



dotFIT™

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# THE ATHLETE'S GUIDE TO NUTRITION

PROPER NUTRITION MAKES A GOOD ATHLETE  
GREAT & A GREAT ATHLETE BETTER





# Quick Do's and Don'ts

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- Don't listen to:
  - Your friends or “neighborhood know-it-alls”
  - Unqualified health professionals (e.g. most doctors or dentists)
  - Magazines or other forms of the popular press
  - The FMU graduate
- Do follow and understand:
  - The advice in this document available through download
  - The average adult has different needs from young growing athletes
  - Your second best source of information is generally common sense



# Introduction

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- Sports and athletes are not generic
- Generally eat what they want
- Lecture scope
  - Deliver simple nutrition guidelines for athletes that coaches, parents or the athlete can implement
    - Goal - enhance the training effect and competition outcome
      - Energy and performance
        - Properly fill energy systems: eat to perform
      - Optimize recovery
        - Build on every training session – every session counts



## Proper Nutrition Can . . .

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- Maximize each event performance including optimizing playing focus
  - Properly loading & reloading energy & fluids
- Enhance each training outcome
  - Timed feedings of proper nutrients will build more muscle & strength than “random eating”
    - More building and less repair
- Contribute to an extended competitive lifespan
  - Steady flow of the “right stuff”
- Control weight
  - Solely responsible for achieving ideal playing weight



# Basics of Performance Nutrition

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- Energy (calories)
  - Too much is stored, too little takes away
  - Goal is to intake the best “fuel blend” for performance and total calories are determined by body composition goal
- Carbohydrates (sugars)
  - Primary fuel source thus calorie intake; timing & type around training is key
- Protein (amino acids – i.e. building material)
  - Steady, timed flow of proper amounts
  - Too much is counter-productive
- Fat (fatty acids)
  - We have a virtually endless supply but can't efficiently utilize without carbs
  - Needs less attention to detail for most athletes



# Loading Your Energy Systems

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## Phosphocreatine (ATP-PC) System

First 10-15 seconds of high intensity contractions

- Goal:
  - Maintain optimal stores pre-activity
  - Maximize re-synthesis during activity
    - Impracticality of using food has led to widespread supplementation
- Young athletes only need to eat as outlined
- Competitive adult strength & performance athletes should consider loading & test for maximum performance



# Loading Your Energy Systems

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## Glycogen (Carbohydrate) System

- Main energy system or primary “fuel tank” for most high intensity athletes (basketball, football, hockey, soccer – middle distances, etc.) & central to endurance performance
- Goal
  - Adequate storage (fill it – you last longer)
    - Deliver maximum performance
  - Replace it fast to maximize all aspects of recovery
    - Positively affect hormonal training response (i.e. favors the building process)
    - Capitalize on periods of heightened nutrient sensitivity
      - The sooner you get the “right stuff” in, the better the result: 0-60 minute post workout “growth” window triggered by unaccustomed activity that, if missed, is never “made up” – i.e. lesser training outcome





# Loading Your Energy Systems

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## Glycogen (Carbohydrate) System

- 2.5- 4.5 g/LB/day - depending on the sport
  - 50-65% of total calorie intake (daily: 2-3 times more than protein)
- Supplementation: Pre/post shakes, bars, etc.
  - 60 minute post-exercise “rebuilding window” can be maximized by proper timing & nutrient composition
  - No traditional food is made to order, hence specialized formulas: e.g. liquid or other “quick digesting foods with moderate P, low F and high carb/sugar count
- Immediate pre & post ingestion delivers:
  - Increase energy potential at the onset of training
    - Rapid and more complete energy restoration (glycogen re-filling)
    - Rebuilding hormonal environment
    - The actual building materials
    - Greater long-term outcome



# Loading Your Energy Systems

## Example of Nutrition Facts for Pre/Post Formulation

- 150-350 calories depending on size, sport & last meal
- ~1/4 of body wt in grams of carbohydrate
- 10-25 grams of protein
- 1-5 grams of fat

<b>Supplement Facts</b>		
Serving Size: 144 g		
Servings Per Container: 16		
<b>Amount Per Serving</b>		
Calories 570	Calories from Fat 60	
		<b>% Daily Value</b>
Total Fat	7 g	10%
Saturated Fat	2 g	10%
Cholesterol	100 mg	33%
Sodium	160 mg	7%
Total Carbohydrate	86g	29%
Dietary Fiber	<1 g	3%
Sugars	8 g	
Protein	42 g	84%

Ingredients: Maltodextrin, Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Micellar Casein, Whey Protein Isolate), Fat Blend (Sunflower Oil, Medium Chain Triglycerides and Safflower Oil), Natural and Artificial Flavors, Gums (Carboxymethyl Cellulose, Xanthan Gum) Vitamin and Mineral Blend, Aminogen, Sweeteners (Sucralose, Acesulfame Potassium).

Contains Ingredients Derived from Milk and Soy.

Ex: Take 1/2 before & 1/2 after



# Loading Your Energy Systems

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## Glycogen (Carbohydrate) System

### Better Carb Meal Choices

- Whole grains (except pre-game meal – use refined grains)
  - Pastas
  - Cereals
  - Breads
  - Rice
- Potatoes
  - Any kind (avoid French Fries whenever possible)
- Fruits
  - Any kind

### Not-So-Great Carb Meal Choices

- French Fries
- Fruit juices
- Caloric sodas of any kind
- Candies including chocolate
- Donuts



# Loading Your Energy Systems

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## Protein Recommendations

### Factors determining recommendations

- Weight
- Growing athlete (age & experience)
- Type and goal of activity (activities)
- Total energy intake
  - Severe/prolonged dieting increases the need
- Type of protein
- Preference



# Loading Your Energy Systems

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## Protein Recommendations

- Supplies the structural components of working muscles
- Goal:
  - Deliver on time, adequate amounts to maximize growth and recovery of affected tissues
  - Minimize muscle breakdown – i.e. spend more time adding muscle than always repairing
- Growing or active athlete simplified formula
  - ~1gm per lb/day but spread it out
    - e.g. daily grams from slightly less than body wt up, to actual wt



# Loading Your Energy Systems

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## Protein Recommendations

- Generally non-weight conscious athletes consume adequate protein
  - Try to deliver with every meal and don't miss meals
  - Milk is generally the best “default food” for young athletes
- Supplementation: pre/post shakes, bars, etc.
  - Contained in same pre/post drink to achieve the necessary timing & nutrient composition goal
  - “Immediate pre & post ingestion delivers:
    - Rapid amino acid uptake (building materials)
    - Enhanced rebuilding environment (“green house”)



# Loading Your Energy Systems

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## Protein Recommendations

### Better Protein Meal Choices

- Lean meats
  - Chicken
  - Turkey
  - Beef (fillets, flank, ground, round, etc.)
  - Most any Fish
- Shakes/bars when necessary
  - Convenient fill-in for meal missing protein
- Soy products
- Eggs

### Not-So-Great Protein Meal Choices

- Fatty meats
  - Bacon
  - Untrimmed steaks
  - Most fast food burgers
- Fried meats
  - Chicken including tenders, etc.
  - Fish and chips
- Average hot-dog

\*Never within one hour of event unless small portion



# Loading Your Energy Systems

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## Fat Recommendations

- Basic parameters - 20-35% of TCI
  - Don't worry about it except to NOT consume high fat pre-training meals or snacks
  - Kids & adults will get what they need from their proteins including milk and dressings/spreads/sauces





# Meal & Nutrient Timing/Composition

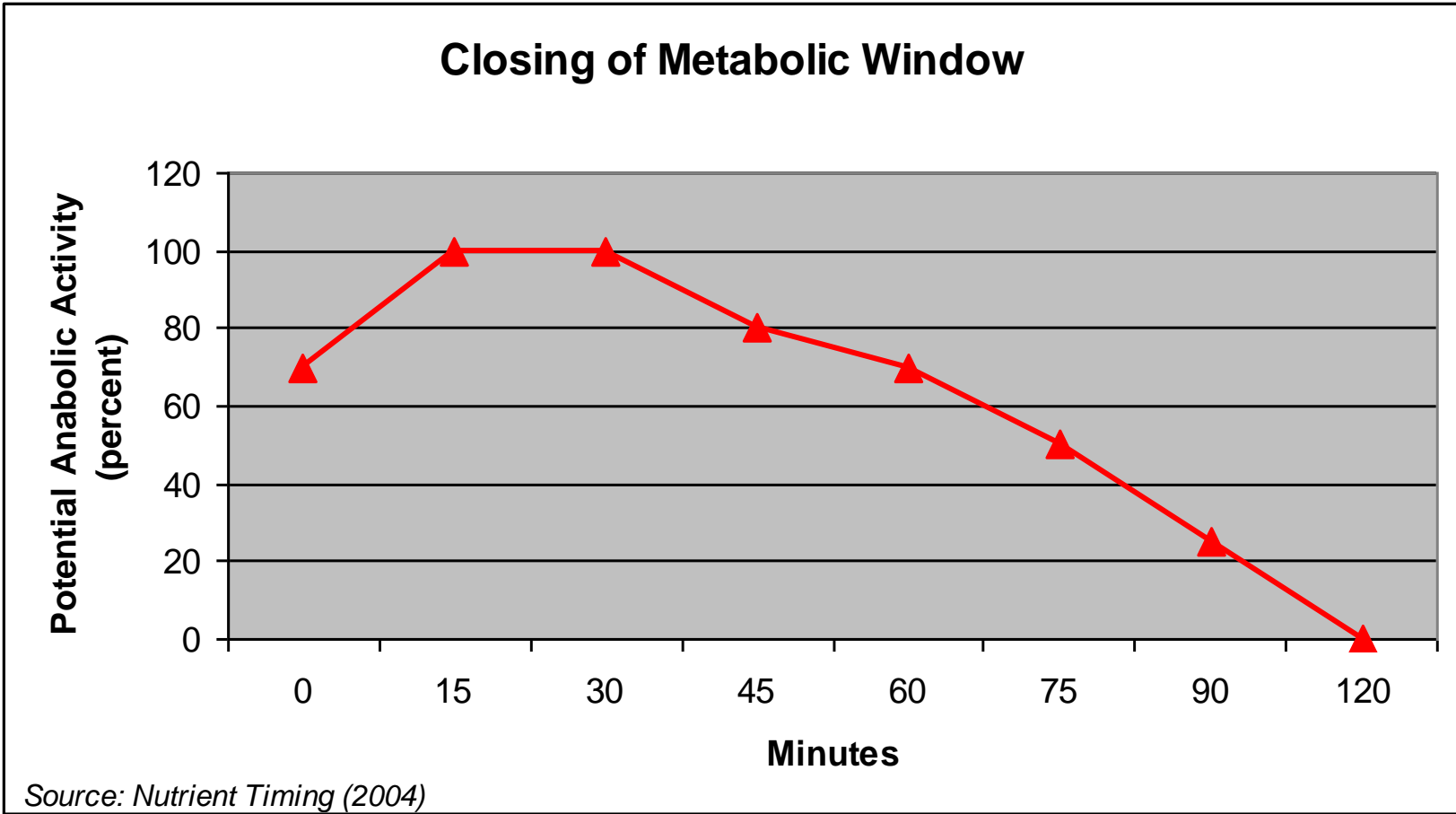
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Greatest outcome is predicated on arrangement & content

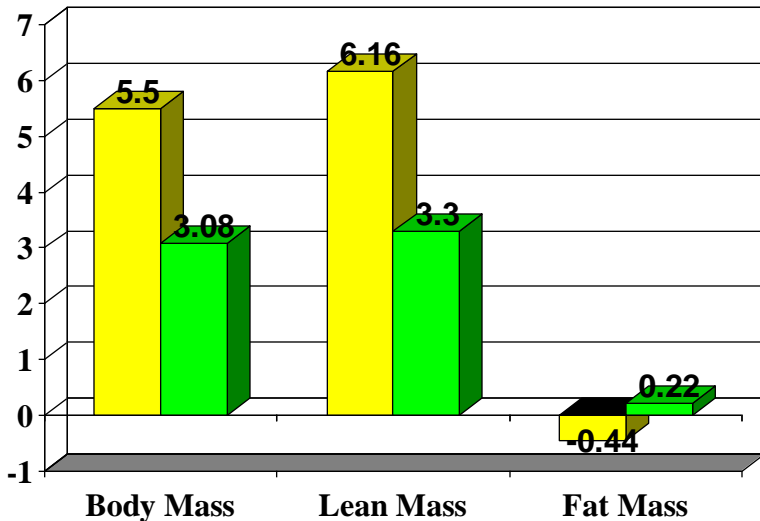
- Pre & post-training/event snacks
  - Your pre-training snack should be consumed 10-40 minutes before activity; post snack immediately after WO. The pre/post snack is usually in liquid form but you may substitute based on preference, venue and/or convenience, any other appropriate foods (CHO higher than P with low fat)
- Large pre & post training/event meals
  - Pre-event meal to be eaten approximately 2-3 hours before your major activity; post ~ 1-2HRS post training based on post training supplement
- Early morning training
  - If you train soon after rising and have no time for complete digestion of a large meal, make sure you consume a large pre-training type meal as your final meal of the previous day and consume only the pre-workout snack before your workout
- New key takeaway:
  - Normal feedings patterns ( 3-6 normal meals) containing the same foods and supplements will not deliver the same result (i.e. there is no “catch up” for what takes place in the post training “metabolic window”)



# Meal & Nutrient Timing/Composition

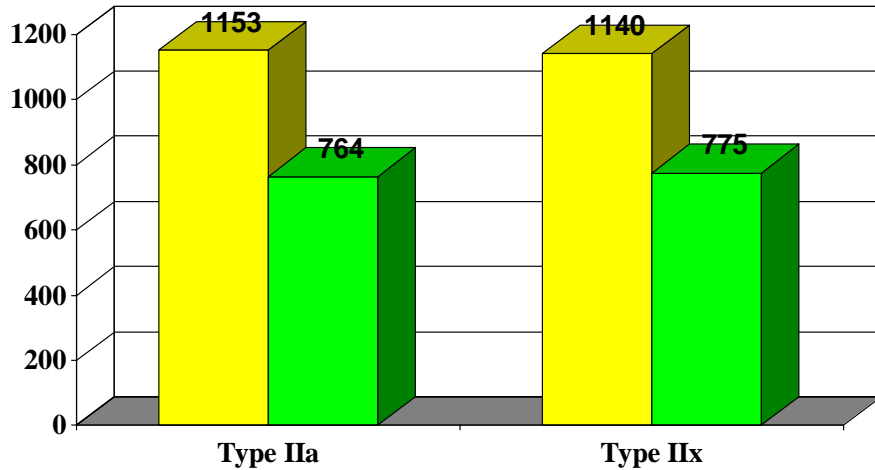


# Importance of Pre/Post Meal Timing

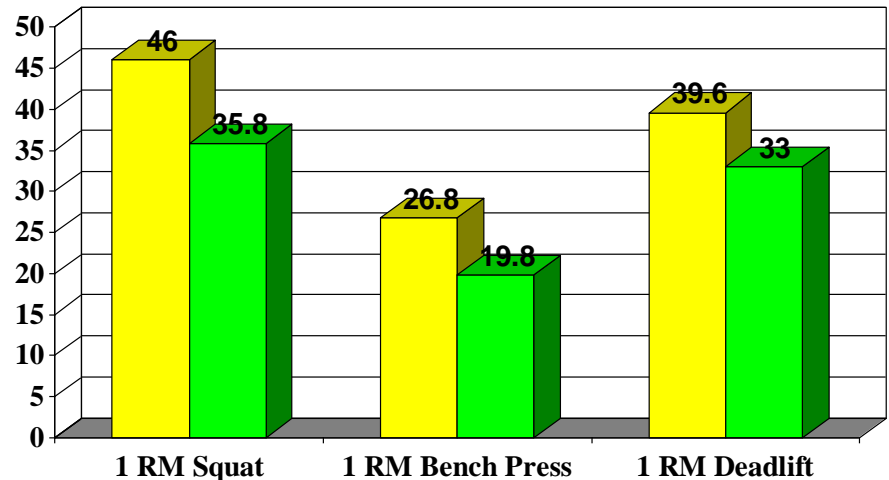


Changes in lbs from beginning to end

23 experienced recreational bodybuilders resistance training for 10 weeks – **all things equal except timing:** Greater gains in all areas (fiber size, LBM, body mass, strength, reduction in fat mass) Cribb et al Nov 2006



Changes in CSA (micrometers<sup>2</sup>) from beginning to end



Changes in lbs from beginning to end

Pre/Post & Mor/Eve meals contained ~5.5gms creatine



## SELECT PERFORMANCE GOAL & USE YOUR CUSTOMIZED ATHLETIC MENU

.....

WHAT'S MY GOAL?

<p><b>LOSE WEIGHT</b></p> <p>Get lean, lose body fat, or tone up. →</p>		<p><b>BUILD MUSCLE</b></p> <p>Gain weight or muscle. →</p>	
<p><b>IMPROVE HEALTH</b></p> <p>No change in weight. →</p>		<p><b>IMPROVE ATHLETIC PERFORMANCE</b></p> <p>Lose weight or body fat. →</p> <p>Gain weight or muscle. →</p> <p>No change in weight. →</p>	

Select Performance goal & complete questionnaires



## SELECT PERFORMANCE GOAL & USE YOUR CUSTOMIZED ATHLETIC MENU

**My Goals** COLLAPSE

**Goal: Lose Weight** Duration: 8 Weeks CHANGE GOAL  
Start date: 2/27/2012 End date: 4/23/2012  
Start weight: 178 lbs Goal weight: 170 lbs

**SUMMARY** NUTRITION EXERCISES WEIGHT BODY SENSOR

Select Date: 03/19/2012

Calories Consumed

Daily Target: **2275**  
Consumed: **869**  
Left to eat: **1406**

**LOG FOOD**  
Last Update: 3/19/2012 10:00 AM

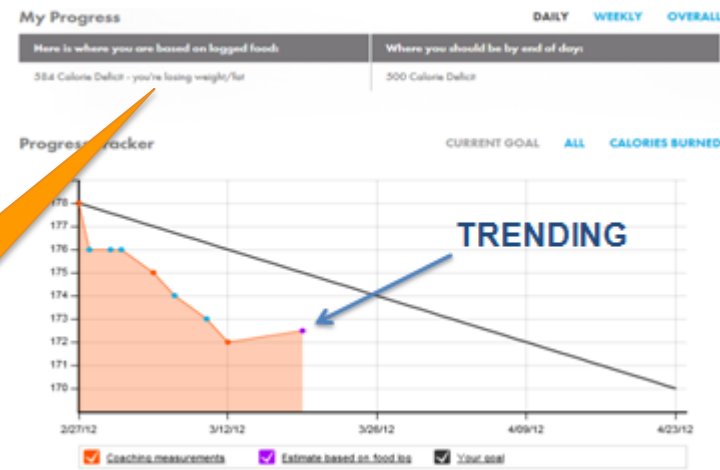
Calories Burned

Daily Target: **2775**  
Burned: **1453**  
Left to Burn: **1322**

**SYNC BODY SENSOR**  
Last Sync: 3/19/2012 11:50 AM

**172.5 lbs**  
**LOG WEIGHT**

- Calorie Targets
- Real Time Calorie Balance
- Coaching Feedback
- Trainers see all



Indicates running calorie balance based on logged foods

# On measurement day (1-2wks) enter new weight and/or body fat and get accurate feedback

## Coaching Measurements

According to your weight/measurement change since the beginning of this program, you lost 1 lbs of weight, therefore you consumed an average of 80 fewer calories per day than you burned during this period. Your goal was to lose 3.9 lbs. Keep in mind, body weight can vary based on rate/amounts of muscle/fluid gains or losses.

What do you want to do:

1. Keep my program the same.

SELECT

2. Keep my goal date of 07/16 and update my average deficit target to 1167 calories per day

SELECT

3. Keep current calorie deficit of 312 and extend the goal date to 8/18/2012

SELECT

4. Start a new program

SELECT

If you're NOT gaining or losing steadily, you'll get nutritional tips and various options.  
**Don't forget your supplement recommendations!**

Recommended to you based on your calorie goal.



### Move It and Lose It

Based on Dr. Oz's diet emphasizing healthy fats, fish, whole grains, fruits and vegetables.



### 40/30/30

Contains approximately 40 percent carbohydrate, 30 percent protein and 30 percent fat.



### Lactose Free

Designed for people who are lactose intolerant and must avoid milk-based products.



### Standard

Based on the Dietary Guidelines for Americans, rich in whole grains, fruits, vegetables and lean protein.



### Healthy Fast Food

For those who are constantly on-the-go. Contains healthy items from restaurants and fast food.



### Night out

Specifically designed for those special occasions when you have a planned night out. Most of your calories are designated for your evening meal.



### Vegetarian

Designed for those who do not consume red meat, pork or poultry.



### Athletic Performance

Designed for individuals who exercise regularly or participate in sport or other athletic activity.

Click on your personalized Athletic Performance menu



# ATHLETIC PERFORMANCE MENU

MY DASHBOARD

ACTIVITY TRACKER

MY NUTRITION

MY SUPPLEMENTS

MY EXERCISE

FITNESS VAULT

dotFIT STORE

- Reference Menus
  - Vegetarian
  - Lactose Free
  - Standard
  - Healthy Fast Food
  - Heart Healthy / Mediterranean
  - 40/30/30
  - Night out
  - Athletic Performance
- Nutrition Center
  - Food Log
  - Reference Menus
  - Saved Menus
  - Preferences

## Athletic Performance - 1250 Calories

Customize menu



Designed for individuals who exercise regularly or participate in sport or other athletic activity. Pre- and post-meals and snacks have the ideal amounts of carbohydrates, protein and fat.

### Athletic Performance Instructions

Your menu is specifically designed to help you reach your performance goals. Here's how the plan works:

#### Arrange your meals around your training schedule.

Although the meals appear in a breakfast, lunch and dinner fashion, you must arrange the meals around your training session(s). Space your meals no more than 3-4 hours apart.

- Your pre-training/event meal is shown under Morning Snack. You should eat this meal 2 ½ to 3 hours before workouts or competition.
- Your pre-training snack is shown under Lunch. You should consume this 10 to 40 minutes before workouts to maximize energy stores.
- Your post-training snack is shown under Afternoon Snack. You should consume this immediately after workouts to refill energy stores and enhance recovery.
- Your post-workout meal is shown under Dinner.
- Any remaining meals can be consumed in any order that fits your lifestyle or venue.

#### Early morning training

If you train soon after rising and have no have time for complete digestion of a large meal, make sure you eat your pre-training meal (similar to the meal shown under Morning Snack) as your final meal of the day, as late as possible. Consume only the pre-training snack (currently in the Lunch slot) before your early morning workout.

#### Pre- and post-training meals

The pre- and post-training snacks are usually shown in a liquid form for rapid digestion. You can substitute these based on preference, venue or convenience. For example, you can eat a bar for your pre-workout snack and a shake after training or vice versa.



# Athletic Performance Menu



Performance Menu – 3000 Calories				
<b>Meal 1 – Morning Snack</b> (Eat this meal as soon as you wake up.)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
2 Eggs (scrambled)	13	1	11	155
2 pieces Wheat toast	5	24	2	130
1 pat Butter	-	-	4	36
1 cup (8 oz) Orange Juice	2	27	-	110
<b>Total:</b>	<b>20</b>	<b>52</b>	<b>17</b>	<b>431</b>
<b>Percent of Calories:</b>	<b>19%</b>	<b>48%</b>	<b>35%</b>	
<b>Meal 2 – Pre Training Meal:</b> low-fat/high carb meal including lean meat and starch (Eat this meal 2 ½ to 3 hours before workouts or competition.)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
½ Chicken Teriyaki Bowl	13	53	3	290
1 bottle (8 oz) Gatorade	-	14	-	49
1 each dotFIT ActiveMV™ Multivitamin	-	-	-	-
<b>Total:</b>	<b>13</b>	<b>67</b>	<b>3</b>	<b>340</b>
<b>Percent of Calories:</b>	<b>15%</b>	<b>79%</b>	<b>8%</b>	
<b>Meal 3 – Pre Training Snack</b> -- dotFIT FirstString, any recipe (Eat this snack 10 to 40 minutes before workouts to maximize energy stores.)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
2 scoops dotFIT FirstString™	21	45	3	285
4 large strawberries	-	6	-	23
Crushed Ice	-	-	-	
<b>Total:</b>	<b>21</b>	<b>49</b>	<b>3</b>	<b>308</b>
<b>Percent of Calories:</b>	<b>27%</b>	<b>64%</b>	<b>9%</b>	
<b>Meal 4 – Post Training Snack</b> -- dotFIT FirstString, any recipe (Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
2 scoops dotFIT FirstString	21	43	4	285
1 cup (12 oz) Whole Milk	8	11	8	147
<b>Total:</b>	<b>29</b>	<b>54</b>	<b>12</b>	<b>432</b>
<b>Percent of Calories:</b>	<b>27%</b>	<b>50%</b>	<b>25%</b>	

# Athletic Performance Menu



<b>Meal 5 – Post-training Meal</b> (Eat this meal within 1.5-hours after workouts.)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1/2 Foot long Turkey Sandwich	18	46	5	280
1 cup (8 oz) Whole Milk	8	11	8	147
<b>Total:</b>	<b>26</b>	<b>57</b>	<b>13</b>	<b>427</b>
<b>Percent of Calories:</b>	<b>24%</b>	<b>53%</b>	<b>27%</b>	
<b>Meal 6 – Starch/Grain with Meat, Veggies &amp; Fruit</b> (Eat this typical dinner within 3-4 hours of previous meal.)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
5 ounces New York Steak, Lean, Broiled	41	-	9	258
1 large (10.2 Oz) Baked Potato	8	64	-	290
1 tbsp Light Sour Cream	1	1	1	15
1 cup Green Beans, Boiled, Drained	2	8	-	35
1 cup Fresh sliced Strawberries	1	12	-	49
<b>Total</b>	<b>53</b>	<b>85</b>	<b>10</b>	<b>647</b>
<b>Percent of Calories</b>	<b>33%</b>	<b>53%</b>	<b>14%</b>	
<b>Meal 7 – Late Snack</b> (Eat any time before bedtime)	<b>Pro (g)</b>	<b>Carb (g)</b>	<b>Fat (g)</b>	<b>Calories</b>
1 cup Whole Milk	8	11	8	147
2 scoops dotFIT FirstString	21	43	4	285
<b>Total</b>	<b>29</b>	<b>54</b>	<b>12</b>	<b>432</b>
<b>Percent of Calories</b>	<b>27%</b>	<b>50%</b>	<b>25%</b>	
<b>Menu Totals:</b>	<b>191</b>	<b>418</b>	<b>70</b>	<b>3017</b>
<b>Percentage of Total Calories:</b>	<b>25%</b>	<b>55%</b>	<b>21%</b>	



# Fluid Recommendations

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- Adolescents
  - Tolerate heat less efficiently than adults
    - Less surface area & sweat glands not mature
  - Usually don't consume enough fluids pre & during exercise
    - Thirst mechanisms underdeveloped
- Recommendations
  - 16 oz 2 hrs before activity
    - Extra 8-16 oz 1 hr before on hot days
  - 4-8 oz every 20 minutes during activity
  - 20 oz for every pound of weight loss post-activity
  - Palatable fluids during exercise



# Summary

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## Performance Nutrition Goals Accomplished

- Pre-exercise plan followed:
  - Hydrated, most food converted to fuel (stomach almost empty), blood sugar levels stable, decreased muscle breakdown & energy systems full
    - Pre-training food was processed and deposited in tank (2-3hrs) & pre-training supplement “topped the tank”
- During exercise:
  - Stay hydrated and slow glycogen/energy losses
    - 4 to 8 oz of beverage containing 4 to 8% carbohydrate every 20 minutes (also helps with missed preparation)



# Summary

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## Performance Nutrition Goals Accomplished

- Post exercise plan followed:
  - Received every possible result from training/event session including increased muscle and glycogen building & quicker recovery - thus better prepared for next session
    - Repeated pre/post-exercise liquid meal immediately following activity
      - Additional benefit - stave off improper food choices
  - Normal meal- 1 to 2 hrs after activity
    - Keep nutrients flowing



# Summary

## Weight Control For Performance

- Total calories are determined by: body statistics, personal activity, the body composition goal and timeframe, which is often dictated by the demands of the sport or desired appearance. While the ratio of the macronutrients within those calories can be manipulated to improve performance.
- One single fact determines the rate of weight/fat lost: the average daily calorie deficit, which is the difference between how much energy is expended and the amount supplied – (and you can't spot reduce). When weight/fat loss is necessary, the athlete should proceed at a pace that does not compromise performance gains. Same is true for weight gain.
- Exercise design is for all body structural & functional enhancements (e.g. functionality, strength, performance, longevity, aesthetics, etc.) & increasing daily energy expenditure.



# Summary (all contained in your program)

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## Weight Control For Performance

- Basic Formula: lose weight/fat & improve/maintain performance
- Total calorie intake should be slightly below expenditure (~500c)
- A measurable or visual reduction in body fat and/or weight should take place in a fairly consistent manner such as a decrease in circumference inches, a pound of weight a week or 1% of body fat every 2 weeks depending on size and normal growth factors. If progress stops or slows dramatically, one or a mixture of the following adjustments is all that will be necessary to re-start the process:
  - Increase daily activities (e.g. daily steps or other non-athletic or non-exercise activities)
  - Increase workout time or intensity
  - Decrease food intake approximately 200-300 calories/day and repeat this reduction if after 2 weeks there is no change in body composition
    - Remove least necessary foods or caloric fluids (e.g. cut biggest meal in half)



# Summary (all contained in your program)

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## Weight Control For Performance

- Basic Formula: gain weight & improve/maintain performance
  - Total daily calories intake should be moderately over current expenditure
  - If weight gain does not occur every 2 weeks, you may increase calories approximately 100 to 250/day (based on body size) consisting of equal amounts of carbohydrates and protein and moderate fat
    - For example, 20 g protein, 20 g carbohydrate, 10 g fat equaling 250 calories. If preferred, use your pre & post shakes or snacks to supply extra calories
  - Some form of resistance training is generally needed to create a physiological environment conducive to depositing the extra nutrition into muscle as opposed to fat storage





## BOTTOM LINE: COACHES, PARENTS & ATHLETES

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- By “topping off” the energy systems, one maximizes power/strength & endurance (time to exhaustion) and maintains thinking power, offering the potential to then maximize skills and experience throughout the playing period
- When the benefits of training and diet on muscle mass and performance have stabilized, specific diet & supplement regimens can play a role in progressive development
- The degree to which athletes improve their nutritional practices will relate to the strength with which you incorporate nutritional education into the home and program
  - Remember that “bad foods” will replace the right foods
  - If it’s not there, they won’t eat it



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# Performance Supplementation

Safely Enhance Training Outcomes For  
Experienced Athletes & Exercisers

*Nutrition is 100% Responsible for  
Exercise-Induced Results*





# Supplementing for Performance

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## Goal:

- Improve training-induced performance/size results and avoid plateaus when compared to a non-supplemented state

## Objectives:

- Speed recovery from intense or prolonged training bouts
- Minimize protein breakdown while maximizing synthesis in order to produce continuing muscle/performance gains
- Supply known energy compounds/substrates to improve the training/event session



## Supplementing for Performance

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- Rationale for the use of nutritional strategies to avoid plateaus
  - Unaccustomed training always “opens the door” for the building process, thus something in the post exercise period is missing
  - You should never plateau until a combination of age & experience down regulate the building processes
- Specific supplement programs based on individuals can contribute:
  - **Bigger:** Increase results by at least 10-20%
  - **Faster:** Should allow you to beat all your personal records
  - **Stronger:** Increase strength results 10-30%

*\*All increases are when compared to not using supplements*



# Supplementing For Performance

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Mechanisms of muscle protein synthesis (MPS) and recovery within our control through exercise, diet and supplement modulations

- Unaccustomed properly structured exercise
- Energy substrate saturation
- Volumizing (cell swelling)
- Nutrient timing and composition
- Hormonal manipulation by diet
- Amino acid MPS signaling
- Training focus & capacity
- Vasodilation – blood flow in & out of muscles
- Better workout, strength & size reciprocation

## ***New key takeaway:***

- All are potentially unique, synergistic and additive contributors to MPS



# Supplementing For Performance

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## Basic Product Functions

- Software-driven solutions based on goal, sport & experience within a complete program or supplement screening tool

## Pre/Post Mixes (powers): Everyone

- Size, strength, energy and recovery



# Supplementing for Performance

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**NO7Rage™** (powder): size and strength/ performance athletes

- Size, strength, focus, energy



**AminoBoostXXL™** (powder): all who train intensely

- Recovery from any activity and contributes to size when training-induced



**MuscleDefender™** (powder): anyone seeking additional recovery formula

- Anti-catabolic & recovery including immune response

# Supplementing for Performance

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**CreatineXXL™** (caps): size and strength/performance athletes

- Size, strength and muscle endurance



**WorkoutExtreme™** (caps): Endurance athletes or training pick-me-up

- Focus, energy and endurance without necessarily gaining weight



**Recover&Build™** (tabs): same as AminoBoostXXL

- Pill delivered amino acid formula: primarily BCAAs for recovery and anti-catabolic





## YOUTH & COMPETITIVE HIGH SCHOOL ATHLETES

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*\* Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

### Minimum Program

- FirstString for pre/post and/or weight gain

### Better Program

- Kids MV (ages 5-11) or ActiveMV (ages 12 & up)
- FirstString for pre/post and/or weight gain

### Best Program – 16 years or older

- ActiveMV
- FirstString for pre/post and/or weight gain
- AminoBoostXXL or Recover & Build (BCAA)
  - AminoBoostXXL best choice but R&B simple & economical

**\* What about Creatine? Article on Creatine and Youth (from Fitness Vault)**

[http://www.dotfit.com/sites/63/templates/categories/images/1292/Creatine\\_Supplementation\\_and\\_Youth.pdf](http://www.dotfit.com/sites/63/templates/categories/images/1292/Creatine_Supplementation_and_Youth.pdf)



## ALL ADULT ATHLETES (SIZE, STRENGTH & ENDURANCE GOALS)

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*\* Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

### Minimum Program

- FirstString for pre/post workout and/or weight gain – use as directed
  - Can also substitute other appropriate dF shakes/foods based on athlete's calorie limitations

### Better Program

- ActiveMV Take 2 daily: 1 with first large meal and 1 with last
- FirstString (use as shown above)

### Better Yet Program

- ActiveMV
- AminoBoostXXL
  - 1-2 scoops 10 min before workout (may continue to drink into workout)
  - Take 1 scoop immediately following workout
- FirstString
  - Take 2 scoops 30-45min before workout. Option: Substitute favorite dotFIT bar for convenience in place of shake
  - Take 2 scoops ~20min after post workout AminoBoostXXL consumption
  - Can substitute any dotFIT bar/shake or use FirstString anytime throughout the day for necessary calories to maintain weight gain

*Continue to Best Programs.....*



## ALL ADULT ATHLETES BEST ENDURANCE PROGRAM

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### ActiveMV

- Take 2 daily: 1 with first large meal and 1 with last meal
- *Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

### AminoBoostXXL

- 1-2 scoops 10 mins before workout (may continue to drink into workout)
- Take 1 scoop immediately following workout

### FirstString

- Take 2 scoops 30-45min before workout or use favorite dotFIT bar for convenience in place of shake.  
Can also substitute other appropriate dotFIT shakes/foods based on athlete's calorie limitations
- Take 2 scoops ~20min after post workout AminoBoostXXL consumption
- Use anytime throughout the day to add calories as necessary to maintain weight gain

### WorkoutExtreme

- Take 4 capsules 1 hour before exercise with 8 oz of water
- If this dose is too intense, reduce to 2 capsules. Base on caffeine tolerance



## ALL ADULT ATHLETES (BEST SIZE AND STRENGTH PROGRAM)

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### ActiveMV

- Take 2 daily; 1 with first large meal and 1 with last
- *Use Super Calcium & Super Omega 3 as necessary – i.e. not getting enough from food*

### AminoBoostXXL

- 1-2scoops ~10-min before workout (may add to NO7Rage) and may continue to drink during 1<sup>st</sup> 20min of training
- Take 1-scoop immediately following workout

### FirstString

- Take 2 scoops 30-45min before workout. Option: Substitute favorite dotFIT bar for convenience in place of shake
- Take 2 scoops ~20min after post workout AminoBoostXXL consumption
- Can substitute any dotFIT bar/shake or use FirstString anytime throughout the day for calories to maintain weight gain

### NO7Rage

- Take 1-2.5 scoops (based on caffeine sensitivity: Start with 1 and adjust as desired) 10-min before workout with AminoBoost and may continue to drink during first 20min of training
  - Contains 175mgs of caffeine per scoop. *As a reference: a Starbucks Grande-drip coffee contains ~330mgs of caffeine, which is close to the same amount in 2 scoops of NO7Rage*

### CreatineXXL

- Workout days: 8 caps with FS after workout and spit 8 caps (4 & 4) throughout the day with any carb-containing meal or shake
- Non-workout days: 16 caps split throughout the day with meals (e.g. 8 with breakfast and 8 with dinner)
- For best results, always take with a meal or shake containing carbohydrates



## ADULT PROFESSIONAL SIZE AND STRENGTH PROGRAM

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*Follow your pre- and post-workout feedings, as described in your Athletic Menu Plan, and include the following recommendations:*

### **CreatineXXL™**

- A supercharged creatine formula to improve upon the well-known size and performance enhancing effects of creatine-monohydrate. Designed to deliver increased strength-endurance, intensity ( $\beta$ -Alanine) and much greater cell volume effects (glycine and glutamine) than creatine alone, all leading to greater strength, size and performance gains

### **NO7RAGE™**

- Contains a blend of compounds that increase muscle blood flow, cell volume (“the pump”) and mental focus. Greater blood flow to muscles increases the delivery of oxygen, energy and rebuilding nutrients as well as speeding up the removal of waste products. This leads to improved strength, less muscle breakdown and increased muscle size and performance
- Contains creatine, caffeine,  $\beta$ -Alanine, etc.

### **AminoBoostXXL™**

- This product has the ideal mix of essential amino acids shown to enhance muscle gain and recovery
- Delivers the ideal blend of nutrients to take advantage of post-training “metabolic windows of growth” adding to the muscle building results produced by the pre- and post-exercise feedings
- The unique blend of AA are quickly assimilated into muscle tissues

# Adult Professional Size and Strength Program



## Performance Supplement Stack

### Performance Stack:

- NO7Rage
- AminoBoostXXL (AB)
- CreatineXXL
- FirstString (FS)

### Important Notes:

- Performance Stack coincides with periodized training intensity (last column)
- Follow ActiveMV, SuperCalcium & Omega guidelines
- Include pre & post-workout feedings (FS or other appropriate dF shake/food) as described: 30-45m before WO and ~20m after post WO AB consumption

Week	NO7Rage*	AminoBoostXXL**	CreatineXXL***	Training Intensity
1	1-2.5 scoops as directed 10min before WO			Med
2	1-2.5 scoops as directed 10min before WO			Med-high
3	1-2.5 scoops as directed 10min before WO			High
4	1-2.5 scoops as directed 10 min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post		High
5	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post		High
6	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post		High
7	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
8	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
9	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
10	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
11	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	High
12	1-2.5 scoops as directed 10min before WO	1-2 scoops as directed with NO7 before WO & by itself immediately post	16tabs, 8 after WO, split remaining throughout day with meals	Competition Week
13		1 scoop as directed with NO7 before WO & by itself immediately post	6 tabs, 2 after WO, split remaining throughout day with meals	Low/med or active rest
14	0	0	0	Off
15	0	0	0	
16	0	0	0	

- When mixing NO7 and AminoBoost and using ~10min before workout, you may continue to consume during first ~20min of training.
- On non-workout days take 16 caps split throughout the day with meals – e.g. 8 with breakfast and 8 with dinner. For best results, always take with a meal or shake containing carbohydrates