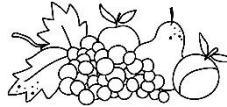




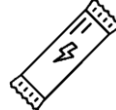
# AFA PLAN AROUND YOUR WORKOUT

## BEFORE

**HIGH-CARB:**

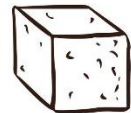
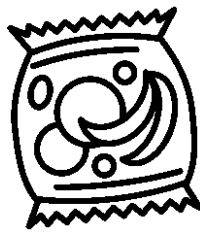


**LOW-PROTEIN:**



## DURING

**NO FOOD/  
QUICK CARBS:**



## AFTER

**HIGH-PROTEIN & CARBS:**



**ELECTROLYTES:**

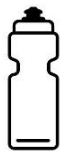


**Na**  
Sodium

**K**  
Potassium

**LIQUIDIV.**<sup>®</sup>

## KEEP IN MIND...



**ALWAYS STAY  
HYDRATED**



**SPREAD OUT  
PROTEIN INTAKE**



**UTILIZE VITAMINS/SUPPLEMENTS  
WHERE NECESSARY**