

Hitters & G-Form Fitness

Baseball Nutrition: Performance & Recovery

THE ISSUE:

Muscle Repair



Anyone who has ever participated in an exercise and/or workout regimen knows that one of the biggest challenges to overcome is soreness. We work out to push our body to new levels of physical performance, but we can also suffer from sore and aching muscles as a result. The fact is our muscles grow the most after we work out, while they repair torn tissue that makes for greater muscle mass. Therefore, soreness is usually a part of any proper workout program, but it doesn't have to be.

THE SOLUTION: Post Recovery Drink

The unique blend of high-quality protein, combined with glucose polymers and other carbohydrates, gives the body energy and structural support. Post-Workout Recovery also contains branched-chain amino acids to support muscle recovery, growth and endurance. Finally, the antioxidants present in this advanced sports drink help the body ward off free radicals that are commonly produced as a result of exercise.

THE ISSUE:

Hydration



One hour of moderate-intensity exercise at a temperature of 70° Fahrenheit results in an average loss of 27 ounces of sweat. Even low-intensity exercise or activity can cause significant fluid loss. At this point, performance declines due to increased reaction time, and decreased concentration and judgment. Of even more concern is the fact that the individual may be completely unaware of these occurrences until it's too late.

THE SOLUTION: Rehydrate

Unlike other sports drinks, Rehydrate Electrolyte Replacement Drink includes antioxidants, carbohydrates, electrolytes and other nutrients that effectively promote optimal hydration and recovery. Rehydrate Drink has a 1:1 ratio of sodium and potassium, two of the most vital electrolytes that are lost when we sweat. Rehydrate Drink helps prevent cramping by providing calcium, magnesium and L-glutamine to support the contraction and relaxation phases of the muscles.

Summer Package.

Post Recovery Drink (25 servings) 1 serving per workout; within 1 hour after workout.

Rehydrate (70 servings) 2-3 servings per workout; before, during, and after workout.

100% Safe and Effective. HFL Certified. The world's largest sports regulatory and research lab and the world's most experienced provider of commercial supplement testing services.

To Order or for pricing information call RJ or Ross at Hitters Baseball Academy at (262) 456 1423, or Hitters Baseball Academy has most supplements in stock so you can buy and take home that day at the Academy