

**ATHLEAN-X SUPPLEMENT
STRATEGY GUIDE**

Unlike many programs, AthLEAN-X does not require its "TEAM ATHLEAN" members to take supplements. With that there isn't a day that goes by that I don't get asked...

"Should I be taking supplements? Do I really need them?"

It's a great question, but it's a question only YOU can answer.

That said, my answer usually is based in me returning a question to you...and that is:

HOW GOOD IS YOUR NUTRITION? No Really...HOW GOOD?

While real, whole food is certainly a great place to turn for nutrition...supplementation does provide several key benefits.

The biggest to me...?

YOU get access to the exact nutrients and ingredients your body needs to nail your pre/post workout nutrition and recovery to a tee!

Supplements allow you to get the exact amounts of everything your body needs to take the most advantage of your workout...at precisely the time your muscles need it the most. Rely on whole food for this and you not only won't likely get EVERYTHING contained in the perfect post workout or recovery shake, but you'll most likely find it difficult to ingest enough of that food to get the active amounts of the ingredients that are already present in the supplement.

For more information on Athlean-RX quality supplements check out:

Take an ingredient like creatine for example.

No doubt, Creatine has been proven incredibly effective in adding lean muscle mass. So effective in fact that there is almost no knowledgeable person on the planet, who would even attempt to mount an argument against it's ability to add fat free size.

And...we do know that creatine DOES exist in food. In steak for example.

Problem is, in order to get a sufficient amount to have any effect on your muscularity, you'd need to consume several pounds of steak at a single serving...EVERY DAY!

While that may sound good to some (especially if you're a grill master) you'd also be getting a TON of saturated fat, calories and other ingredients that you DON'T need!! Not to mention you wouldn't be getting the preferred type of creatine that I have recently discovered works the most and the fastest by far "KRE-ALKYLIN" (which is the choice form of creatine that is included in AthLEAN-Rx XLR8).

FAST FOOD

Another benefit that supplementation can give you is its portability.

You can quickly throw a few scoops of a powdered pre-workout or post-workout into a container and with the addition of some skim milk, or juice, or even water have a complete, nutritious, meal at your finger tips. That can be especially helpful when you need to eat 6 times a day (as I strongly recommend in the AthLEAN-X Factor Meal Plans).

If you train at a gym, the situation becomes even more critical. By the time you drive home, shower, and prepare your post-workout meal you'll have totally missed the window of opportunity that makes that post-workout meal SO EFFECTIVE for building muscle and continuing fat burning for hours on end.

For more information on Athlean-RX quality supplements check out:

ARE YOU RETAINING ALL OF THIS?

Many people think that when they consume a piece of food that they get ALL of the nutrients and ingredients that that food has to offer. The sad fact is, that is just not true.

At the end of the day it's all about absorption.

Just because you consumed a chicken breast that says it has 27 grams of protein; that doesn't mean that your body actually gets ALL 27 GRAMS of that protein! The nutritional label is just an estimate.

In reality it can vary by up to 15-20%. If that weren't enough, you also have to take digestion into account.

Digestion of protein starts in the stomach and finishes off in the small intestines. If, for whatever reason, your body 'processes' that chicken breast before you've completely digested it, you're not going to get what you came for... 27 gram of protein!

That can be especially problematic when your body is trying to consume multiple nutrients at once from multiple food sources, which is often the case when you consume a balanced meal of whole foods (again, as I highly suggest you do in the AthLEAN-X Factor Meal Plans).

NO GLASS CEILING HERE!

Supplementation can also help you break through nutritional and even training plateaus. No matter who you are, your body is going to eventually adapt to what you're doing to it. This happens both in terms of the physical stimulus (which is why the A-X workouts are constantly changing!) as well as your nutritional approach.

For more information on Athlean-RX quality supplements check out:

The same way that you mix up your training you also need to mix up the food choices that you consume if you are going to get EVERYTHING that a single supplement might be able to provide in one convenient dose.

People often get into patterns of what they eat based on their personal likes, convenience, availability, etc...but it's this pattern that makes this problem even more magnified. The use of supplements affords you the opportunity to break that pattern.

GETTING PSYCHO!

Lastly and perhaps most importantly is the psychological effect that supplementation can have. I don't know what it is, but there's something about polishing off a glass of the perfect pre-workout that just gets me amped up to start training.

While I know for a fact that in my case much of it that comes from the key ingredients that I selected when I developed the pre-workout for my own line of supplements...AthLEAN-Rx, but I'd be lying if I didn't say that part of it is mental.

By the same token, after a hard training session, when I finish off a serving of Rx2 XLR8 (my post-workout supplement), it sets up the rest of my day and keeps me focused and motivated to eat clean... and that is priceless!

PUTTING IT ALL TOGETHER

If you've decided that you want to take advantage of the extra edge that you can get from supplementation one of the most important things is timing. Get it right and you will get the maximum results that supplements have to offer. Get it wrong and you could waste your hard fought efforts in the gym.

Knowing when to take each supplement is crucial. Since people train at different times of day we've provided four example supplementation schedules.

For more information on Athlean-RX quality supplements check out:

Schedule 1: Early Morning Trainers

Schedule 2: Afternoon Trainers

Schedule 3: Early Evening Trainers

Schedule 4: Early Evening Trainers

Since the supplementation market is complicated with over specialization and is not regulated there is a lot of misinformation out there that can lead to wasted money and disappointing results. It is important that you take supplements from a reputable company that you can trust.

Athlean-RX supplements were specifically formulated under my direct guidance. As a trusted physical therapist and trainer to some of the top athletes and celebrities in the world my reputation is the most important asset I possess. That said, no stone was left unturned in the production of what I feel is the highest quality and most effective line on the market today. Using only the highest quality ingredients with no dangerous chemicals or fattening fillers, AthLEAN-Rx has quickly become the secret weapon that AthLEAN-X trainers are finding gets them not only TO their goals but THROUGH them in record time.

In addition the simple 3 Step System approach I instituted with Rx literally takes all of the guesswork out of supplementation, leaving you to focus on just attacking you're A-X workouts and watching the body reconstruXion unfold!

To learn more about Athlean-RX quality supplements check out our website: Athleanrx.com.

If you choose to go with another supplement manufacturer be sure and educate yourself on the supplement industry secrets. Check out the 5 part exposé on supplementation on our blog:

The "Top 5" Biggest Problem With Supplements Today....X-Posed!

In the meantime, train hard!

JeffCavaliere

For more information on Athlean-RX quality supplements check out:

EARLY MORNING

AFTERNOON

EARLY EVENING

LATE EVENING

X-CITE

LUNCH
ALLOW 60-90
MINUTES FOR DIGESTION

SNACK #2
ALLOW 60-90
MINUTES FOR DIGESTION

DINNER
ALLOW 60-90
MINUTES FOR DIGESTION

WORKOUT

X-CITE

X-CITE

X-CITE

X-LR8

WORKOUT

WORKOUT

WORKOUT

BREAKFAST

X-LR8

X-LR8

X-LR8
+
RECONSTRUCTION

Omega-3's should be taken 3 times per day, morning, noon and night for optimal muscle recovery.

For the highest quality Omega-3's on the market check out:

omega3formula.com

SNACK #2

DINNER

BED

For more information on Athlean-RX quality supplements check out:

ATHLEANRX.COM
RECRUIT • REBUILD • RECOVER

ATHLEAN-RX

RECRUIT * REBUILD * RECOVER



LEARN MORE AT
ATHLEANRX.COM