



S.I.R.

START IT RIGHT!

**GET YOUR GYMNASTS HEALTHIER
THROUGH NUTRITION!**

**GET YOUR GYMNASTS STRONGER, FASTER,
AND MORE CARDIO ENDURANCE!**

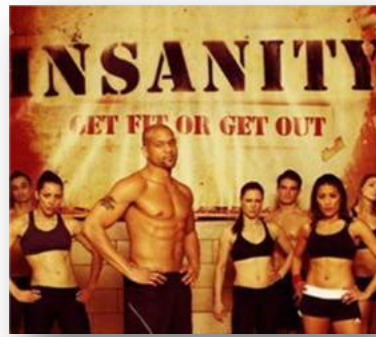
START IT RIGHT!

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shakeology®

THE HEALTHIEST MEAL OF THE DAY

- 3-4 Times a week as an added meal - not to replace a meal. The gymnasts need more good nutrition in their diets! This will be their “Healthiest meal of the day”!
- Healthy blend of vitamins, minerals, antioxidants and protein equal to an entire bowl of fruits and vegetables. 70 HEALTHY INGREDIENTS. ONE GLASS!
- It increases energy and stamina.
- Improves digestion and regularity.
- Reduces cravings.
- Improves mental clarity.



THE WORKOUT THAT IS IDEAL FOR GYMNASTS!

- A conditioning program like no other!
- Improves cardio, endurance, speed and jumping power!
- Plyometric drills, interval strength, power, and resistance moves!
- Ab and core training techniques that will show results very quickly!
- Workouts are 30-40 minutes and work up to 45 minutes.

P90X RECOVERY DRINK!



- REDUCES SORENESS!
REPLENISH NUTRIENTS & RESTORE ENERGY!
- With the recovery drink you can do the Insanity workout everyday!
- See results twice as fast!
- Can use the recovery drink anytime the gymnast gets sore - like at a meet with hard landings on hard new mats!

THE COMBINATION OF THESE THREE PRODUCTS HAVE TURNED TOP GYMNASTICS PROGRAMS AROUND IN JUST 1-2 MONTHS!

- SHAKEOLOGY DRINK 3-4 TIMES A WEEK!
- INSANITY 6 days! (Has a workout calendar with it - 6 days workout and one day off)
- Recovery drink after every Insanity workout!

WHAT RESULTS YOU WILL SEE!

- The gymnasts will improve cardio and muscular endurance and lower body fat.
- They will increase their vertical jump and speed for vault and tumbling.
- They will have less injuries than before due to the nutrition and increase in fitness!
- They will be able to do the Insanity workout as a warm up and do all four events without any problem with endurance.
- The athletes will be able to handle higher skill level or routine numbers. They will also finish their workouts faster due to increase in endurance.

WHY USE THIS COMBINATION OF PRODUCTS?

- The gym programs using these products are beating everyone in the meets.
- They can do more and are in better shape.
- They can last longer and they do not get sore.
- They are healthier and have less injuries!
- The parents of the gymnasts are now doing the same program and the whole family is more fit!
- Who would not want to do this!