

# ENDURANCE

## NEWS

BY HAMMER NUTRITION

ISSUE 95 // JUNE/JULY 2015

\$3.95

### ***NUTRITION KNOW-HOW...***

#### **7 TO SKIP**

SECRETLY SUGARY FOODS

#### **RACE MAKERS**

ATHLETES' GO-TO BREAKFASTS

#### **26.2 FUELS**

MARATHON SUCCESS FORMULA

#### **PLANT POWER**

ENDURANCE-BOOSTING VEGGIES

### ***PLUS ALL THIS ...***

NEW Hammer Run Tops  
Get Rewarded For Referrals  
Recent Athlete Updates  
Healthy, Nutritious Recipes  
**AND MORE!**





# CHARLENE PROCTOR'S FLORIDA SUPERSTARS DANCESPORT CHAMPIONSHIPS RACE RECIPE



Charlene Proctor and her partner, Michael Choi, hammered to two wins at the Florida Superstars Dancesport Championships.

Photo: Courtesy Charlene Proctor

**BEFORE COMPETITION:** Endurance Amino, Endurolytes Fizz, Hammer Gel

**BETWEEN EVENTS:** Endurance Amino, Endurolytes Fizz, Hammer Gel

**AFTER THE LAST EVENT EACH DAY:** Recoverite

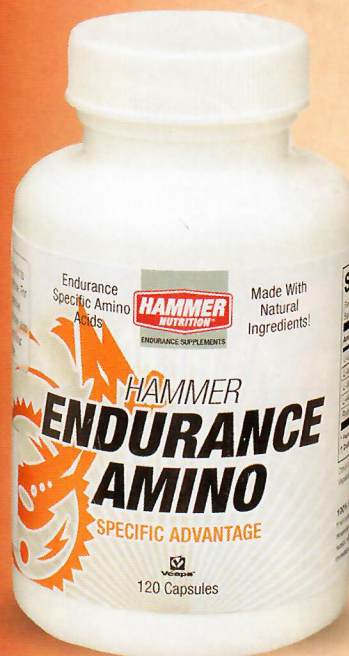
## RESULTS

**1st overall in standard and smooth**

"We are very disciplined about fueling and supplementing on schedule. This competition was three days, and the second day was the most difficult. We were on the floor from 12:30 p.m. to 10:30 p.m. We danced all day without cramping, bonking, or fatigue!"

— Charlene Proctor

# EXTRA OOMPH



**"Endurance Amino gives me an extra boost in my endurance."**

-online reviewer

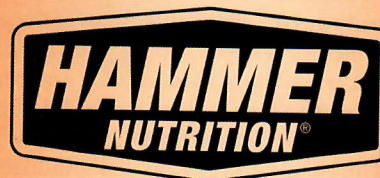
MADE IN  
USA



- Assists energy production
- Protects lean muscle
- Supports immune system

120 Capsules - \$29.95

240 Capsules - \$54.95



**ORDER TODAY!**

Use Promo Code **EN95** and get a **FREE** gift!  
Expires 8/7/15. Limit one per customer.

**800.336.1977**

**www.hammernutrition.com**