



GOLF

FUELING FOR SUCCESS Key Hammer Nutrition Fuels for Golfers



HEED

Sip gradually during workouts, practices, and match play.



Recoverite

One serving should be consumed within 30 minutes of completing workouts, practices, and match play.



Hammer Gel

Consume 1-2 servings (2 for larger athletes) prior to workouts, practices, and match play. Consume an additional serving every 30-45 minutes during.



Hammer Whey/ Vegan Protein Bars

A delicious snack option throughout the day, in between meals. During golf rounds, Hammer Protein Bars—Whey or Vegan—are excellent to consume as a healthy snack in addition to the Hammer Gels and HEED.



Endurolytes/ Endurolytes Extreme

Consume 1 Endurolytes capsule for every 60 pounds of body weight 15-20 minutes prior to workouts, practices, and rounds. Take the same dose every hour (during workouts and practices) or at the end of each round (during match play). Athletes using Endurolytes Extreme should consume 1-2 capsules in the same manner.



Hammer Whey

Consume 1-2 servings a day to augment your protein intake in the diet. One serving may be consumed prior to bedtime to provide the amino acids the body needs to perform many of its recuperative processes. This naturally boosts human growth hormone (hGH) release to optimize muscle tissue rebuilding.