

Football



workout supply

THE MOST IMPORTANT NUTRIENTS FOR YOUR SUCCESS

WATER

adequate hydration prevents drastic performance decline

CARBOHYDRATES

essential energy provider for the muscles and the maintenance of concentration

SODIUM

reduces cramps and muscle hardenings

before kick-off
-1 hour



(500 ml)

KICK-OFF

EXERCISE



(small amounts)

BREAKS



(250 ml)

EXERCISE



(small amounts)

END

afterwards
immediately



(500 ml)

How to play well supplied until the end of the workout!

Preparation:

1 hour before working out 500 ml Isotonic-Energy-Drink

During exercises and breaks:

small amounts of Isotonic-Energy-Drink

Recovery:

immediately after working out 500 ml Regeneration-Drink-Premium

Sanct Bernhard
Sport

Further information at www.aktiv3.de