



Weights



LIVING²

HAVE YOU HAD YOUR SHOOTER TODAY?

Fat burning B52 shooter

3.50

L carnitine actually accelerates fat-burning. Without it, fat is unable to penetrate the walls of the mitochondria of the muscle cells. The perfect shooter to have right before an intense cardio workout.

Orange Muscle PUMP shooter

3.50

The vasodilating and cell volumizing effects from L-arginine are so powerful, your muscles will engorge with blood during your workouts and stay pumped for hours after. L-arginine also helps wounds heal much faster. A shot of vitamin C, arginine, green tea.

M&M Bodybuilding shooter

3.50

L glutamine is a main anti-catabolic agent in muscle, which helps to preserve muscle tissue (preventing its breakdown) during and after exercise. L-Glutamine also has the unique ability to boost growth hormone levels up to 430 percent.

Peppermint Patty Protein shooter

3.50

Branched chain Amino acids aid in repair, growth, and development of muscle tissue. The body, through assimilation of amino acids, produces over 50,000 proteins and over 15,000 enzymes. Amino acids are not only responsible for the production of all the body's enzymes (including digestive enzymes), but they also play a key role in normalizing moods, concentration, aggression, attention, sleep, and sex drive. Great alternative to a more filling shake.

China Green shooter

3.50

Epigallocatechin gallate (EGCG) is a potent antioxidant from green tea, deactivating health-damaging free-radicals. It provides energy, drops body fat, boosts immune system, kills free radicals and much more. Just 1 china green shooter not only tastes delicious but also contains a special green tea extract that is equal to drinking 10 cups of green tea

Virgin C shooter

3.00

Vitamin C is vital for the function of the immune system and promotes resistance to infection.

The Bionic cell shooter

Earth's #1 SUPERFOOD! Scientists at NASA theorize that some 3 1/2 billion years ago, the world was changed forever. The appearance of tiny organisms with the ability to convert sunlight, warmth, water and minerals into protein, carbohydrates, vitamins and amino acids marked the beginning of life. *Phytoplankton*, the single-cell plants are the basis of all other life forms on planet earth, they are the 'vegetation' of the ocean. *Phytoplankton* are responsible for making up to 90% of Earth's oxygen and are the food utilized by the worlds largest and longest living animals and fish. Blue whales, bowhead whales, baleen whales, gray whales, humpbacks, and right whales all eat plankton.

Anti-Freeze Digestion shooter

Acidophilus keeps the intestines clean, Eliminates bad breath, flatulence and constipation, Eliminates excessive body odor, improves the complexion, relieves fatigue and red eyes, reverses the intestinal damage caused by antibiotics.

Ozone Orgasm shooter

Back to the basics with Ozone used as medicine. Ozone is nature's way of purifying the air we breathe and killing viruses and bacteria. A highly concentrated ozone shooter contains living oxygen. This extremely powerful oxygen, O3, will help your body rid itself of all disease.

The Pushers Pain Killer

Tired of joint pain? Glucosamine relieves joint pain, rejuvenates the synovial fluid (fluid within the joint), and promote healthy and flexible joints. Glucosamine also treats Rheumatoid arthritis and Osteoarthritis.



3.50

DO IT YOURSELF PHYSIO

T.E.N.S. Muscle Toner/ Pain reliever (25 to 30min.)

15.00

Transcutaneous Electrical Nerve Stimulator

helps to recover muscles from sports injuries, loosens muscle fibers, increases blood flow, tones muscle and stimulates muscle growth. Also many types of pain which are often relieved with drugs can today be treated by electrical stimulation with no side effects.

Free for clients

Ultrasound pain relief (25 to 30 minute session)

15.00

Sonic relief is an ultrasound treatment for multiple medical ailments. Relieve pain and promote healing from, tendonitis, ligament strains, nerve root pain, arthritis, post-exercise recovery, tennis elbow, foot sprains, wrist sprains and much more.

Free for clients

RAW FOOD CEREAL 1 POUND

6.25

Heating food above 116 degrees F destroys enzymes in food that can assist in the digestion and absorption of food. At least 75 percent of the diet must be living or raw. Studies have shown that raw foods have healing powers that can alleviate many illnesses from low energy, allergies, digestive disorders, weak immune system, high cholesterol, candida, to obesity & weight problems (weight normalization) Just add cold or warm water and eat it in the morning, as a snack or eat it dry.

Protein shakes

4.00

Right after a workout, the muscles are biochemically "primed" for nutrient uptake. This phenomenon is commonly known as the "window of opportunity" During this time it is absolutely crucial that you consume protein so that the protein can be delivered to your muscles, to begin healing the "micro tears".

XS ENERGY DRINKS

(sugar free)

3.25

Get ready to blast your energy levels into high gear with XS Energy Drink. High powered adaptogenic herbs mixed with potent levels of B-vitamins and key amino acids make for a rocket-powered lift just before a workout.