



WRESTLING/TRAINING TIMELINE



Know What to Take and When for Maximum Results
(To order products or learn more visit BisonLegendWrestling.net.)

Mental Focus Power + Strength Hydration + Recovery



Meal Replacement Shake

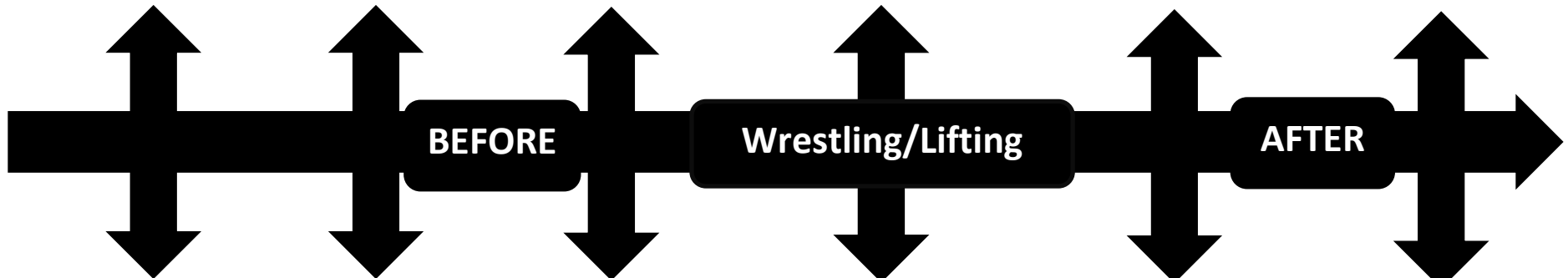
Spark

Catalyst

Rehydrate

Post Workout Recovery

Night Time Recovery



Breakfast

30 minutes before

10 minutes before

During

15 minutes after

Bedtime

Foundation Products for Wrestlers

1. Spark
2. Rehydrate
3. Catalyst



Learn more about these products by going to BisonLegendWrestling.net and clicking the AdvoCare link.