



THE ULTIMATE ISA ATHLETE GUIDE

**EVERYTHING YOU
NEED TO CRUSH
YOUR GOALS.**



BEFORE YOUR PRODUCTS ARRIVE



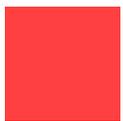
LOGIN TO YOUR ACCOUNT, SET UP A REMINDER FOR AUTOSHIP (LIFESTYLE REWARDS) & BOOK AN APPT. WITH YOUR SPONSOR 2 DAYS BEFORE THAT DATE



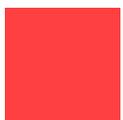
TAKE YOUR BEFORE PICTURES & MEASUREMENTS



DOWNLOAD THE FREE ISA LIFE APP & INPUT YOUR MEASUREMENTS TO TRACK YOUR PROGRESS. ENTER THE ISABODY CHALLENGE VIA THIS APP TO RECEIVE \$200 OF FREE PRODUCT



FIND A COUPLE FRIENDS TO HOLD YOU ACCOUNTABLE & HAVE THE OPPORTUNITY TO GET MONEY BACK



JOIN THE FACEBOOK GROUPS FOR ADDITIONAL SUPPORT

YOUR NUTRITION ROUTINE

EVERY
MORNING

- BREAKFAST + 1 ISALEAN SHAKE:
BLEND 2 SCOOPS OF POWER WITH 1
CUP OF WATER AND ICE

15 MINS
BEFORE
WORKOUT

- 1 ISALEAN SHAKE:
BLEND 2 SCOOPS OF POWDER WITH 1
CUP OF WATER AND OF ICE
- FOR PRE-WORKOUT USERS:
MIX AMPED NITRO POWDER IN 8-16
OUNCES OF ICE WATER

DURING
WORKOUT

- MIX 2 SCOOPS OF AMPED BCAA+
POWDER WITH 1 CUP OF ICE WATER
AND DRINK IN BETWEEN SETS
- DRINK AMPED HYDRATE FOR EXTRA
ELECTROLYTES

WITHIN 15
MINS AFTER
WORKOUT

- 1 TRI-RELEASE SHAKE:
BLEND OR SHAKE UP 1 SCOOP OF
TRI-RELEASE POWDER (BLACK TUB)
WITH 1 CUP OF WATER AND ICE
- TO AVOID SORENESS: MIX AMPED
REPAIR IN 8-16 OUNCES OF ICE
WATER

SOME MORE TIPS



- DRINK AT LEAST 8 CUPS OF WATER DAILY
 - GET A MINIMUM OF 8 HRS OF SLEEP EACH NIGHT
 - STRETCH AND/OR ROLL OUT BEFORE AND AFTER YOUR WORKOUT
 - EAT 3-5 HEALTHY MEALS BETWEEN YOUR SHAKES TO BUILD THE MOST MUSCLE. DON'T THINK OF THE SHAKES AS A MEAL REPLACEMENT, BUT ADDITIONAL NUTRITION.
 - MAKE SURE YOU ARE SPENDING TIME WITH FRIENDS, FAMILY, AND PEOPLE WHO SUPPORT YOU
 - DON'T FORGET TO CHECK-IN WITH THE PERSON COACHING YOU THROUGH THIS
- 

BUILDING A BALANCED MEAL

CARBS

FARRO, SWEET POTATO, BROWN RICE, WHOLE-WHEAT PASTA, OATS, GRANOLA, TORTILLA, QUINOA

PROTEIN

GRILLED CHICKEN, SALMON, TUNA, TILAPIA, LENTILS, CHICKPEAS, NON-GMO TOFU, TEMPEH, PLANT-BASED BURGERS, TURKEY BURGERS, EGGS, SQUASH, BLACK BEANS, LEGUMES

VEGGIES

ROASTED VEGGIES, TOSSED SALAD, STEAMED BROCCOLI, KALE, ARUGULA, GREEN BEANS, ZUCCHINI

HEALTHY FATS

OLIVE OIL, AVOCADO, SEEDS, NUTS, PEANUT OR ALMOND BUTTER

FRUITS

APPLES, BANANA, PEACHES, KIWI, ORANGES, TANGERINES, PEARS

MEAL EXAMPLES

BREAKFAST MORNING SHAKE
CAN ALSO HAVE SOME FRUIT,
YOGURT, OR OATS ON THE SIDE

**LUNCH /
DINNER** FISH, CHICKEN, GRASS-FED BEEF,
LEGUMES, PORK, GRAINS (QUINOA,
BROWN RICE) ALL WITH FRESH
VEGGIES AND FRUITS

**MIDDAY
SNACKS** GRAINS, NUTS, SEEDS, FRUITS,
VEGGIES, BARS, SHAKES

**NIGHTTIME
SNACKS** BARS, SHAKES, SMOOTHIES,
PUDDING, NUTS, SEEDS, OATMEAL



**WHEN IN THE
DAY DO YOU
LIKE TO
WORKOUT?**

**PICK YOUR MEAL
TIMING SCHEDULE
FROM THE CHART ON
THE NEXT PAGE:**



**OPTION 1****OPTION 2****OPTION 3****OPTION 4****6AM**

WAKEUP

WAKEUP

WAKEUP

WAKEUP

6:15AM

BREAKFAST

BREAKFAST

BREAKFAST

BREAKFAST

6:30AM**WORKOUT****9:30AM**MORNING
SNACK
(OPTIONAL)MORNING
SNACK
(OPTIONAL)MORNING
SNACK
(OPTIONAL)MORNING
SNACK
(OPTIONAL)**12:00PM****WORKOUT****12:30PM**

LUNCH

LUNCH

LUNCH

1:00PM

LUNCH

3:30PMSNACK
(OPTIONAL)SNACK
(OPTIONAL)SNACK
(OPTIONAL)**4:00PM**SNACK
(OPTIONAL)**5:00PM****WORKOUT****6:30PM**

DINNER

DINNER

DINNER

7:00PM

DINNER

9:30PMNIGHTTIME
SNACKNIGHTTIME
SNACK**WORKOUT****10:00PM**NIGHTTIME
SNACKNIGHTTIME
SNACK**10:30PM**

BEDTIME

BEDTIME

BEDTIME

BEDTIME">



LET'S GOOOOO!!!

