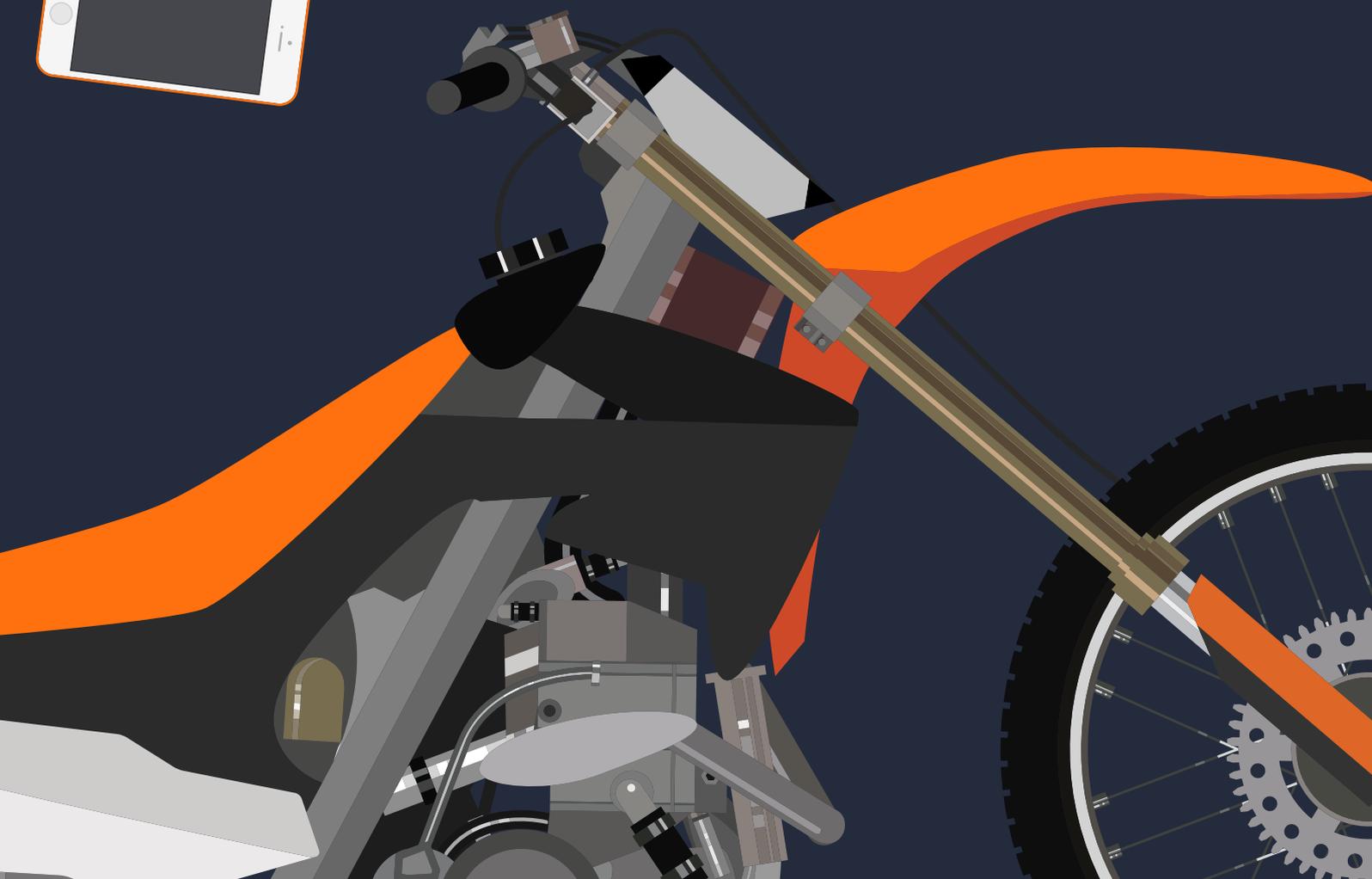




**MOTORCROSS**  
**NUTRITION & TRAINING**



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# NUTRITION

Maximizing talent is not just about providing a tuned bike! After all the Bike doesn't ride itself does it?

On race day you are flat out from the moment you wake up with nerves and adrenaline I cannot stress enough how important it is to ensure that you have the right fuel in your body so you can perform at your optimal throughout race day.

Nutrition, it seems like it may be something that has been over looked, I mean Frosties are cool right? It say's so on the box!! Wrong!! I am going to give you a bulletproof guide on how to ensure you keep on top of your game and one step closer to the top step of the podium.

Your bike needs fuel to go, So do not treat your body any different, I mean we all need food survive and I am sure that you would not leave the house on a empty stomach, But did you know that eating a snack after you ride is even more important? Why? "You want to make sure you feed your body to help repair muscle tissues and replenish glycogen stores [which are depleted after a strenuous workout].



## TOP 6 SNACKS

Here is six top snacks to fuel your body post workout/Moto: Be sure to chase each of these snacks with 500ml of water!

### 1. Protein Shake

After a workout/Moto you want to repair and rebuild the muscles. A protein shake made with Chequered Flag Rapid Recovery Whey will do exactly that. Recommended serving 2 x scoops with 300/600ml

### 2. Peanut Butter & Banana on Rice Cakes

If you're craving something more substantial after a tough Moto/Race a healthy peanut butter like Whole Earth and banana wrap will fit the bill. Instead of bread, smooth your peanut butter onto two brown rice cakes for extra fibre (without empty carbs). And while you may usually avoid bananas because they're too full of sugar, eating one after a workout is just fine. "This is one of the only times I recommend a high-glycaemic carbohydrate source such as banana, because the uptake will be rapid," It'll replenish your energy quickly.

Recommended Serving Size: 1/2 banana, 1 tbsp. peanut butter, and 2 brown rice cakes.

### 3. Hummus and Pita

Another great carb/protein combo: Hummus and whole wheat pita. Hummus, a dip made from pureed chickpeas, gives you both carbs and protein. Coupled with the slow-release energy from the whole wheat pita, it makes for a snack that'll keep you fuelled for hours.

Recommended Serving Size: 1/4 cup hummus with 1 whole wheat pita.

#### **4. Greek Yogurt and Fresh Berries**

Protein makes sense after a workout, since it contains amino acids that help build muscle. “Your muscles are depleted of amino acids after a workout, so you need an adequate supply of protein to help build them up. Low-fat Greek yogurt can pack nearly 15 grams of protein; add some berries for carbohydrate-driven energy.

**Recommended Serving Size:** 1 8-ounce container of plain, low-fat yogurt with 1/2 cup berries.

#### **5. Tuna on Whole Wheat**

What could be more filling after a workout than half a sandwich? And when you choose its filling wisely, you’ll be building muscle while you eat, too! “Research shows that carbs and protein together have a better response to post-workout recovery,”. Tuna drizzled with a little lemon juice and olive oil spread over a slice of whole wheat bread is an ideal protein/carb mini-meal.

**Recommended Serving Size:** 4 ounces water-packed tuna and 1 slice whole wheat bread.

#### **6. Turkey and Cheese with Apple Slices**

If you’re not in the mood for a sandwich, skip the bread and eat the fillings on their own! Spread a soft-cheese wedge over two or three slices of lean deli turkey, then roll up for a quick, high-protein, eat-on-the-go snack. Add a sliced apple for some energy-boosting (and glycogen-replenishing) carbs.

**Recommended Serving Size:** 4 ounces turkey, 1 soft cheese wedge, and 1 apple.



# TOP 10 ENERGY FOODS THAT YOU SHOULD EAT

Our bodies get battered daily therefore deserves the best nutrition we can give them. These foods will help you achieve that.

## What is energy food?

It is food that not only provides the calories to fuel your body but also contains the nutrients to energize your body and help you reach peak potential.

### 1. Fish—Arctic Char

Omega-3 fatty acids help prevent and treat mood disorders and depression. **Health benefits:** contains omega-3 fatty acids, essential fats that are beneficial for the heart and brain. They can help prevent and treat mood disorders and depression, reduce arthritic pain, and may prevent Alzheimer's disease and cancer. Enjoy this fish as well as other fish such as salmon, trout, mackerel, sardines, and herring three times per week. Enjoy grilled and topped with a fruit salsa or chutney, in a burger or wrap, or simply with lemon.

### 2. Blackberries

**Health benefits:** contains the antioxidants vitamin C and anthocyanidins as well as fibre. These antioxidants prevent the oxidation of cholesterol (which makes cholesterol sticky and forms fatty streaks in blood vessels), prevent free radical damage to cells caused by extreme exercise, pollution, sun exposure, and aging. Enjoy topped on whole-grain cereal or in your favourite salads, muffins, or yogurt.

### 3. Green Vegetables—Gai Lan

**Health benefits:** gai lan is Chinese broccoli and is loaded with vitamins C, A, K, folate, and fibre. It also contains the powerful anti-cancer phytonutrients sulforaphane and the indoles. Sulforaphane compounds have also been found to boost liver and skin cell's detoxifying abilities. Enjoy in stir-fries, salads, quiches, soups, or as a side dish.

### 4. Orange Vegetables—Pumpkin

**Health benefits:** pumpkin contains some vitamin A (beta carotene), C, iron, and phosphorus and is an excellent source of potassium. As with the vitamin A in carrots, the vitamin A in pumpkin is good for vision. Vitamin A also plays a roll in the maintenance of healthy skin, teeth, skeletal tissue, and mucous membranes. Enjoy mashed pumpkin as a side dish, pumpkin soup, roasted with other root vegetables, in a curry, or blended into muffins. Consider adding squash as a food for recovery after exercise, as it is a great source of carbohydrates to help replenish glycogen stores but also provides potassium for replacing electrolytes.

### 5. Whole Grains—Quinoa

Quinoa is rich in nutrients such as selenium, magnesium, and fibre. **Health benefits:** Quinoa is one of the highest protein grains. It is rich in nutrients such as selenium, magnesium, and fibre. Enjoy as a side dish cooked with currants, cold as a salad, or in a casserole.

### 6. Starchy Vegetables—Sweet Potatoes

**Health benefits:** Sweet Potatoes are high in potassium, vitamin C, fibre, and vitamin B6. This tuber is low on the glycaemic index scale, meaning it is turned into sugar in the body slower, which assists in more sustainable energy production and weight control. Enjoy mashed or baked, adding cumin and garlic for flavour.

### 7. Legumes—Chickpeas (Garbanzo Beans)

**Health benefits:** chickpeas are a good source of protein, iron, and folate. They are also a good source of soluble fibre known to help reduce bad cholesterol. As a vegetarian source of protein, they are an excellent alternative to meat.

## 8. Probiotics

**Health benefits:** probiotics contain live bacteria that, when consumed, will survive the transit through the gut to the large intestine where they provide a benefit to the host. Different bacteria provide different benefits. Most help to restore the gut's natural bacterial flora by crowding out pathogenic bacteria. Some will also help improve the mucosal lining of the GI tract and improve our immune system. Others may help prevent and treat diarrhoea. Enjoy probiotic cheese, yogurt, milk, and drinks as part of your daily regime.

## 9. Nuts—Almonds

**Health benefits:** this “nut” is technically the seed of a fruit. It is high in vitamin E, magnesium, and flavanoids (powerful antioxidants). Almonds are high in monounsaturated fats known to be heart healthy. They also contain calcium, which is essential for good bone health, metabolism, muscle contraction, and blood pressure. Enjoy a handful with a piece of fruit or as a spread on your toast.

## 10. Psyllium

**Health benefits:** psyllium contains soluble fibre known to lower LDL, or bad cholesterol, not to mention prevent and treat constipation. It can also help manage diabetes by slowing the rise of blood sugar levels. Enjoy breads with added psyllium, All-Bran Buds, or Guardian cereals and psyllium husk powders added to pasta sauce or casseroles.



# NUTRITIONAL TIMING AND IDEAS

## Breakfast

The most important meal of the day! True!! So make sure that it contains slow releasing carbohydrates like Rolled oats (Not the 2min microwave version) now lets make this more youth friendly.

- Rolled Oats - Carbs
- Milk (Full fat)/Soya/Coconut Milk = Protein
- Greek Yogurt (Table Spoon) Protein
- Blueberries (handful) Antioxidants
- Flaked Almonds (Essential fats)
- T Spoon of Honey (Natural sugar)

## Directions

Mix the Oats & milk in a Pan until it starts to bubble, then remove from the pan put into a bowl, add the Greek yogurt and fruit and drizzle honey over the top.

If your child doesn't like the above try this, it's called the SGUT "Snickers Proats"

- Rolled Oats - Carbs
- Milk (Full fat)/Soya/Coconut Milk = Protein
- 1 scoop (20g) of Chocolate Chequered Flag whey
- Tablespoon of Whole Earth Peanut butter = Healthy Fat's
- Directions - Mix the Oats, Protein Peanut butter & milk in a Pan until it starts to bubble, then remove from the pan put into a bowl

## “Stay away from the burger vans and Monster energy drinks”

Due to the timing of the races the body needs to utilize the blood and keep it in the muscles and if you start eating heavy foods that take a long time to digest this could hinder their performance and make them feel nauseous.

Try replacing bread with wraps and rice cakes as they are easier to be broken down add Tuna Tomatoes/Cucumber/Avocado to these. If you are making pasta only eat it in small amounts try adding a small salad or fruit to the side to make it more satisfying.

### **Remember Hydration!**

Dehydration can cause a loss in energy and focus of 25%, This is where the accidents can happen, If you lose concentration and take the wrong line it could cost you valuable time and that all important space on the podium. Keep yourself topped up with Holeshot Isotonic Rapid Hydrate throughout the day to keep at your optimal.

If you would like to know what your exact Hydration levels should be for your height and weight head over to my Health Checker on [www.solgilbert.com](http://www.solgilbert.com)



# NUTRITION FOR TRAINING & COMPETITION TIME

Carbohydrates are going to be our main energy source for the day, so we need to keep these topped up. I always use for my athletes Holeshot Isotonic Rapid Hydrate as my choice of hydration throughout the day. Here is why. Most energy drinks only replace sodium (salt) and potassium minerals, Holeshot Isotonic Rapid Hydrate goes much further. When the body sweats, it loses minerals, which include magnesium, a mineral that contributes to normal muscle function, a reduction of tiredness and fatigue, normal energy yielding metabolism, and normal muscle function. Holeshot Isotonic Rapid Hydrate contains a mineral and electrolyte complex which replaces numerous minerals, trace minerals and electrolytes.

Serving suggestions Mix 25g (approximately one and one half level 25ml measures) with 600ml water in a shaker. Suitable for use before, during and after endurance exercise.

## Vitamins

I would look at including some vitamins as a form of supplementation if their diets struggle to get the right amount of nutrients from whole foods, Here are a few of the important ones, you can buy these independently "make sure they are suitable for under 16's"

- Magnesium for the High Intensity style in which motocross and helping them to repair
  - Vit-B12 to aid with cellular reproduction and enhance energy levels
  - Vit-C to help with fighting off infections and help him recover
- Vitamin D – For healthy bone repair



### **Pre Moto - 20 min**

1 banana and 300ml drink of Holeshoot Isotonic Rapid Hydrate, this will give them the insulin spike they need to get to the gate and hit that Hole shot.

### **Post Moto - 5 min**

As soon as the lid comes off after the race drink another 300ml Holeshoot Isotonic Rapid Hydrate this is to replace the glycogen stores that have been depleted in the Moto/race, within 20 minutes mix up a Chequered Flag Rapid Recovery Whey shake with a scoop of oats.

### **Why Protein?**

Protein is essential for muscle repair and also filling us up, So by having a Protein shake post race will not only balance out your blood sugar levels (which stops that crash and reaching out for anything sweet) it also helps repair the muscles from all the stress they have just been put through, due to it's fast absorption the body will not take any of the blood from the muscles to the internal organs to break it down unlike heavy foods which can cause you to feel sluggish after eating.



## Daily Vitamins

- Armour Tabs are designed to provide everything the rider needs to keep themselves on top of their game.
- Magnesium for the High Intensity style in which motocross and helping them to repair.
- Vit-B12 to aid with cellular reproduction and enhance energy levels.
- Vit-C to help with fighting off infections and help him recover.
- Vitamin D – For healthy bone repair.



# SHOPPING LIST

## Supplements

- Holeshot Isotonic Rapid Hydrate
- Chequered Flag Rapid Recovery Whey Protein
- Armour Tabs Multi Vitamins
- Magnesium
- Omega 3's

## Carbohydrates

- Rolled oats
- Rice cakes
- Wraps (Bread substitute)
- Sweet Potato
- Apples
- Bananas
- Blue Berries

## Protein

- Turkey
- Chicken
- Milk
- Greek Yogurt
- Tuna in Spring water

## Fats

- Coconut Oil
- Peanut Butter
- Flaked Almonds
- Avocado

## Advice and tips

- Prepare your meals the night before to make life easier.
- Use herbs and spices to add flavour to your food (be careful of ones that are high in salt).
- Use rock or Himalayan salt instead of regular table salt, which has been heat processed full of chemicals.
- Drink plenty of water throughout the day, and on training days/Racing days use Holeshot Isotonic Rapid Hydrate.
- Cook with coconut oil (coconut oil has a higher 'smoking point' than others and also has MCT's).
- Organic foods tend to be more expensive but if you can afford it, it's highly recommended. The quality of organic is far superior to anything else.
- Use the day after Race day as a 'treat day'. as you will need to replenish your energy stores which will enable your body to recover faster plus "Life is about balance".



# SGUT-MX SUPPLEMENTS EXPLAINED



WORKING TO THE HIGHEST STANDARDS



# Daily Multi Vitamins

## Armour Tabs

"Armour Tabs" are a complete vitamin and mineral tablets, with a balanced ratio of your body's daily requirements to maintain overall wellbeing, these are great if you are finding it hard to achieve your requirements through Fruit & Vegetables

This advanced formula contains B vitamins to improve energy release, vitamin C to boost your immune system, pantothenic acid and zinc to optimise mental performance, calcium to contribute to normal function of digestive enzymes and vitamin B6 to enhance protein and glycogen metabolism.

Armour Tabs – Multi Vitamins increase your physical and mental vitality, strengthen your immune system and improve your ability to recover from intense sport and exercise.

Dose: x2 tablets with food daily

### ARMOUR TABS

**ARMOUR TABS MULTIVITAMINS** are complete vitamin and mineral tablets, with a balanced ratio of your body's daily requirements to maintain overall wellbeing.

**SUGGESTED USE:** Consume 1 tablet with water or fruit juice. For hard training, take 2 tablets per day: 1 in the morning and 1 in the evening, ideally with a meal.

**DISCLAIMER:** this product is not categorised as a herbal medicine, it is sold as a food supplement. The statement contained on this label does not imply that this product has any medicinal properties, use or efficacy. This product should not be used as a substitute for a varied and balanced diet and do not exceed recommended daily dose. Store in a cool dry place and keep out of reach of children. **ALLERGEN WARNING:** This product is manufactured on equipment which processes products containing nuts, milk, gluten, egg, soya and peanuts.



- MANUFACTURED IN THE UK
- PREMIUM QUALITY RAW INGREDIENTS
- 100% INDEPENDENTLY TESTED

CONTACT: SGUT SYSTEM, UNDERGROUND GYM  
8 CAMDEN STREET, PORTSLADE, BN41 1AW

**ARMOUR TABS**  
**MULTIVITAMIN**  
INCREASE YOUR DAILY PERFORMANCE. STRENGTHEN YOUR IMMUNE SYSTEM AND IMPROVE YOUR ABILITY TO RECOVER FROM INTENSE SPORT AND EXERCISE.



Sponsored Athlete Boston Gilbert  
**FOOD SUPPLEMENT 120 TABLETS**

### PRODUCT PROFILE

Serving Size: 2 Tablets

Servings per container: 60

	per Tablet	NRV% per Tablet
A as Acetate	1,067 IU	94%
D3 as Cholecalciferol	80 IU	80%
E as Acetate	6 IU	73.4%
K1 as Phytonadione	30mcg	80%
Thiamine as Monohydrate	0.56mg	101%
Biotin	60mcg	240%
Folic Acid	80mcg	80%
Niacin as Niacinamide	7.2mg	90%
Pantothenic Acid	2.4mg	80%
<b>As Di-Calcium Pantothenate</b>		
B12 as Cyanocobalamin	0.1mcg	8%
B2 as Riboflavin	0.64mg	92%
B6 as Pyridoxine	0.80mg	114%
Vitamin C as Ascorbic Acid	24mg	60%
Calcium as Carbonate	120mg	30%
Chromium as Calcium Chromium	20mcg	100%
Copper as Sulphate	0.8mg	160%
Magnesium as Oxide	45mg	24%
Manganese as Sulphate	1mg	100%
Selenium as Sodium Selenite	20mcg	72%
Zinc as Oxide	6mg	120%

Inactive Ingredients  
Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

BEST BEFORE END: See Base of Container.

[WWW.SOLGILBERT.COM](http://WWW.SOLGILBERT.COM)



# Pre-During & Post race

## Holeshot Isotonic Rapid Hydrate

Holeshot Isotonic Rapid Hydrate is a combination of quick release energy, electrolytes and caffeine, which provides a rapid spike in energy and focus.

Holeshot Isotonic Rapid Hydrate not only boosts performance in all ranges of sporting activities but also rehydrates your body and replenishes depleted energy & Mineral stores, meaning you can perform at your best for longer periods of time.

Studies have concluded that caffeine combined with carbohydrates significantly improves performance making this the perfect sports drink for High Intensity & endurance athletes.

Holeshot Isotonic Rapid Hydrate is the perfect choice for fuelling your body effectively before, during and after races.

Dose: Take 300 ml before racing and 300ml straight after to give your body the insulin spike it needs.

### HOLESHOT

**HOLESHOT ISOTONIC RAPID HYDRATE** is a combination of quick release energy, electrolytes and caffeine, which provides a rapid spike in energy and focus.

**HOLESHOT ISOTONIC RAPID HYDRATE** not only boosts performance in all ranges of sporting activities but also rehydrates your body and replenishes depleted energy stores, meaning you can perform at your best for longer periods of time.

**HOLESHOT ISOTONIC RAPID HYDRATE** is the perfect choice for fuelling your body effectively before, during and after exercise.

**SUGGESTED USE:** Add 1 scoop (40g) to 200ml of water, stir with a fork and consume prior to workout (can also be consumed during or after workout).

**DISCLAIMER:** This product is not categorised as a herbal medicine, it is sold as a food supplement. The statement contained on this label does not imply that this product has any medicinal properties, use or efficacy. This product should not be used as a substitute for a varied and balanced diet and do not exceed recommended daily dose. Store in a cool dry place and keep out of reach of children.



- MANUFACTURED IN THE UK
- PREMIUM QUALITY RAW INGREDIENTS
- 100% INDEPENDENTLY TESTED

CONTACT: SOUT SYSTEM, UNDERGROUND GYM  
8 CAMDEN STREET, PORTSLADE, BN41 1AW

# HOLESHOT

## ISOTONIC RAPID HYDRATE

NOT ONLY BOOSTS PERFORMANCE IN ALL RANGES OF SPORTING ACTIVITIES BUT ALSO REHYDRATES YOUR BODY AND REPLENISHES DEPLETED ENERGY STORES, SO YOU CAN PERFORM AT YOUR BEST FOR LONGER PERIODS OF TIME.



Sponsored Athlete Mel Pocock  
FOOD SUPPLEMENT NET WEIGHT: 1.2KG

### PRODUCT PROFILE

Serving Size: 1.5 scoop (40g)  
Servings per container: 30

	Typical Analysis	
	Per Serving	Per 100g
Energy KJ	610	1525
K cal/serving	146	365
Carbohydrates	36g	91g
- of which Dextrose Monohydrate	22g	56g
- of which Maltodextrin	10g	25g
- of which Fructose	4g	10g
- of which Sugars (naturally occurring)	26g	66g
Electrolyte Matrix		
- Sodium	*	*
- Calcium	*	*
- Potassium	*	*
- Magnesium	*	*
- Phosphorus	*	*
	1000mg	2000mg
Vitamin C	200mg	400mg
Vitamin E	70mg	140mg
Caffeine	100mg	200mg

**INGREDIENTS:** Dextrose Monohydrate, Maltodextrin, Fructose, Citric acid, Malic acid, Multi Vitamin Blend, Caffeine, Flavourings, Natural Colourings, Stabilisers, Sweetener: Sucralose.

**\*PLEASE NOTE:** Nutritional values may vary slightly between flavours.  
**ALLERGEN WARNING:** This product is manufactured on equipment which processes products containing nuts, dairy products, lactose, food colours and flavourings.

**BEST BEFORE END:** See Base of Container.

[WWW.SOLGILBERT.COM](http://WWW.SOLGILBERT.COM)



# Post Race & Meal replacement

## Chequered Flag

“Chequered Flag” Rapid Recovery (CFRR) is a combination of fast and slow release protein sources for a sustained release of high quality muscle fuel. It contains high levels of BCAAs, which are vital in the manufacture, maintenance and repair of muscle tissue and added peptide-bonded glutamine.

CFRR is formulated for both rapid absorption and sustained uptake for optimum protein utilisation and to aid protein synthesis. CFRR is formulated with an optimum blend of protein to carbohydrates making it a great post-workout shake for rapid glycogen replenishment.

CFRR is an optimum blend of:

- Pure Whey Protein Concentrate • Milk Protein Concentrate • Soy Protein Isolate

This unique blend provides high levels of all Amino Acids including L-Glutamine and BCAAs to aid in effective muscle building.

Dose: 20 min's after a Moto shake or blend x2 level scoops with water 300ml if you like it thick 600ml if you like it thinner.

If you have a blender I like to add some of the following: Ice, Banana, 1 X Scoop of Oats, Blueberries, Peanut Butter/Nut Butters, Frozen fruit.

### CHEQUERED FLAG

**CHEQUERED FLAG RAPID RECOVERY WHEY PROTEIN** is designed to transport highly bioavailable protein for an efficient and rapid uptake to stimulate muscle protein synthesis.

**CHEQUERED FLAG RAPID RECOVERY WHEY PROTEIN** contains high levels of naturally occurring Branched Chain Amino Acids which are vital in the manufacture, maintenance and repair of muscle tissue.

#### CHEQUERED FLAG RAPID RECOVERY WHEY PROTEIN:

- Aids Protein Synthesis
- Maintains and Repairs Muscle Tissue
- Supports Lean Muscle Mass

**CHEQUERED FLAG RAPID RECOVERY WHEY PROTEIN** is the definitive premium whey protein designed to effectively aid in increasing lean muscle mass.

**SUGGESTED USE:** Mix 70g with 300ml water or skimmed milk.

DISCLAIMER: This product is not categorised as a herbal medicine, it is sold as a food supplement. The statement contained on this label does not imply that this product has any medicinal properties, use or efficacy. This product should not be used as a substitute for a varied and balanced diet and do not exceed recommended daily dose. Store in a cool dry place and keep out of reach of children.



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CONTACT: SOUT SYSTEM, UNDERGROUND GYM  
8 CAMDEN STREET, PORTSLADE, BN11 1AW

**CHEQUERED FLAG**  
**RAPID RECOVERY WHEY PROTEIN**  
IS FORMULATED WITH AN OPTIMUM BLEND OF PROTEIN  
CARBOHYDRATES AND BCAAS WHICH ARE VITAL IN THE  
MANUFACTURE, MAINTENANCE AND REPAIR OF MUSCLE  
TISSUE MAKING IT A GREAT POST-WORKOUT/RACE SHAKE



Sponsored Athlete Mel Pocock  
FOOD SUPPLEMENT NET WEIGHT: 907G

### PRODUCT PROFILE

Serving Size: **70g** (Approx. two scoop)  
Servings per container: **13**

	Typical Analysis*	
	Per Serving	Per 100g
<b>Energy</b>	<b>1009kj</b>	<b>1442kj</b>
	<b>242kcal</b>	<b>345kcal</b>
<b>Fat</b>	<b>3.8g</b>	<b>5.5g</b>
of which saturates	1.1g	1.6g
<b>Carbohydrates</b>	<b>41g</b>	<b>59g</b>
of which sugars	37g	52g
<b>Protein</b>	<b>25g</b>	<b>35g</b>
<b>Salt</b>	<b>0.38g</b>	<b>0.54g</b>

**INGREDIENTS:**  
Protein Blend (Whey Protein Concentrate (Milk), Milk Protein Concentrate), Dextrose Monohydrate, Flavouring, Colouring, Stabilisers, Sweetener: Sucralose.

\*PLEASE NOTE: Nutritional values may vary slightly between flavours.

**ALLERGEN WARNING:** For allergens see ingredients in bold. May also contain: nuts, soya, gluten, egg and peanuts.

**BEST BEFORE END:** See Base of Container.

**WWW.SOLGILBERT.COM**





## TRAINING

So one of the biggest problems I have seen in Youth MX is the lack of conditioning these guys do, Ok they play Football and Rugby at school, which is great for getting their heart & lungs working, but they do not ride Dirt bikes at school do they! So how can they be fully prepared and conditioned for the race? Unless you have a track in your back garden, and can make them run figure of eights all day then you will need to make them do a series of full body exercises to develop an elite level of conditioning that Motocross demands.

### **MX Specific Lower Body - Keep them standing on the pegs**

Get them on the bike and measure the distance from their seat to their bum standing on the pegs; this is your range you need to work your squat between. Next get a football and place between their knees and get them to squat up (within their range) and down on your command (Up, Down, Up, Down) for as long as they can time this and try and beat this next time, This is a great drill that replicates riding and also develops inner thigh strength for tank control.

### **MX Specific Upper Body**

My favorite one for MX riders is the Super Plank, Lay horizontal on the floor get into the Plank position then without touching the floor with your thighs get into the push up position, Push up with the Right arm first then the left until you are in the full push up position with arms extended. Then lower back down one arm at a time. Alternate the arms in which you push up and lower down on. This is a plank from elbows into a push up, Remember; make sure their lower body is not touching the floor. Start at 10 each side then add x2 each side every night if you find 10 to start is too easy work at a number that challenges them, but increase every time.

Now you have a bulletproof guide to give your future MXGP rider the edge they need.

For more Personal tailored plans feel free to get in touch directly at [www.solgilbert.com](http://www.solgilbert.com)

## Core Control

The core is an integral part of Motocross, So make sure this area gets a lot of work follow Total Abs guide and as you get stronger increase the time and reps.

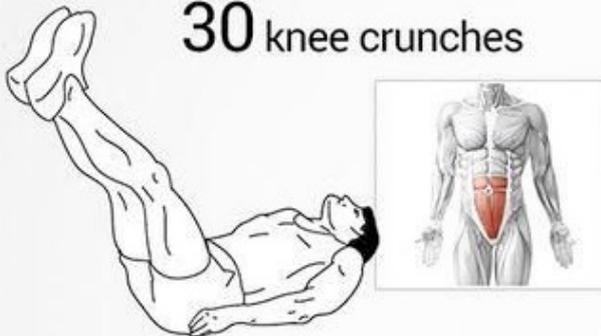
# total abs



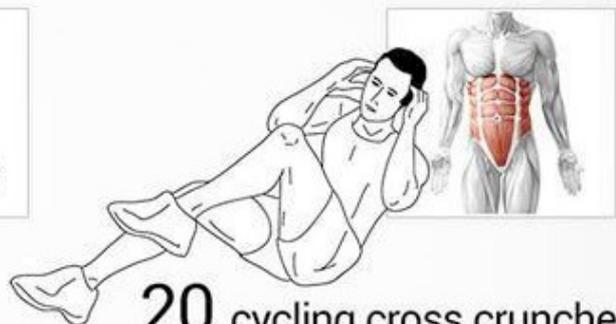
30 knee crunches



30 cross crunches



20 leg raises



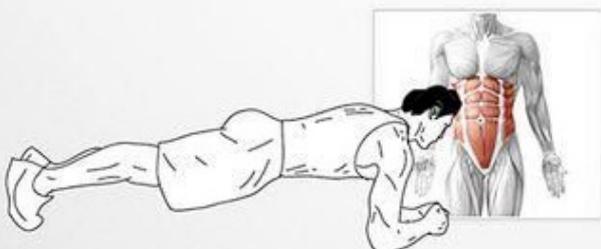
20 cycling cross crunches



30 flutter kicks



20 heel touches



60sec plank



20 supermen

## Body Weight Circuit

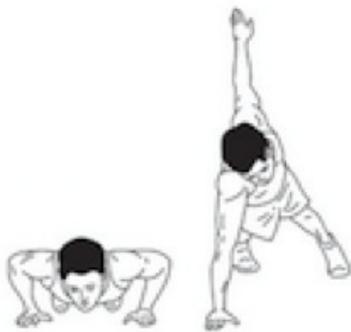
Motocross Home Body weight Circuit – Do not do this 2 days before a race.

# Circuit Training

Complete each exercise one after the other with no rest in between  
Once cycle one is complete - rest for 60 Seconds

Repeat the whole cycle again

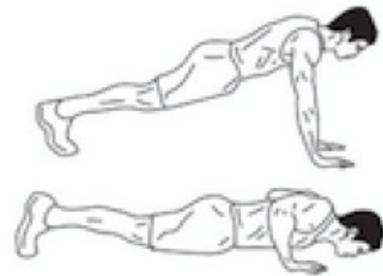
beginners: 2 times    intermediate: 4 times    advanced: 6 times



**1.** twisting push ups  
10 reps on each arm



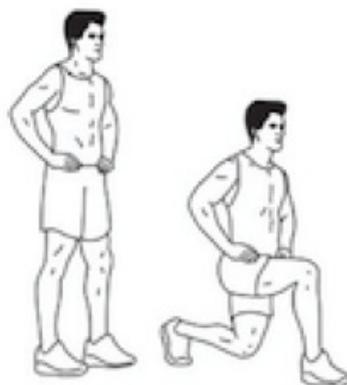
**2.** squats  
10 reps



**3.** push ups  
10 reps



**4.** jump squats  
10 reps



**5.** forward lunges  
10 reps each leg



**6.** crab walk  
5 meters - twice

## Testimonial from Mel Pocock Hitachi REVO Husqvarna team. Professional Motocross Rider & Official 2012 European EMX250 Champion

"I had heard about Sol Gilbert through various friends on the Motocross circuit and I heard his style of training was really suited for what I needed to compete in the 2015 MXGP as the races are 35 minutes long.

As soon as I met with Sol at the Underground Gym my dad and I knew that working with Sol was going to be the answer, the facility he owns is amazing, he has everything you would need to get yourself into an elite level of conditioning.

The 1st thing Sol did was run me through a variety of tests to see how my body reacted to his High Intensity training system (SGUT) and this was supported with a heart rate monitor and Lactate testing.

I spent 8 solid weeks working with Sol and I have never felt so confident going into a competition. My conditioning was so good I competed in Thailand in 45 degrees and placed my personal best of 6th in the World!! Unfortunately the following race on UK soil I had a tragic accident, which halted me competing further. But due to my increased levels of fitness my body has repaired and I am back in the gym with Sol working towards 2016.



**FIND YOUR INNER STRENGTH**

**"THROUGH SACRIFICE  
COMES SUCCESS"**

**SOL GILBERT**