

Shannon Sharpe
former Denver Bronco

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Shannon Sharpe, former Denver Bronco

If I don't get enough rest between workouts, I don't grow. Plain and simple. Taking 24 to 48 hours to **recover after a hard workout** has really helped my gains in the weight room.

After a hard session in the weight room, I like to drink a Myoplex® shake mixed with a tablespoon of all-natural peanut butter and a cut-up banana. It tastes great and it helps me recover faster, so I can keep growing.

Matt Hasselbeck, Quarterback, Seattle Seahawks

To make my cardio more interesting, I like to mix it up. Sometimes I run the stairs in the bleachers at the stadium. Running up hills near my home in intervals helps out too.

Making the time to eat six small meals a day can be hard, especially when the team is on the road. So for two of my meals I eat a Myoplex® Sport Nutrition Bar. They have **30 grams of quality protein** and an awesome taste.

Larry Fitzgerald, Wide Receiver, Arizona Cardinals

Regular weight training has made a huge difference in my blocking assignments, and it allows me to recover more quickly from injury. Overall, weight training has made me feel stronger and healthier, too.

Coming into training camp, I knew I would have to put on more lean mass while still shedding fat. I used **Myoplex® Sport Powder** to give me the post-workout fuel I needed to grow. The shakes are fast and easy to make and they're really filling, unlike a lot of those watery shakes out there.

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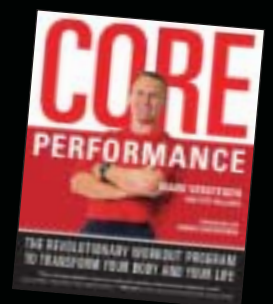
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TRAIN LIKE THE PROS!



Shannon Sharpe
former Denver Bronco

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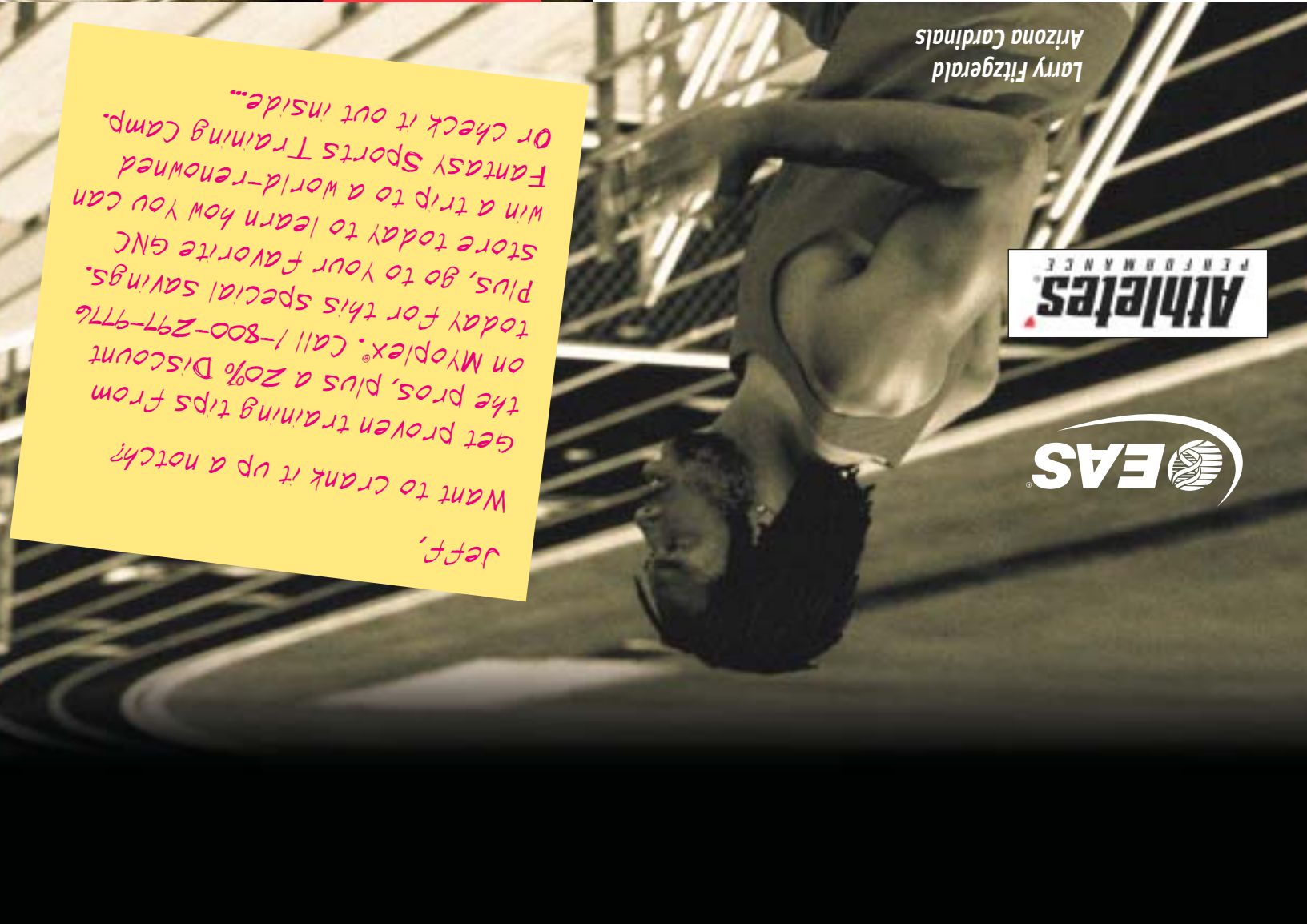


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Hey Jeff,

Former Denver Bronco Shannon Sharpe,
Matt Hasselbeck of the Seattle Seahawks
and Larry Fitzgerald of the Arizona
Cardinals have something to say to You!
Check it out inside...



Larry Fitzgerald
Arizona Cardinals



Jeff,
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