## WHAT TO EAT BEFORE TRAINIG?

## <30 mins pre-training

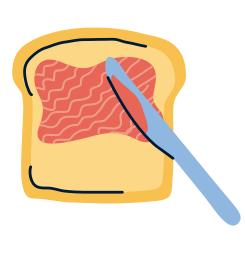














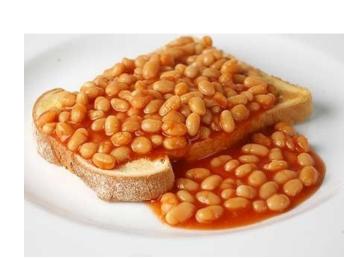




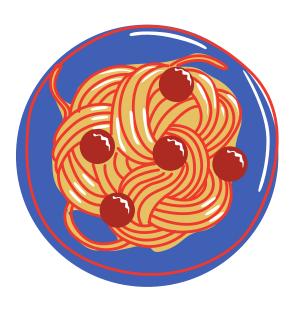




## 2 hours pre-training









allbodies