



# **Power Workout™**

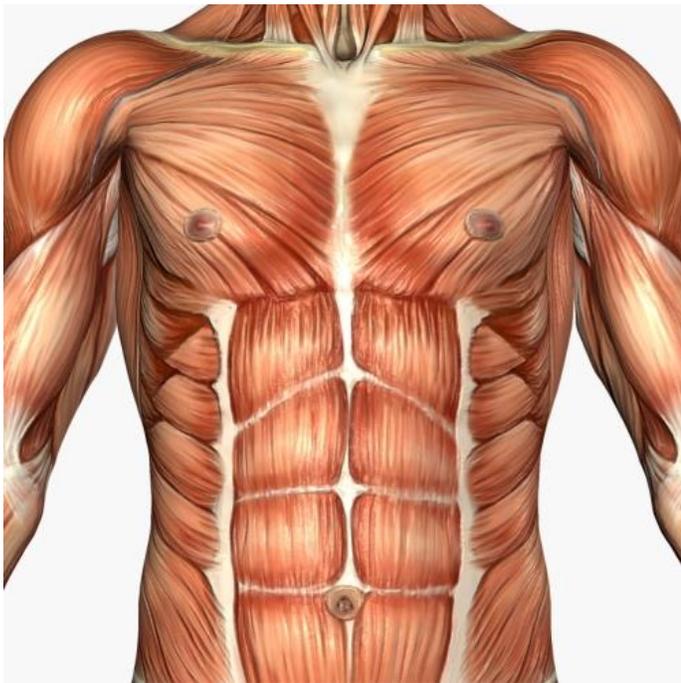
*for stimulating the body naturally*

The Power Workout Patch promotes the experience of natural, increased anabolic power, athletic focus & concentration, stamina, strength and accelerated recovery.

Made in the U.S.A

**Power Workout patch is designed to support the body's ability to power up and recover quicker. Consider using when experiencing: Slow to focus, shortness of breath, lack of initiative, sluggishness, lack of energy, impatient, weight loss, increasing aerobic strength, and performing at peak performance.**

These Apps have been tested extensively and proven by the many that have experienced them to promote clear thinking and increase your focus.



### **Exercising Tips:**

The best way to treat injuries is to prevent them. Prevention methods include always performing a thorough warm-up before workouts and stretching once you finish. The last three or four reps is what makes the muscles grow.

The patch is charged with bio-energy frequencies that helps to reduce stress associated with recovery symptoms. Fitness is important because it keeps you healthy and in the long run, a good workout routine will give you more energy for all the other aspects of life.

Physical exercise can be a stress reliever or a torture room, depending on your past experience. The health benefits of exercising and physical activity are hard to ignore, and the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability. You don't need to set aside large chunks of time for exercise to reap toning and trimming benefits. The Power Workout patch helps you to activate your body's ability to recover faster, while turning up the volume on aerobic strength.



### **Power Workout™**

**Instructions:** Power Workout is to be applied to your body, (left shoulder) to enhance and empower your physical activities. Made to last for (3) days, then discard. Apply another and wear it for your workout to enhance your mental focus.

**Increase Muscle Endurance | Enhance Muscle Growth | Increased Energy for Activity | Increase Metabolism for Weight Loss | Give the EDGE for Athletic Activity**