

40-DAY ULTIMATE Athletic Performance

MAKE IT WORK FOR YOU:

This is our suggested schedule, but feel free to start with the 10-Day Transformation (or end with it)!

DAYS 1 - 10	CORE 4 - ATHLETES 🕒 2 lifestyle meals 🍎 flex food snacks Exercise at whatever level that feels comfortable	
	Pre-Workout 30 minutes before workout Can't BEET This! 2-4 tsp. Super Amino 23 5 tablets Super Xanthin 2 capsules	Post-Workout 30 minutes after workout MVP Sport 3-6 Tbsp.

DAYS 11 - 20	10 DAY TRANSFORMATION - ATHLETES 🍎 3 servings of flex food/beverages 💧 lots of water ⇄ exercise is a key component, but be sure to listen to your body as it adjusts to the limited nutrition. 🕒 remember to eat one 300 calorie Lifestyle Meal for every 30 minutes of exercise.						
	☀️	🕒	🕒	🕒	🕒	🕒	Post-workout Flex Meal
	Rise and shine	2 hours later	2 hours later	2 hours later	2 hours later	2 hours later	
	Super Amino 23 5 tablets Can't Beet This! 2 tsp. Super Xanthin 2 capsules	MVP Sport 3-6 Tbsp. Super Life Formula 3 capsules	Super Amino 23 5 tablets Can't Beet This! 2 tsp. Super Xanthin 2 capsules	MVP Sport 3-6 Tbsp. Super Life Formula 3 capsules	Super Amino 23 5 tablets Can't Beet This! 2 tsp. Super Xanthin 2 capsules	MVP Sport 3-6 Tbsp. Super Life Formula 3 capsules	Eat one 300 calorie Lifestyle Meal (made from approved food sources) for every 30 minutes of workout per day

DAYS 21 - 40	CORE 4 - ATHLETES 🕒 2 lifestyle meals 🍎 flex food snacks Exercise at whatever level that feels comfortable	
	Pre-Workout 30 minutes before workout Can't BEET This! 2-4 tsp. Super Amino 23 5 tablets Super Xanthin 2 capsules	Post-Workout 30 minutes after workout MVP Sport 3-6 Tbsp.