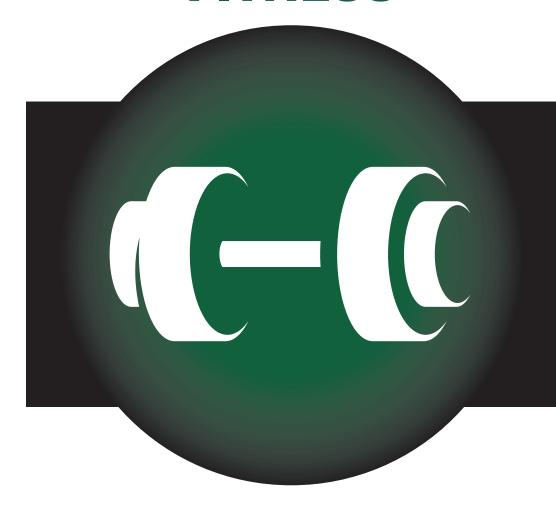
NUTRACEUTICALS

A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:						

FITNESS



SUPPORT GUIDE





FITNESS PROGRAM

BEGINNER

Pre-Workout

• Pro Oranges - Energy and Endurance

Post-Workout

• Super Shake or Best Whey - Repair and Growth

INTERMEDIATE

Pre-Workout

• Pro Oranges - Energy and Endurance

Post- Workout

- Power Fuel Power, Energy, Repair
- Super Shake or Best Whey Repair and Growth

ADVANCED

Pre-Workout

- Pro Oranges Energy and Endurance
- Super Kreatine Strength, Power and Endurance

Post- Workout

- Frontier BCAA's Muscle Repair
- Power Fuel Power, Energy, Repair
- Super Shake or Best Whey Repair and Growth

PHASE I BEGINNER

Cardio:

0-15 minutes (Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)

Stretching:

5-10 minutes after

• Resistance Training:

Full body workout 2-3 times per week.

PHASE II INTERMEDIATE

Cardio:

15-30 minutes (Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)

Stretching:

10 before and after

• Resistance Training:

Divide body into 2 parts, upper body/ lower body or torso/limbs 3-4 days per week rotating the workouts.

PHASE III ADVANCED

Cardio:

30-60 minutes plus, depending on training cycle.

Stretching:

10+ minutes after, massage, chiropractic and muscle therapy weekly.

Resistance Training:

4-6 days per week. Divide body parts into 4 or more workouts and workout each 1 time per week.

THE FOOD



EVERYDAY

Raw fruits, Raw vegetables Lightly steamed (stir-fried, or roasted veggies), 100% whole grains (wheat less frequently), Oatmeal, Legumes, Olive oil, 6-8 glasses of pure water, Unroasted nuts and seeds



MODERATION

Clean meats (organic, wild game- no hormones or antibiotics), Wild fish, shellfish, Unprocessed fruit and veggie juices, Organic & free range eggs, Coconut oil, high oleic unrefined safflower oil, Peanuts (raw)



RARE OCCASIONS

Pasteurized dairy, Pizza, Alcohol, Coffee, Canned foods, Sweets, Cane sugar



NEVER

Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.), Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.), Soda, White bread, Fast food, High fructose corn syrup, Seeds