



READY TO CROSSFIT

As a Swiss sports nutrition developer, SPONSER SPORT FOOD is renowned for high-quality and innovative products since over 30 years. Specific training stimuli are the basis for muscle building. Your functional workouts will ultimately allow you to build up a maximum of lean body mass while reducing body fat at the same time. Products that support recovery and efficient training units help you to achieve your goal.

PREPARE	BETA ALANINE	BETA ALANINE supports you during high-intensity training sessions and in preparation for competitions. For maximum power and boost!
	CREATINE	For best strength and weight-lifting performance.
BEFORE	PRO RECOVERY	Before training is after training. Support your muscle protein synthesis with high-quality protein about 30 minutes before training.
	ACTIVATOR	Performance supplement for an aggressive and concentrated workout. Caffeine has a performance-enhancing effect. Ideal time of intake approx. 30 minutes before training.
	PRE WORKOUT BOOSTER	Multi-nutrient supplement for maximum power boost. <ul style="list-style-type: none"> – optimized NO formation for pump and increased oxygen utilization grace to polyphenols and bioactive peptides – 100 mg caffeine for power and focus – with zinc and vitamins supporting metabolism towards recovery and muscle resynthesis
DURING	COMPETITION	Acid-free sports drink with a broad carbohydrate spectrum and electrolytes for sustained energy supply.
	LIQUID ENERGY	Energy from a tube, available in different versions. The best digestible and convenient energy gels available to avoid hitting the wall during your workouts.
	HIGH ENERGY BAR	The popular cereal bar with short, medium and long chain carbohydrates. The ideal solid food for a staggered energy supply.
AFTER	PRO RECOVERY PROTEIN DRINK	SPONSER offers a wide range of high-quality recovery and protein products: important for effective training adaptation and rapid recovery, suitable for the basic supply in everyday life, as well as for a targeted intake before, during and after training and competition.



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