

WANT BIG MUSCLES?

EAT



Carbohydrates are necessary to fuel the body and feed the brain. The predominant energy source for all exercise, including weight lifting, is carbohydrates (whole grains, fruits, vegetables, nuts & beans). Neither fat nor protein can be oxidized rapidly enough to meet the demands of high-intensity exercise. Protein Shakes are most effective to use ***after*** a workout to help repair muscles.