CURLS	10	8
SHOULDERS	LATERAL RAISES	10	8
TRICEPS	OVERHEAD TRICEP EXTENSION	10	8
LEGS	FRONT LUNGES	10	8
BACK	RENEGADE ROWS	10	8

DAY 4 | 15-minute core work

Exercise	Reps	Sets
TABLE-TOP CRUNCHES	10	3
V-UP RIGHT TOE TOUCH	10	3
V-UP LEFT TOE TOUCH	10	3
STANDING SIDE BENDS RIGHT	10	3
STANDING SIDE BENDS LEFT	10	3
POWER JACKS	10	3

30-minute treadmill cardio

Treadmill Cardio-Interval running
START WITH A LIGHT JOG (<i>suggested 5mph</i>)
INCREASE .5 MPH EVERY .10 MILES*
<i>*Until you reach your max speed</i>
WALKING RECOVERY 1 MINUTE
REPEAT FOR 30 MINUTES
LOG YOUR DISTANCE

DAY 5 | Start with WARM UP (page 6)

Muscle Group	Exercise	Reps	Sets
CHEST	CLOSE GRIP PRESS	10	8
BICEPS	BALANCE CURLS	10	8
SHOULDERS	FRONT RAISES	10	8
TRICEPS	WEIGHTED DIPS	10	8
LEGS	REVERSE LUNGES	10	8
BACK	REVERSE FLY	10	8

HOW TO: WARM UP



Shadow boxing is described as sparring with an imaginary opponent as a form of training. Visualize your own target in front of you and practice your strikes. There are six basic boxing punches.

1. The left jab is arguably the most important for strategic purposes. This punch should be thrown the most to help you judge the distance of your opponent and keep a safeguard for the right cross.
2. The right cross/straight is thrown following the jab, pivoting with your back foot while turning your body in towards the target. Your left hand should guard your chin.
3. The left hook is typically delivered in combination with the right cross and is meant to catch your opponent off guard.
4. The right hook is followed at a closer range to deliver more force as it travels the shortest distance and, if thrown correctly, carries a lot of power.
5. The left uppercut is performed by dipping at the waist to the left with a raised fist and an upright form. It requires more speed to explode upright with a sharply bent elbow and fist aimed at your opponent's chin. It is a more vulnerable, offensive position.
6. The right uppercut is a reverse of the left uppercut and is also meant to destabilize your opponent. Try to practice these while shadow boxing for your warm ups.

DAY 1



CHEST PRESS

Lie with your back flat on the bench and your feet planted firmly on the floor. Facing upward, with dumbbells in hand at 90-degree angles so that they are parallel to your chest, pull your abdominals in and lower the dumbbells towards your chest. Bring your shoulder blades together and push the weight back up while exhaling your breath. Make sure you do not lock your elbows or allow your shoulder blades to rise from the bench.

TIP: If you have weaker joints or muscles, make sure to limit your ROM (range of motion); don't go as far down or up, and use a weight that isn't too heavy. How can you tell if a weight is too heavy or too light? You should be able to complete a set of ten reps with moderate difficulty, if by the end of the first set you are having difficulty, but not enough to grunt or hold your breath, then this is the ideal weight. If you shake by the end of the first set, lose control of your breaths, or make any strained noises, take it down a notch or two.



DID YOU KNOW?

Keeping a small “micro” bend in the knees while training will prevent enormous pressure from building on the joint. It helps to keep the muscles engaged rather than forcing your knees to take the weight. It also helps the blood to circulate better when the joints remain unlocked. The same applies for the elbows.

OVERHEAD PRESS

While standing, with your glutes and core engaged, raise the chosen weight to chest level. Ensure your wrists are at shoulder height. Next, raise the dumbbells straight above your head towards the ceiling, stopping before your arms have fully extended. Lower the weights back to the starting position.

TRICEP KICKBACKS

Start with a dumbbell in each hand with your palms facing towards your body. Slightly bend your knees, making sure they don't go past your toes. Lean forward at the hips so your torso is almost parallel with the floor. Make sure your spine is straight and your arms are at a 90-degree angle starting position. While keeping everything still, extend your forearms back in to a straight position. After a brief pause in this top contraction, lower the weight back down to the starting 90-degree position.



SQUATS

Stand with your feet a bit wider than hip-width apart and toes facing forward. Drive your hips back into a sitting position. The weight should be in your heels and your knees should not extend past your toes. Rise back up into a standing position while squeezing your glutes as you lift.



Tip: If you're having trouble with your balance while performing a squat, it may be due to an ankle mobility issue. Practice with a folded towel under the heels of your feet to see if this improves your stability.



BENT-OVER DUMBBELL ROW

Grasp a dumbbell in each hand using a neutral grip and stand tall to begin. Separate your feet to shoulder width and bend your knees slightly. Keeping your back straight, hinge forward from your hips about 60 degrees and let your arms hang freely below you. With your body fixed in place, row the weights vertically until your elbows have passed the plane of your back. Hold momentarily then lower back to the start.

DAY 2

THIS ROUTINE CAN BE COMPLETED ON A TREADMILL, OUTDOORS ON A HILL, INDOORS WHILE RUNNING IN PLACE, OR IMPROVISING WITH BOX STEPS, STAIRS, OR SKIPPING.

HIIT, or High Intensity Interval Training, has been a breakthrough for training and conditioning the human body to endure and overcome fatigue. It is in these intervals that our VO₂ Max (oxygen intake) is increased and our stamina is established. It is also a vital part of metabolic burn and assists the body in jump starting a sleepy metabolism. Do you also want more mental clarity? HIIT has been shown to improve our cognitive

function throughout the day. Need a wake-up call? This is the kind of heart-starting stimulus that a coffee may promise, but with all the added benefits.

Choose your rest intervals based on the breaths you are trying to catch. Can you hear yourself taking heavy breaths? If so, rest a few more seconds. The key to successful intervals is in the amount you do after the timely manner in which you recover your breath. If it takes you a minute to catch your breath, use that minute. As you progress, you will need less and less recovery seconds and can fit in more efficient intervals.



MEDICINE BALL SIT-UPS

Hold onto a medicine ball with both hands using a neutral grip at opposite sides of the ball. Lie elongated on the floor on your back, then draw your knees inward by flexing at the knees about 90 degrees. Raise the ball directly above you with arms extended in the plane of your shoulders. Contract (squeeze) your abs to begin the ascent, then raise your torso off the floor until it's about 90 degrees from your thighs. Hold at this peak position briefly then lower using control back to the start.



OBLIQUE TWISTS

Grasp a medicine ball with both hands using a neutral grip and sit on the floor. With back straight, lean backward and raise your feet slightly above the floor. Rotate from your waist to one side, pause, then reverse the direction and rotate to the other side. Continue back and forth in this manner.



ANDY'S CHOICE

SUPPLEMENT SUGGESTION

Get your head in the game! One of the biggest challenges with getting started is taking that first step. The second challenge is finding the stamina to take the second step. Most athletes need a bit of a push with the intensity of their workouts, otherwise, what's the point? Andy suggests Bodylogix® Natural Pre-Workout to help boost those energy levels. Formulated with scientifically studied ingredients to maximize workout performance, it is sure to help boost your concentration and endurance!



Bodylogix® Natural Pre-Workout enhances mental focus while also promoting endurance. It is made with clean, quality ingredients and contains no artificial flavors, colors, or sweeteners. It is also non-GMO and gluten-free. This delicious pink lemonade flavor is a favorite and mixes well with water when you're on the go. Mix a scoop with your beverage of choice. Is it hot outside? Once you've shaken that cup, place it in the freezer for approximately 20 minutes and take it out for one last shake! It should turn into a crisp, tasty slushie to quench your thirst and beat the heat so you can sweat in the gym instead.



BICYCLES

Lie flat on your back with your legs up and bent 90-degrees at the knees. Put your arms behind your head. As you straighten out one leg, bring the opposite shoulder towards the bent knee. Bring the straight leg back to a bend and repeat on the other side.

SCISSOR KICKS

Lie on your back. Place your hands under or beside you. Lift your legs a few inches off the ground to engage your core. Start by lifting one leg up into the air and then switch it with the other one, letting one leg pass the other in a scissor-like motion.



CLIMBERS

Get into a push up position. Bring one knee toward your shoulder and, while lowering it, begin to raise the other knee towards your other shoulder in a jogging motion. Keep your elbows unlocked.



PLANK

Get into a push-up position. Lower yourself onto your elbows. For a modified version, you may begin with your knees on the ground. Keep your back straight and core tight. Hold.

DAY 3



CHEST FLY

With a dumbbell in each hand and parallel to one another, lie face up on a bench with your feet on the ground. With your palms facing forward, hold the weights straight up in the air while squeezing your chest in and maintaining a slight bend in your elbows at all times. Slightly lower the weights down and away from one another, while your arms retract into a 90-degree angle and keeping your elbows in line with your shoulders. Keep squeezing your chest in as you lower all the while keeping your shoulder blades back and firmly on the bench. Maintain a tight core throughout your reps.



HAMMER CURLS

While in standing position, with your core and glutes engaged, hold a dumbbell in each hand at your sides and face your palms towards your torso. Keeping your elbows tucked beside your ribcage, bend at the elbow and raise your forearm towards your face. Lower slowly back into the starting position while exhaling.



Tip: Just like a bicep curl, the only difference in a hammer curl is in the direction your palms are facing. Supination is when your wrists are turned away from your body and facing outwards with your palms up. This is how you perform a bicep curl, whereas a neutral grip with no wrist movement is a hammer curl. Pronation is when the wrist is flipped in the opposite direction, driving the thumb to face the torso and expose the back of your hand.

SUPPLEMENT SUGGESTION

Athletes commonly use protein supplements after an intense workout. It is important that you find the best option for your training machine. The reasons and benefits are many, along with choices of protein to use. However, starting with a protein that is third-party certified by an organization such as NSF ensures that you not only receive the highest quality product, but it is also tested for potency, purity, and accurate label claims. Whether you want to speed up your recovery time, or you require an easy to digest protein, Bodylogix® Natural Isolate provides an ultra-tasty, natural solution that is low in lactose. This quality protein contains 25 g of cold-processed, cross-flow micro and ultra-filtered undenatured complete protein sourced from grass-fed cows.



25 g Complete Protein
5.7 g BCAAs
0 g Sugars
100% of the protein
is from whey

Enjoy with your favorite beverage or cold water. Mix one scoop in a shaker cup or blender with 8 oz of liquid, depending on your taste preferences. Available flavours are Vanilla Bean and Decadent Chocolate. Change up your routine and try them out in a new recipe!

LATERAL RAISES

Stand straight, feet hip width apart with a minor bend at the knees and lean slightly forward. With a dumbbell in each hand, palms facing your torso, raise your arms until they are parallel with the floor and your wrists are at shoulder height. Maintain a minor bend in the arm and make sure you do not fully extend your arms or lock your elbows. Lower your arms back into the starting position.



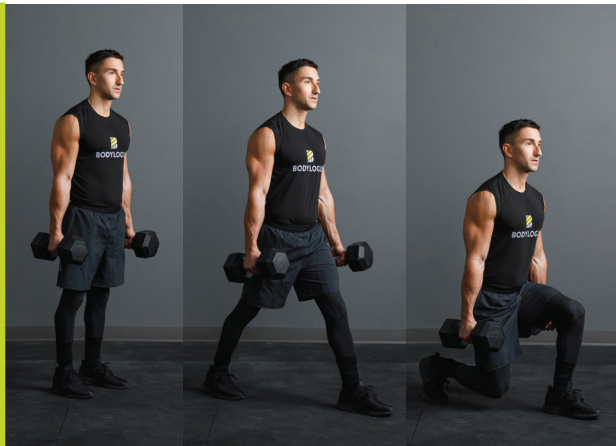
OVERHEAD TRICEP EXTENSION

Sit on a bench and engage your core. With your feet hip width apart and firmly planted, take one dumbbell in both hands and raise it directly above your head with your arms fully extended. Make sure your arms are just behind your ears and not beside them. Keeping your elbows facing up, allow your forearms to go back and lower the weight behind your head, wrists in line with the back of your neck. Now contract your arm muscles while you lift the weight back up and above your head again, with your arms straight and unbent above you.



FRONT LUNGES

Stand with your feet hip width apart. Take one step forward with either leg to start and begin to sit forward into this step position. Your knee should be in line with your ankle as you proceed to lower yourself down into a 90-degree front and back leg position. Ensure your knee does not pass your toes. Raise your body weight while returning to a standing position. Switch legs and repeat.



RENEGADE ROW

Get into a push up stance with dumbbells in hand, resting on floor. Keeping a plank position and maintaining contraction throughout, lift the weight until your wrist is beside your rib cage and your arms are retracted and bent. Lower weight back to the ground with arms straight and repeat on the opposite side.



DAY 4

30-MINUTE TREADMILL CARDIO

(Interval running)

Start with a light jog
(suggested 5 mph)

Increase .5 mph every .10 miles
(until you reach your max speed)

Walking recovery 1 minute

Repeat for 30 minutes

Log your distance

TABLE-TOP CRUNCHES

Lie on your back and raise your feet off the ground with your legs at a 90-degree angle. Your knees should be above your hips. Place your hands behind your head. Make sure that your chin does not come into contact with your chest and that your eyes remain focused at the ceiling. Lift your shoulders off the mat. Keep everything else isolated and do not move anything but your shoulders off the mat. Keep your shoulder blades together during the whole workout to ensure total core control.



ANDY'S CHOICE

SUPPLEMENT SUGGESTION

Outside the chemistry lab, we don't hear too much about L-glutamine in our daily conversations. There is a wide variety of benefits to this amino acid even if you're not an athlete. For the human body to increase wound healing or recovery after strenuous physical exertion, it needs a balance of a few things, one main thing being L-glutamine. As a building block of protein, L-glutamine also has influence over our gut function and immune system. It can really help us internally manage our stress better and, when taken on training days, it can help to support hydration, electrolyte transport, and BCAA metabolism.



Andy recommends Bodylogix[®] Micronized L-Glutamine. It offers 5000 mg of non-GMO, pure micronized L-Glutamine, the most abundant, free amino acid in our skeletal muscle, known to support and help protect muscle tissues. This is a favorite among high performance athletes. It is also micronized for improved solubility and rapid absorption. As a dietary supplement, it will complement any beverage you want to add it to whether its water, juice, a protein shake, or a smoothie. Take one scoop up to twice daily to amplify that healing time!

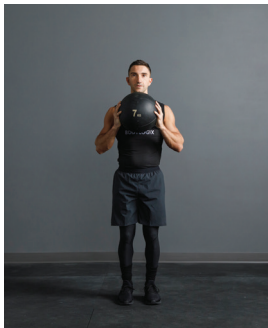


V-UP TOE TOUCHES

Lie flat on your back with your legs straight and arms extended above your head. Keep your spine straight throughout and do not allow your body to bend anywhere but at the hips. While raising your left leg off the ground towards the ceiling, raise both arms to meet your left foot, aiming for the toes. Lower your arms and leg back to the starting position. Repeat on the other side with your opposite leg.

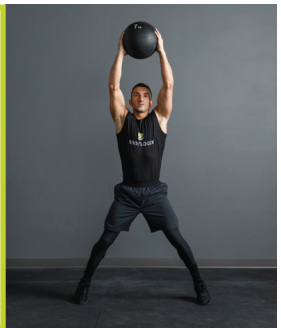
STANDING SIDE BENDS

Your hands should be holding the dumbbells at the sides of your body, while you stand with your feet shoulder width apart. Slightly bend the knees and lower the weight towards the knee with just a lean. Keeping your arms and body straight, you can relax the shoulder while you let the weight slide down towards the side of your knee. Use your core to return to a standing position and repeat on the opposite side.



POWER JACKS

Grasp a medicine ball with both hands using a neutral grip and hold it at the level of your collarbone. Stand tall to begin, with head level and feet narrow. In an explosive move, raise the ball overhead by extending your arms as you simultaneously widen your stance outward from both sides. Pause slightly to negate momentum, then in a similar explosive manner, return the ball, your arms and your legs back to the start.



DAY 5



CLOSE GRIP PRESS

Lie flat with your back against the bench and feet also on the bench. With both dumbbells in hand, place your wrists in neutral position facing each other with the dumbbells together in the center of your chest. Extend your arms straight forward towards the ceiling. Without pulling your wrists apart, lower your elbows until they are beside your ribcage. Extend straight forward again into the starting position while maintaining contact at the wrists.



BALANCE CURLS

While standing with your feet hip-width apart, grab your dumbbells and begin with supinated (wrists turned outward and towards the ceiling) palms at your sides. Lift one leg behind you, and while balancing with the other leg, begin to lift both forearms towards the chest, keeping your elbows locked at your sides. Return your arms back down to the starting position. Repeat after one set with the opposite leg until all sets are complete.

DID YOU KNOW?

Every person is different, so each of us requires a different amount of recovery time based on our own level of fitness. You will do yourself a favor by recognizing when you need a few extra seconds to catch your breath or even whether a weight should be lowered or increased based on your body's needs. There is a fine line between pushing yourself into growth and pushing too far towards possible injury.

Overtraining is required to build muscle but not having the adequate recovery time and lack of proper nutrition after your workouts increases the risk for potential injuries.

FRONT RAISES

Standing with your feet together and keeping your spine straight, core tight, and glutes engaged, raise both arms with your wrists facing the floor and the back of your hand facing the ceiling. Keep a tiny bend at the elbow to relieve joint pressure. Bring your arms up until they are parallel with the floor and your wrists are in line with your shoulders. Lower both arms back down to your sides in to the starting position.



ANDY'S GO-TO TREATS

SUPPLEMENT SUGGESTION

Andy likes to unwind after a great workout by hitting the showers and sitting down with his favourite snack of rice cakes with peanut butter. He pairs it with his go-to choice of protein supplements to help his body feel its best while he rests.

Bodylogix® Vegan Protein contains five different plant protein sources along with 14% of your daily fiber intake, which makes getting enough protein and fiber easier for vegan athletes or anyone living a vegan lifestyle. With a complete amino acid profile, Bodylogix® Vegan Protein helps you build and repair muscle.



25 g of protein per scoop

Contains chia & organic sprouted quinoa superfoods

Made without soy or dairy ingredients

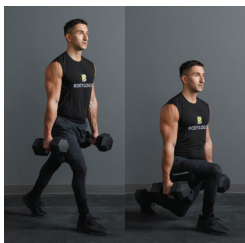
Non-GMO, lactose and gluten free

No artificial flavors, colors, or sweeteners

Put one full scoop in your blender, shaker, or supps cup and add cold water or your favorite beverage. Shake away and enjoy! There is also a wide variety of options with this product, including recipes for Protein Truffles, Pina Coladas, Neapolitan Smoothies, and more at bodylogix.com.

WEIGHTED DIPS

Put a dumbbell into your lap as you grab onto a bench with your hands behind your body. Hold yourself in an upright position, while keeping your legs straight in front of you and your feet together. Your wrists should be just below your shoulders as you lower your body weight down towards the ground. Raise yourself back up to the starting position. Repeat. You can experiment by using a heavier dumbbell.



REVERSE LUNGES

Stand straight and keep your feet hip width apart. Take your right leg and step back while bending at both knees and allowing both legs to take on a 90-degree angle. Your right knee should be behind you, aimed at the ground, with your left leg in front and the knee bent and lined up with the hip. Begin to rise back into a standing position. Repeat with opposite leg. You may hold a dumbbell in each hand, arms straight at sides and shoulder blades pulled in to a proper posture for added resistance.

REVERSE FLY

Stand with feet approximately hip width apart, core engaged. Have your weights in each hand and bend your knees slightly while leaning forward and hinging at the waist. Have weights raised forward in front of your chest and extend, with your arms bent to the sides so your arms are parallel to the floor and your shoulders are squeezed together in a pinching motion. Return the weights back down, keeping your arms bent, back into the starting position.



THIRD PARTY TESTING / ABOUT NSF



CLEAN. TRUST. PERFORMANCE.

Third-party testing is associated with superior brands to give you peace of mind. This process makes sure that you receive all the quantities and qualities of ingredients that you're paying for. For a supplement manufacturer to achieve third-party certification, an independent organization must review the company's manufacturing process and independently determine that the final product complies with specific standards for safety, quality, and performance. Such a review typically includes formulation and material reviews, testing, and facility inspections. Most certified products bear the certifier's mark on their packaging to help consumers and other buyers make educated purchasing decisions.

When it comes to quality and safety certifications for public health protection, NSF International is the gold standard. In the world of sports nutrition, all supplements are not created equal and all manufacturers are not held to the same standards as other industries. Bodylogix® voluntarily opts to pursue NSF International's Contents Tested & Certified product certification.

With today's focus on health and well-being, NSF meets the needs of safety and quality for the dietary supplements industry. NSF ensures product and ingredient safety, giving both industry and consumers peace of mind through Good Manufacturing Practices (GMP) compliance, accredited certification programs, testing services, and training capabilities. GMPs are guidelines that provide a system of processes, procedures, and documentation to guarantee that a product has the identity, strength, composition, quality, and purity that appear on its label. Bodylogix® products have been NSF Contents Tested & Certified, so consumers can trust that each supplement has been produced in a GMP registered facility, tested to verify label claims, and verified for potency and purity.



BODYLOGIX®

At Bodylogix®, we believe in living life with purpose. When it comes to fuelling your body, we believe you get what you put in. You deserve the best so you can be your best on game day and every day.

We also believe in clean ingredients, trusted testing and certification, and performance-driven nutrition. It's our motto and it's how we approach each product.

CLEAN

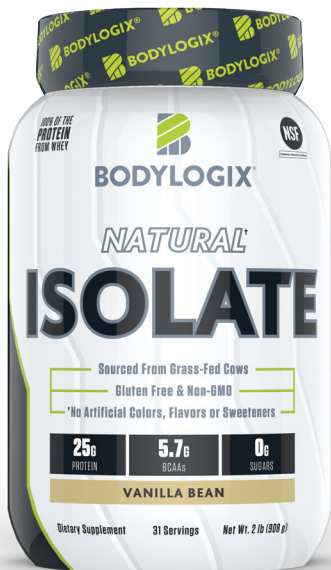
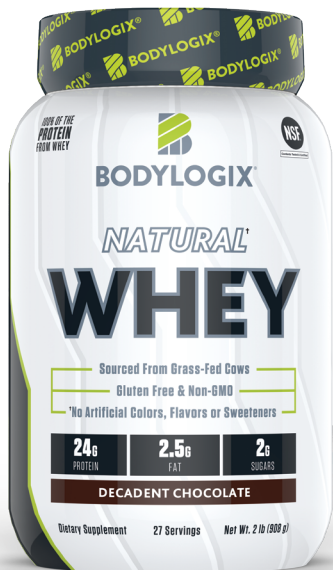
We are dedicated to clean, natural ingredients and supplement purity. Our products are non-GMO, gluten-free, and made without artificial colors, flavors, or sweeteners. Free from hidden ingredients, we produce only the highest quality products. Clean nutrition never tasted so good.

TRUST

Because transparency is of the utmost importance, our facility is an NSF Registered GMP facility and our products are independently certified by a world leader in third-party testing, NSF. This certification ensures product quality. Only ingredients on the label are what you'll find in the bottle. And nothing else!

PERFORMANCE

With clinically studied ingredients, our performance-driven nutrition is designed to help you achieve maximum results and peak output. Support your training and fitness goals with cutting-edge quality formulas.



NATURAL WHEY

24 g Complete protein *

2.5 g Fat *

2 g Sugars *

130 Calories *

100% of the protein is from whey

Flavors: Vanilla Bean, Decadent Chocolate, Unflavored, Snickerdoodle, and Caramel Chocolate Chip

NATURAL ISOLATE

25 g Complete protein *

5.7 g BCAAs *

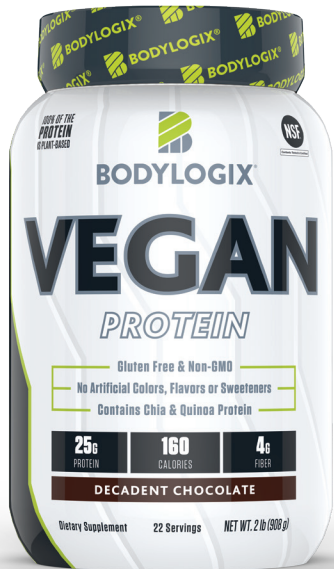
0 g Sugars *

110 Calories *

100% of the protein is from whey

Flavors: Vanilla Bean, Decadent Chocolate

* Per Serving
Nutrition facts are for products shown. All other facts and flavors may vary. All flavored product is made without artificial colors, flavors or sweeteners.



VEGAN PROTEIN

25 g Protein*

3 g Fat*

0 g Sugars*

160 Calories*

Flavors: Vanilla Bean, Decadent Chocolate,



NATURAL BCAA

Fermented BCAAs from plant sources

Helps build lean muscle

Vegan and made without soy

Optimal 2:1:1 ratio of
L-Leucine, L-Isoleucine, and L-Valine

Flavors: Green Apple



NATURAL PRE-WORKOUT

1000 mg L-Arginine AKG *

150 mg Caffeine *

1000 mg Creatine *

Reduce fatigue, increase stamina,
and enhance performance

Flavors: Pink Lemonade, Iced Tea,
and Green Apple

MICRONIZED L-GLUTAMINE

5000 mg L-Glutamine *

Assists in muscle cell repair and recovery

Vegan and soy free

Boosts immunity and supports
digestive health

Micronized for efficient absorption

* Per Serving
Nutrition facts are for products shown. All other facts and flavors may vary. All flavored product is made without artificial colors, flavors or sweeteners.



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