



# MOTOCROSS SUPPLEMENT SHEET



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Motocross is a high intensity sport and action packed which requires a lot of focus and concentration. Without the correct nutrition our bodies will struggle to carry out such attributes which will decrease your level of performance. A poor diet will lead to low energy and feeling lethargic which is the complete opposite to what we want to achieve when the gate is about to drop!

A structured, well balanced nutrition plan will also aid in the recovery process in between the Motos and keep your energy high and ready for the next race. As a sport which involves high impact and muscle fibre recruitment (especially for balance), joints and muscle tissue preservation is essential to performance and improving beyond **“you do not want to be the last one to the chequered flag”**.

Rapid Recovery Protein Blend has been incorporated to increase overall protein content within the body. This will assist in muscle recovery and help you progress in your racing and training as time goes on. If you also have other high protein meat foods you often eat, then by all means you can look into switching around the sources of protein available to you.

## WHAT SUPPLEMENTS I HAVE RECOMMENDED AND WHY?

### RAPID RECOVER PROTEIN AND CARB BLEND

Rapid Recovery is designed to transport maximum protein with rapid absorption. Blend contains high levels of BCAAs which are vital in the manufacture, maintenance and repair of muscle tissue.

Rapid Recovery is rapidly absorbed, making the protein available for muscle building more quickly.

In addition, Rapid Recovery assists in opening the blood flow during exercise. The flow of nutrients to the muscles is increased, allowing a faster rate of muscle repair.

Motocross riders and athletes who partake in High Intensity Interval Training (HIIT) will benefit from the high levels of BCAAs, their rapid absorption, and the premium quality protein and carbohydrates contained in this Instant Blend Protein.

#### Rapid Recovery Protein and Carb is an optimum blend of:

- Instantised, de-lactosed pure whey isolate
- Concentrate and hydrolysed whey

#### Protein Blend Supplement:

- Contains instantised 35% Protein

### MULTI VITS

As we exercise our bodies will come under more stress. It's important that we are consuming enough vitamins and minerals to ensure our immune system is at full strength.

This product will ensure that you are getting a head start in your daily vitamin and mineral intake.

### VIT-C

Vitamin C is required for the growth and repair of tissues in all parts of your body. It is necessary to form collagen, an important protein used to make skin, scar tissue, tendons, ligaments, and blood vessels.

Vitamin C supplements:

- Are Powerful Antioxidants
- Enable the growth and Repair of Tissues
- Are Offered in a Massive 1000mg per Tablet

Vitamin C is therefore essential for the healing of wounds, and for the repair and maintenance of cartilage, bones, and teeth. The body does not manufacture vitamin C on its own, nor store it. It is therefore important to include plenty of vitamin C in your daily diet.

INGREDIENTS: Vitamin C 1000mg  
Serving Size: 1 to 2 Tablets Servings Per Container: 30 to 60 Vitamin C is required for the growth and repair of tissues in all parts of your body. It is necessary to form collagen, an important protein used to make skin, scar tissue, tendons, ligaments, and blood vessels.

## RAPID-HYDRATE CARBS, CAFFEINE & ELECTROLYTES - RHCCE

RHCCE is a combination of quick release energy, electrolytes and caffeine which provides you with a rapid spike in energy and focus.

RHCCE not only boosts your performance in all ranges of sporting activities but also re-hydrates your body and replenishes depleted energy stores, meaning you can perform at your best for longer periods of time.

RHCCE is the perfect choice for fueling your body effectively before, during & after exercise.

RHCCE supplements:

- Are a Combination of Quick Release Energy
- Boost your Performance
- Keeps you mentally alert
- Rehydrates

## MOTOCROSS/GYM SNACKS

Replenish your energy between Motos with these smart protein and carb snack combos. We all need food survive and I am sure that 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].

Here is six top snacks to fuel your body post workout/Moto: Be sure to chase each of these snacks with 8-12 ounces of water!

### 1. PROTEIN SHAKE

“After a Workout/Moto, you want ample protein combined with a carbohydrate, A protein shake made Rapid Recovery Protein and Carb Blend is a great choice, since your body quickly turns it into energy.

**Recommended Serving Size:**

2 scoops of Rapid Recovery Protein and Carb Blend = 250 calories

### 2. PEANUT BUTTER & BANANA ON RICE CAKES

If you're craving something more substantial after a workout, a healthy peanut butter like Whole Earth and banana sandwich 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-glycemic 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 = 215 calories

### 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, = 275 calories

### 4. 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 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, = 180 calories

## 5. WHOLE GRAINS—QUINOA

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.

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## 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 glycemic 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.

## 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 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 Rapid-Hydrate Carbs, Caffeine & Electrolytes.
- 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".