

Do You Drink Enough Water?

@starathletes_

Your weight	Daily rate
9 kg	1 glass
18 kg	2 glasses
27 kg	3 glasses
36 kg	4 glasses
45 kg	5 glasses
54 kg	6 glasses
63 kg	7 glasses
72 kg	8 glasses
81 kg	9 glasses
90 kg	10 glasses
99 kg	11 glasses
108 kg	12 glasses
117 kg	13 glasses
126 kg	14 glasses
135 kg	15 glasses

LUNCHBOX FOOD PREP

FOCUS ON CALORIES & PROTEIN

SNACK SMARTER!

AFTERNOON SLUMP?

TRY NOT TO DRINK YOUR CALORIES

USE THESE TO HELP COMBAT CRAVINGS & KEEP YOU GOING FOR THE DAY!

@MRSPOFFICIAL

Drinks after workout

Disapproved (X): Coffee, Soda, Alcohol

Approved (✓): Protein shake, Water, Juice

@starathletes_

FEEL SICK? EAT THIS NOT THAT

@kylethumm

Eat This (✓): Citrus Fruits, Honey, Ginger, Coconut Water, Hot Tea, Bananas, Bone Broth, Garlic

Not That (X): Orange Juice, Dairy, Sport Drinks, Refined Sugar, Coffee, Canned Soup, Junk Food, Alcohol

SLEEP DURATION Affects Muscle Preservation

8h Sleep → 5h Sleep

Long sleep resulted in more muscle preservation

HOW TO PLACE YOUR FEET DURING SQUATS

NATTYKNOWLEDGE

point your toes out 30°

keep your foot flat on the floor

push with your ENTIRE FOOT not just heel or toes

don't lift your toes or heels

wear shoes with a hard sole!

heels should be shoulder-width, underneath your shoulders