

# ULTIMATE ATHLETIC PERFORMANCE

## 40-Day Schedule

### PRODUCTS:

10-Day Transformation (athlete)  
+ Can't Beet This! + Super Amino 23 + Super Xanthin + MVP Sport. The pack also comes with a BPA-Free Pro-Stak Blender Bottle, a tape measure and a Purium gym bag.

This 40-day supply is designed to take any workout routine performance to the next level. Ultimate Athletic has the superfood fuel to support muscle building, endurance and more. We encourage you to use this schedule as a guide for your health journey. Be sure to listen to your body and make modification as necessary. This 40-Day plan includes Flex Food, Flex Beverages and Lifestyle Meals.

### DAYS 1 - 10

#### 10-DAY TRANSFORMATION (athlete)

3 servings of Flex Foods or Flex Beverages per day. The Flex options may be consumed with the Super Amino 23, Power Shake or Apothe-Cherry. Plus, one 300-calorie Lifestyle Meal is recommended for every 30 minutes of exercise.

Visit [blog.puriumcorp.com](http://blog.puriumcorp.com) for recipe ideas.

 <b>Rise and shine</b>	<b>Super Amino 23</b> - 5 tablets <b>Can't Beet This!</b> - 1 scoop mixed with water or a Flex Beverage <b>Super Xanthin</b> - 2 capsules
 <b>2 hours later</b>	<b>MVP Sport</b> - 1 scoop mixed with water or a Flex Beverage <b>Super Life Formula</b> - 3 capsules
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 <b>2 hours later</b>	<b>MVP Sport</b> - 1 scoop mixed with water or a Flex Beverage <b>Super Life Formula</b> - 3 capsules
 <b>Post-workout Flex Meal</b>	Eat one 300 calorie, Lifestyle Meal (made from approved food sources) for every 30 minutes of workout per day

### DAYS 11-40

#### PRE-WORKOUT

Super Amino 23, Super Xanthin and Can't BEET This! can pump you up, keep your workout strong and help to nourish muscles.

#### POST-WORKOUT

Protein drink MVP Sport (Vanilla or Chocolate flavors) refills your tank with nutrients to help with recovery, muscle repair and healthy inflammatory response.

<b>30 minutes before workout</b>	<b>Can't Beet This!</b> - 1-2 scoops mixed with water or a Flex Beverage <b>Super Amino 23</b> - 5 tablets <b>Super Xanthin</b> - 2 capsules  1 scoop of Can't BEET This! for non-workout/light workout days. 2 scoops to amp-up for long, hard workouts.
<b>0-30 minutes after workout</b>	<b>MVP Sport</b> (Chocolate or Vanilla) 1-2 scoops mixed with water or a Flex Beverage  1 scoop of MVP Sport as a meal replacement for non-workout/light workout days. 2 scoops after strong workouts.

### Exercise Recommendation

DAYS 1-40 • Weight training, cardio, running or sports activity