

# STRENGTH TRAINING



## CREATINE LOADING >

## CREATINE + HMB >



TIMES DAILY 7 DAYS PRIOR TO AN EVENT.



### PRE-WORKOUT ▾



### DURING WORKOUT ▾



### POST-WORKOUT ▾



### DAILY ▾



### ▾ ENERGY BARS

**x1** 1-2 HOURS PRIOR TO WORKOUT

### ▾ BCAA POWDER

**x1** SIP DURING A HEAVY WEIGHTS SESSION

### FOLLOWING A MODERATE INTENSITY WORKOUT

### ▾ HIGH PROTEIN, HIGH CARB

**x1** 30 MIN FOLLOWING TRAINING

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**x1** 30 MIN FOLLOWING TRAINING

### ▾ PRE-WORKOUT FUEL

**x1** 30 MIN PRIOR TO TRAINING

### ▾ CREATINE + HMB

**x 1-2** IN AND AROUND TRAINING

**OR**

### ▾ ENERGY BAR

**x1** 30 MIN FOLLOWING TRAINING

### ▾ BCAA POWDER

**x1** BETWEEN MEALS

### ▾ GLUTAMINE POWDER

**x 1-2** BEFORE BED

### FOLLOWING A HIGH INTENSITY WORKOUT

### ▾ REFUEL & REBUILD

**x1** 30 MIN FOLLOWING TRAINING

## MUSCLE RECOVERY AND BUILDING MUSCLE MASS

If you are looking for significant gains in muscle mass, you need to be in an 'anabolic state'. This involves consuming more calories than you are burning. Protein (amino acids), particularly leucine, isoleucine, valine and glutamine, are extremely important in providing the building blocks for new muscle synthesis. For muscle growth, aim for 1.2g-1.7kg of protein per kilo of body weight, consumed evenly across the entire day. Any more than this has been shown to be both unnecessary and expensive!

Carbohydrates are equally as important. They provide the energy needed to maintain the heavy resistance training required for muscle growth. Without carbohydrate (at meals and either before and/or after the session), recovery becomes sub-optimal and strength decreases whilst an anabolic state cannot be maintained.

## ISOWHEY SPORTS PROTEIN OPTIONS



22.3g 14.6g 2.0g

PROTEIN CARBS FAT

A high protein, high carbohydrate formula designed specifically for athletes with increased energy demands.

Featuring a triple protein blend of premium whey protein concentrate and isolate plus casein, the High Protein, High Carb formula aids muscle repair and growth<sup>†</sup> when exercise demands are high.



25.4g 18.8g 2.2g

PROTEIN CARBS FAT

A specially designed formula to supply working muscles with the essential nutrients needed for recovery post-exercise.

Refuel & Rebuild combines pure whey protein, added BCAAs (2:1:1), beta-alanine, L-glutamine, magnesium and tart cherry.

\*Based on average amounts per serve.

†When consumed as part of a healthy and varied diet.