



# GUIDELINES

**54D<sup>®</sup>**  
**ON**

**+ LOWER BODY**

**54D<sup>®</sup>**  
**ON**

**+ UPPER BODY**

# // GUIDELINES

What you consume post-training is very important, there are specific nutrients that will help you restore and recover your muscles. In other words, exercise "destroys" your old muscles, to "build" more functional and stronger muscles with the help of foods.

# // KEY NUTRIENTS

## PROTEIN

→ They will help generate new muscle tissue.

→ They will help repair muscle fibers after intense work.

## CARBOHYDRATES

→ They will provide energy to your muscle.

→ They will recharge your muscle glycogen.

## CREATINE

→ Helps reduce muscle fatigue.

→ Helps the muscle retain water. Promoting muscle growth.

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**1****WHAT SHOULD I CONSUME THE DAYS I DO MY ADD ONS TRAINING (LOWER BODY OR UPPER BODY)?**

After your workout you should consume the shake.

**2****WHY SHOULD I CONSUME A SHAKE AFTER MY WORKOUTS?**

LB and UB is a training designed as an extra to the exercise you do. This "extra" exercise demands additional energy and nutritional waste. This shake will help you meet that extra expense and help your muscles tone up.

**5****HOW DO I KNOW WHICH CREATINE TO BUY?**

- The only ingredient must be creatine monohydrate (check the ingredient list on the package).
- It must have ZERO carbs.
- It must have ZERO sodium.
- It must provide ZERO calories.
- You should only take a maximum of 3 to 5g of creatine per serving.

**3****WHAT IS CREATINE?**

It is a sports supplement that you should only consume on the days of your ADD Ons training.

**4****WHAT BENEFITS DOES CONSUMING CREATINE HAVE FOR MY TRAINING?**

It is a supplement that will help you increase fitness performance.

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