



**SUPPLEMENT STACK**

**PRE-WORKOUT**

30min Before Training	1 scoop of Pre w/o in 200ml water
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**PRE-WORKOUT (Choose Any Product)**

1	C4	CELUCORE
2	AMINO ENERGY	ON
3	NO-XPLODE	BSN
4	VAPOR X5	MUSCLETECH
5	ASSAULT	MUSCLEPHARM
6	NITRAFLEX	GAT

Or any other your choice of pre workout supplement brand

**DURING WORKOUT**

During Training	5-10 gram of BCAA in 300-500ml water
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**DURING WORKOUT (Choose Any Product)**

1	BEST BCAA	BPI
2	BCAA	ON
3	XTEND	SCIVATION
4	AMINO CORE	ALLMAX
5	BCAA	ULTIMATE NUTRITION
6	BCAA HQ	GM NUTRITION (optional)

Or any other your choice of BCAA powder supplement.

## POST WORKOUT

10-15min After Training	- 1-2 scoop of Whey in 200-400ml water - Add 5g Creatine as well
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### POST WORKOUT (Choose Any Product) – WHEY ISOLATE

1	HYDRO WHEY	ON
2	ISOPURE	NATURE'S BEST
3	ISO-100	DYMATIZE
4	WHEY PROTEIN ISOLATE	GNC
5	ISOFLEX	ALLMAX
6	WHEY HQ ISOLATE	GM NUTRITION (optional)

Or any other your choice of whey protein supplement

**OR**

### POST WORKOUT (Choose Any Product) – WHEY BLEND

1	100% GOLD STANDARD WHEY	ON
2	MET-Rx Whey	MET-Rx
3	ELITE WHEY	DYMATIZE
4	NITRO TECH GOLD	MUSCLETECH
5	WHEY	CELLUCORE
6	WHEY HQ BLEND	GM NUTRITION (optional)

Or any other your choice of whey protein supplement

### POST WORKOUT (Choose Any Product) – CREATINE

1	CREATINE	ON
2	CREATINE	ULTIMATE NUTRITION
3	CREATINE	DYMATIZE
4	CREATINE	MUSCLETECH
5	CREATINE	CELLUCORE
6	CREATINE	GM NUTRITION (optional)

Or any other your choice of Creatine supplement

**NO SUPPLEMENT**

PRE-WORKOUT – 30min Prior	1 cup Black coffee (1-2 teaspoon)	
POST WORKOUT 1 - Immediately	5-8 Egg Whites Boiled	PRO – 30g aprx
POST WORKOUT 2 – 30min after post workout 1	2 Slice of Bread with 1 spoon Jam	CARB – 46g aprx