

2XL POWERLIFTING PRESENTS

Different Methods for Different Madnesses

ESSENCE MONET,
IFBB PRO

Nutrition Seminar

\$60

Saturday,
September 7
1-4pm

LEARN ABOUT:

- PROGRAMMING NUTRITION FOR STRENGTH ATHLETES
- MACRONUTRIENT BREAKDOWN ON A DAILY/WEEKLY BASIS
- HOW TO STAGE MACROS AROUND WORKOUTS
- DIFFERENT FOOD CHOICES, SUPPLEMENTS, AND SAMPLE MEAL PLANS
- Q&A WITH ESSENCE MONET

REGISTRATION AVAILABLE AT

2XLPowerlifting.com