

## Workout Shake Guidelines

### Four Barrel CrossFit

The best time to consume a workout shake is actually DURING your workout. This allows nutrients to be immediately available as muscles and tissue are breaking down and keeps you from burning out toward the end of your workout.

Don't freak out! Many people can't imagine drinking a shake over the course of their workout for fear that it will make them sick. If you take small sips over the course of an hour, it should not affect how you feel. Also, after a week or two of drinking shakes during your workout, your body/stomach will get used to the practice.

The following is the list of supplements that we recommend taking-in during your workout along with quantities of those supplements based on your body size:

- Whey Protein - Bodyweight x 20% (in grams)
- Dextrose/Sugar - Bodyweight x 20% (in grams)
- Creatine - 5 grams per day
- Beta Alanine - 1 gram per 40 lbs of bodyweight (multipurpose BCAA will work here as well)

Below are links to an affordable and readily available brand for all of these supplements:

[Now Foods Whey Protein](#)

[Now Foods Dextrose](#)

[Now Foods Creatine](#)

[Now Foods Beta Alanine](#)

\*If you do not have a digital copy of this document with hyperlinks. The supplements above can be easily found by searching on Amazon.com