



MOTO-X / ENDURO-X / OFF-ROAD

RIDER FUELING PLAN

10-15 minutes before each moto/practice session, take:

- 1 serving of Hammer Gel
- 1 Endurolyte Extreme
- 3-4 ounces of water

Immediately after each riding session, coming off the track, take:

- 1 Endurolyte Extreme
- 6-8 ounces of HEED from your water bottle

End of day, immediately after last moto/time on track, take:

- 1-2 Endurolytes Extreme
- 1 serving of Recoverite mixed in 6-12 ounces of water

**In between riding sessions, sip HEED gradually from your water bottle—not to exceed 1 bottle per hour, in total, including what you consume immediately after each riding session.

