




# STRONGER WITH NUTRITION

**NUTRITION HELPS ENHANCE ATHLETIC PERFORMANCE AND IS ESSENTIAL IN STAYING HEALTHY AND BUILDING MUSCLE.**

## HOW

- Make sure to consume enough protein throughout your day 
- How to calculate your protein?
  - 2grams of protein per kg of body weight per day
  - Per 100g of protein cooked is equivalent to 20-30g of protein
- MyFitnessPal is a useful tool to track calories and protein intake
- Drink enough water - muscles are made up of 60-80% of water
- The amount of calories will vary depending on your circumstances. Speak to a fitness professional or nutritionist

**SUPPLEMENTS** These are the three main supplements that work. Supplements will only work if it is paired with proper sleep, nutrition and a training plan.

TYPE OF SUPPLEMENT	WHY	WHEN
Caffeine (pre workout)	Consume before workout to enhance endurance and focus	Before training
Protein Powder	Convenient source of protein to increase your daily intake	Anytime
Creatine monohydrate	Performance supplement to enhance creatine stores within muscle. It is a form of explosive energy	Anytime



# STRONGER WITH SLEEP

**DURING SLEEP YOUR BODY PRODUCES SPURTS OF GROWTH AND TESTOSTERONE HORMONE WHICH ALLOWS YOUR BODY TO BUILD MUSCLE AND REFUEL.**

**WITHOUT ENOUGH SLEEP, YOUR BODY WILL BE UNABLE TO BUILD MUSCLE EFFECTIVELY.**

## HOW



✓ GET BETWEEN 7-9 HOURS OF SLEEP



✓ DEVELOP A REGULAR SLEEP ROUTINE

✓ FIND WAYS TO UNWIND BEFORE BED THAT WORK FOR YOU



SHOWER



YOGA



MEDITATION



✗ REDUCE SCREEN TIME BEFORE BED



✗ DON'T DRINK AND EAT RIGHT BEFORE BED



# STRONGER WITH TRAINING

**A TRAINING SCHEDULE IS IMPORTANT AS STIMULATING AND CREATING STRESS ON THE MUSCLES IS KEY TO BUILDING MUSCLE MASS.**

## HOW

- Create a schedule that suits you and your lifestyle
- Practice proper technique/form
- Key areas to focus on:



**VOLUME**  
(HOW MUCH)



**INTENSITY**  
(HOW HARD)



**FREQUENCY**  
(HOW OFTEN)



**VARIETY**



**RECOVERY**



# STRONGER WITHOUT STEROIDS

BY HAVING A GOOD SLEEP ROUTINE AND FOLLOWING A PROPER NUTRITION AND TRAINING PLAN, YOU WILL BE ABLE TO ACHIEVE RESULTS WITHOUT THE USE OF STEROIDS.

STRONGER WITH NUTRITION

STRONGER WITH SLEEP

STRONGER WITH TRAINING

