



**28 DAY CHALLENGE**

**DAY 9**

# Day 9

Welcome to planning for day 9 of the challenge!

Today we have a couple of follow ups. Plus some fun new Supps to talk about! Take a look and if you are interested get them ordered.

Just a reminder/ follow up on a weigh in/check -in and follow up on your nutrition and training.

- ✓ Nutrition check in
- ✓ Training update
- ✓ Pre-Training Supps
- ✓ Keep working on all the other sections

## Nutrition Check In

For this can you please head to the nutrition section and post “a day of food” just write up a list of post pics of everything you eat for next 2 days.

## Training

Please head to training Week 1 in the training tab in discord and let me know how you are getting on. Any questions you might have also please feel to post them!

## Pre-Training Supps

A lot of people use a range of supplements to help increase training performance. But these are also limited in benefits due to the nature of them. This is why I created a simple pre-training bundle for you to optimize blood flow and performance. Plus a crazy pump that lasts all the time!

There are also plenty of other benefits to these for general health, immune system etc etc.

These aren't essential but once you get started you will see exactly why I love these stack options. I have them with a black coffee and much prefer it to any pre workout on the market.

Any questions just let me know!

Stack option 1 - Simple

Take this 30 mins before training.

Vitamin C - 1000mg  
Citrulline malate - 3000mg  
Odorless garlic - 500mg

You can get them all from here - <https://uk.iherb.com/c/now-foods>

Stack option 2 - Next level

Take this 30 mins before training.

Vitamin C -1000mg

Citrulline malate - 3000mg

Odorless garlic - 500mg

NAC -500mg

Coenzyme Q10 -100mg

You can get them all here - <https://www.nowfoods.com/products/supplements>