



Aids in muscle recovery,
Allowing you to train often and harder!



Reduces muscle soreness,
Allowing you to train often and harder!



Boost energy level and enhance focus
Allowing you to train often and harder!



Contain anti-inflammatory agents.
Allowing you to train often and harder!



Improve sleep which is a big part of recovery, if you sleep well it
Allows you to train often and harder!



Enhancing metabolism and burning fat.
Allowing you to train often and harder!



*Training everyday without fatigue,
will help set new PBs on AMRAPs and
for time workouts!*



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