

# ➤ LEANER TRAINING



## PRE-WORKOUT ▾



### ▾ PRE-WORKOUT FUEL



30 MIN PRIOR TO  
EVENT

### ▾ CAFFEINE + D-RIBOSE ENERGY CHEWS



AS REQUIRED

## DURING WORKOUT ▾



### ▾ BCAA POWDER



SIP DURING  
TRAINING

## POST-WORKOUT ▾



### ▾ 100% LEAN WPI+



30 MIN  
FOLLOWING EVENT

## DAILY ▾



### ▾ CAFFEINE + D-RIBOSE ENERGY CHEWS



AS NEEDED

### ▾ 100% LEAN WPI+



AS A SNACK  
BETWEEN MEALS ON  
NON-TRAINING DAYS

### ▾ BCAA POWDER



DAILY WITH FOOD

### ▾ UM MAGNESIUM



BETWEEN FOOD  
POST-TRAINING



## STRATEGIES TO REGULATE APPETITE, SUPPORT FAT LOSS AND LEAN MUSCLE RETENTION

- Increase dietary fibre intake to 35g daily to increase satiety and support digestive function.
- Drink water with meals to help you to feel full for longer and support the absorption of a small amount of natural electrolytes from the food you consume.
- For weight loss, aim to reach a “catabolic” state. Calories “in” must be less than calories “out”. Do this without compromising muscle mass by consuming protein sources regularly and evenly across all meals of the day. This strategy improves satiety; meaning you will feel satisfied for longer.
- Consume a low GI (glycaemic index) diet as often as possible. Consume your higher carbohydrate meals directly before and / or directly after a workout to enhance both workout performance and recovery.