









# THE POSTER COACH™

## FITNESS GOAL



The World's Finest Frozen Drink™

### GENETIC TYPE

	FAT LOSS	MUSCLE GAIN	PERFORMANCE	HEALTH
<b>Ectomorph</b> (Under 30) 	<b>FAT BURNER POWER SHAKE</b> <i>Supplements</i> Multivitamin/Fiber/Pyruvate Chromium/BCAA	<b>MUSCLE BUILDER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Creatine Glutamine/BCAA/EFA/ZMA	<b>MUSCLE BUILDER ENERGIZER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Creatine/Glutamine/Vitamin C Calcium/BCAA	<b>POWER SHAKE MUSCLE BUILDER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Vitamin C/Calcium/BCAA
<b>Ectomorph</b> (Over 30) 	<b>FAT BURNER POWER SHAKE</b> <i>Supplements</i> Multivitamin/Fiber/Pyruvate Chromium/BCAA	<b>MUSCLE BUILDER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Creatine Glutamine/BCAA/EFA/ZMA	<b>MUSCLE BUILDER ENERGIZER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Creatine/Glutamine/Vitamin C Calcium/BCAA	<b>POWER SHAKE MUSCLE BUILDER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Vitamin C/Calcium/BCAA
<b>Endomorph</b> (Under 30) 	<b>FAT BURNER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Pyruvate Chromium Picolinate	<b>MUSCLE BUILDER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Creatine Glutamine/BCAA/EFA/ZMA Chromium Picolinate	<b>PURE PROTEIN ENERGIZER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Chromium Picolinate/Vitamin C Calcium/BCAA	<b>POWER SHAKE FAT BURNER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Vitamin C/Calcium Chromium Picolinate
<b>Endomorph</b> (Over 30) 	<b>FAT BURNER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Pyruvate Chromium Picolinate	<b>MUSCLE BUILDER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Creatine Glutamine/BCAA/EFA/ZMA Chromium Picolinate	<b>PURE PROTEIN ENERGIZER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Chromium Picolinate/Vitamin C Calcium/BCAA	<b>POWER SHAKE FAT BURNER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Vitamin C/Calcium Chromium Picolinate
<b>Mesomorph</b> (Under 30) 	<b>POWER SHAKE FAT BURNER</b> <i>Supplements</i> Multivitamin/Fiber/Pyruvate Chromium Picolinate	<b>MUSCLE BUILDER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Creatine Glutamine/BCAA/EFA/ZMA Chromium Picolinate	<b>POWER SHAKE ENERGIZER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Creatine/Glutamine/Vitamin C Calcium/BCAA	<b>POWER SHAKE</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Vitamin C/Calcium
<b>Mesomorph</b> (Over 30) 	<b>POWER SHAKE FAT BURNER</b> <i>Supplements</i> Multivitamin/Fiber/Pyruvate Chromium Picolinate	<b>MUSCLE BUILDER PURE PROTEIN</b> <i>Supplements</i> Multivitamin/Fiber/Creatine Glutamine/BCAA/EFA/ZMA	<b>POWER SHAKE ENERGIZER</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Creatine/Glutamine/Vitamin C Calcium/BCAA	<b>POWER SHAKE</b> <i>Supplements</i> Multivitamin/Fiber/Antioxidant Vitamin C/Calcium

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Primary Poster Coach Reference: National Academy of Sports Medicine (NASM)

Warning: The Poster Coach system is only a general information reference and should not be relied on without the necessary professional assistance. Always consult your physician before starting any workout or diet program.