

SK SPORT SUPPLIES

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Trading as SK Sport Supplies
Company Reg No. 3044921
Company VAT No. 639017340



SPORTS NUTRITION & TRAINING ACCESSORIES PRODUCT GUIDE





WELCOME TO THE NEW SK SPORTS PRODUCT GUIDE

Here at SK Sports, we aim to offer you an excellent range of both sports nutritional products and weight training accessories. Our own brand, Vyomax® Nutrition, is going from strength to strength with an ever increasing range of new products and our teams dedication to constantly improving existing ones.

We have sections dedicated to the Schiek® brand, a leading and highly respected American company whose products are so good that their team includes professional body builders Mr Olympia 2009 Jay Cutler & Victor Martinez. The ProTan® range is also featured in our catalogue with their fantastic competition tanning products which have been used with confidence for many years by both professional and amateur athletes for their superb tanning results on stage.

We have a trade counter based within one of our warehouses which is open Monday to Friday between 8.30am and 5pm and Saturday 10am to 4pm where our friendly and knowledgeable staff are always on hand to offer you advice and guidance. We are also available online at either www.sksports.co.uk or www.vyomaxnutrition.com to place an order when the offices are closed.

Yours in health

Samir

Samir Kiani
Managing Director



CALL 0161 865 8555

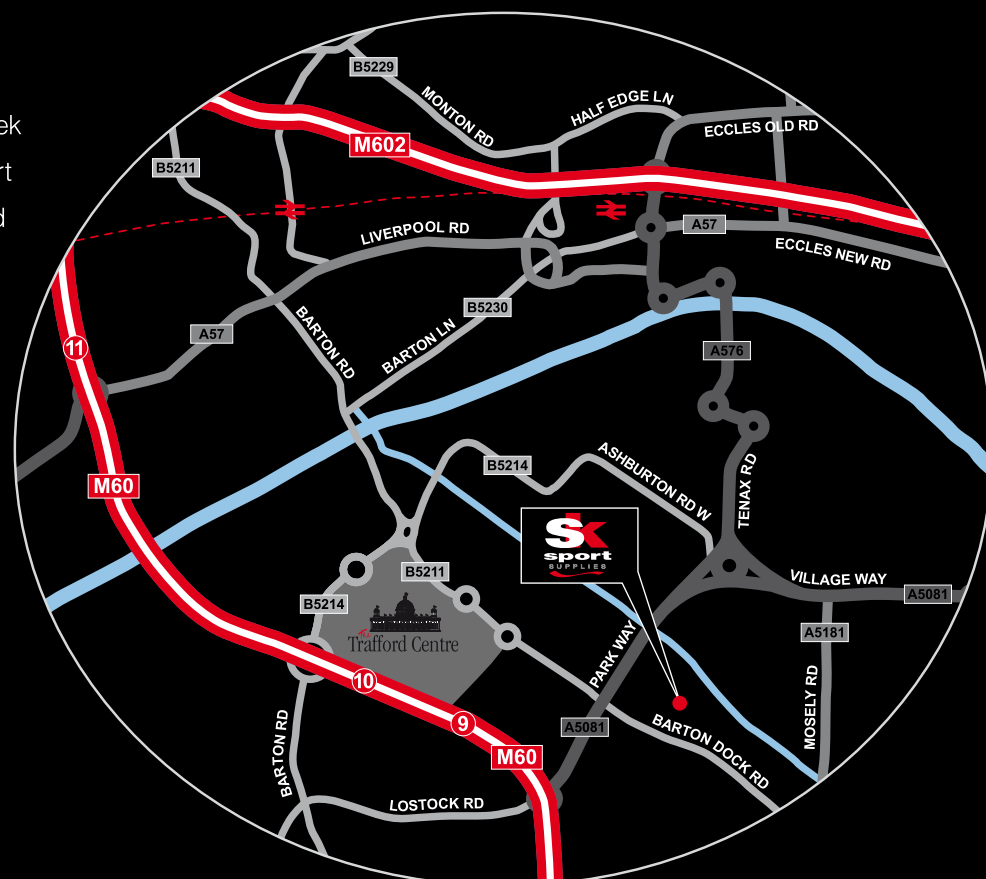
- Expert Personal Assistance 6 Days a Week
- Knowledgeable & Friendly Staff Support
- All Your Nutritional Questions Answered
- Customer Satisfaction Guaranteed
- Stocking All Top Brands
- Excellent Trade Discounts
- Great Multi-Buy Discounts

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OPENING TIMES

Monday to Friday 8.30am - 5.00pm
Saturday 10.00am - 4.00pm



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ALL IN ONE FORMULA

All In One Formula contains a blend of seven unique ingredients, designed to provide your body with the necessary nutrients it needs for a complete workout. Taking All In One Formula over an extended period of time will encourage muscular growth, help prevent muscle breakdown, enhance muscular definition, increase anaerobic and aerobic endurance, and provide you with that all important muscular pump. All In One Formula is an exclusive product aimed at the serious athlete. Other than a high quality Whey Protein Blend, All In One Formula contains Creatine, Beta Alanine, Taurine, L-Arginine, L-Glutamine, Palatinose™ and a Vitamin & Mineral blend to enhance and aid your workout.

All In One Formula has been specially formulated to encourage muscle growth (anabolic) and prevent muscle breakdown (anti-catabolic). This is made possible by the addition of high quality whey protein containing both essential and nonessential amino acids. Our specialised blend of whey protein concentrate and whey protein isolate provides the perfect amino acid profile your body needs for muscle building, strength and recovery.

Key Benefits of All In One Formula:

- Encourages Muscular Growth & Prevents Muscle Breakdown
- Beta Alanine Increases Anaerobic & Aerobic Endurance
- Palatinose™ for Sustained Energy Release
- L-Glutamine for Optimised Protein Synthesis
- L-Arginine for that All-Important Muscular Pump
- Taurine Helps Delay the Onset of Fatigue

- ✓ Men & Women
- ✓ Aspartame Free
- ✓ Gluten Free
- ✓ Vegetarians



Typical Nutritional Information per 100g in water	
Energy	1548kJ/370kcal
Protein	48g
Carbohydrates	35g
of which Sugars	32g
Fat	4g
of which Saturates	2.8g
Sodium	0.2g
L-Glutamine	5g
Creatine Monohydrate	5g
Beta Alanine	3.33g
L-Arginine	2g
Taurine	1g

Size: 908g & 2.2kg



VYOMAX® HYDROLYSED WHEY



Key Benefits of VyoMax® Hydrolysed Whey:

- Easily Digestible
- Prevents Muscle Breakdown
- Encourages Muscular Definition
- Rapid Absorption Rate into the Body
- High in Branch Chain Amino Acids

Hydrolysed Whey Protein is highly regarded as the most digestible, rapidly absorbed Whey Protein available. The protein is partially pre-digested by enzymes into shorter amino chains which leads to absorption into your system instantly, enabling your muscles to start rebuilding and recovering quickly, making it an ideal post-workout supplement. Hydrolysed Whey has a bitter taste due to the process it undergoes, so we have added some chocolate flavour to help disguise the bitterness. It is one of the most advanced whey protein supplements available aimed at the serious athlete.

- ✓ Men & Women
- ✓ Aspartame Free
- ✓ Vegetarians

**Chocolate
Flavour**

Typical Nutritional Information per 100g in water	
Energy	1653kJ/395kcal
Protein	73g
Carbohydrates	7.0g
of which Sugars	5.68g
Fat	8.0g
of which Saturates	5.8g
Fibre	1.28g
Sodium	0.35g

Contains milk, soya & gluten

Size: 908g

VYOMAX® MICELLAR CASEIN



Key Benefits of VyoMax® Micellar Casein:

- Low Carbohydrates & Fat
- Supports Muscle Growth
- Sustained Amino Acid Delivery
- Helps Reduce Feelings of Hunger
- Ideal Bedtime Supplement
- Slow Absorption Rate of Approximately 7 Hours

VyoMax® Micellar Casein is the perfect protein supplement to take before you go to bed. Micellar Casein is one of the most natural types of protein available and has an incredibly slow absorption rate of around 7 hours making it an ideal protein drink to take in the evening. It is high in BCAAs (Branched Chain Amino Acids), which are crucial for a faster recovery and better muscular gains. The protein's slower absorption rate will help to stave off hunger and provide your body with the nutrition it needs whilst you sleep. This makes it the ideal protein powder for anyone looking to lose weight or as a healthy between meals protein shake.

- ✓ Men & Women
- ✓ Aspartame Free
- ✓ Vegetarians

2 Great Flavours
Berry
Vanilla

Typical Nutritional Information per 100g in water (Berry Flavour)	
Energy	1469kJ/351kcal
Protein	78g
Carbohydrates	7.0g
of which Sugars	5.65g
Fat	1.2g
of which Saturates	0.72g
Fibre	0.0g
Sodium	0.15g

Contains milk & soya

Size: 908g

VYOMAX[®]

DELUXE PROTEIN

VyoMax[®] Deluxe Protein is a premium product targeted at athletes and bodybuilders who want to build quality lean muscle whilst maintaining a low carbohydrate and low fat diet.

VyoMax[®] Deluxe is currently a unique and highly desirable product. It is a time-released protein consisting of seven different protein sources. Glutamine has been added to support muscle growth, recovery and repair, as well as a Vitamin and Mineral Blend to boost your energy and improve protein synthesis. Our formulation has been further enhanced with the addition of lactase enzymes, which will aid in the digestion of protein.

VyoMax[®] Deluxe is a blend of 7 different proteins, which work in tandem to provide you with a varied absorption rate, so that you can experience all the benefits of each of these proteins. Each protein synthesises at a different rate in your body, so you can take the protein anytime of day and still reap the rewards.

In addition to receiving a time-released protein, VyoMax[®] Deluxe is formulated with a small percentage of soy protein isolate. Soy Protein contains all ten essential amino acids, is low in fat, and has been linked to decreasing the risk of heart disease and lowering cholesterol.

Key Benefits of VyoMax[®] Deluxe:

- Bio Engineered Seven Stage Protein Formula
- Time Released Protein
- Builds Quality Lean Muscle
- 40g Protein & 10g Glutamine per Serving
- Vitamin & Mineral Blend

- ✓ Men & Women
- ✓ Aspartame Free
- ✓ Gluten Free
- ✓ Vegetarians

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water

Energy	1521kJ/364kcal
Protein	71g
Carbohydrates	8g
of which Sugars	4g
Fat	5g
of which Saturates	3g
Dietary Fibre	3g
Sodium	0.33g
Vitamin A	720mg
Vitamin D	4.5ug

Size: 908g & 2.2kg



DELUXE PROTEIN

✓ Men & Women ✓ Vegetarians ✓ Gluten Free ✓ Aspartame Free

CHOCOLATE FLAVOUR

VANILLA FLAVOUR

STRAWBERRY FLAVOUR

BANANA FLAVOUR

DELUXE PROTEIN

LOW GI

40g

VITAMIN & MINERAL BLEND
LACTASE ENZYMES
TIME RELEASED PROTEIN
BUILDS QUALITY LEAN MUSCLE

BANANA FLAVOUR

STRAWBERRY FLAVOUR

SCIENTIFICALLY ENGINEERED

HIGH QUALITY PROTEIN
40g
PER SERVING

vyomax
nutrition

www.vyomaxnutrition.com

VYOMAX[®]

PREMIUM PROTEIN



Key Benefits of VyoMax[®] Premium Protein:

- Supports Muscle Growth & Repair
- Undenatured Whey Protein
- High Concentrations of Branch Chain Amino Acids
- Contains Glutamine Peptides
- Fortified with Omega 3 & 6
- Easy Mixing & Great Tasting

VyoMax[®] Premium Protein has been designed with a blend of whey protein concentrate and whey protein isolate, egg albumen, flaxseed and yoghurt powder to help encourage the development of lean muscle, enhance existing muscular gains and accelerate recovery. It is high in BCAA's and has been specially fortified with glutamine peptides and essential fatty acids to help satisfy your body's nutritional requirements.

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Vegetarians**

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water (vanilla flavour)

Energy	1623kJ/387kcal
Protein	77.5g
Carbohydrates	6.7g
of which Sugars	5.1g
Fat	5.6g
of which Saturates	3.0g
Dietary Fibre	1.1g
Sodium	0.204g
Linoleic Acid/Omega 3	45.0mg
Alpha Linoleic Acid	200.0mg
Glutamine Peptides	1.0g

Size: 908g & 2.2kg

VYOMAX[®]

WHEY PROTEIN ISOLATE



Key Benefits of VyoMax[®] Whey Protein Isolate:

- Easily Digestible
- Supports Muscle Growth, Recovery & Repair
- Minimal Amounts of Fat & Carbohydrates
- High Quality Protein
- Cross Flow Micro Filtered
- Virtually Lactose Free

VyoMax[®] Cross Flow Micro Filtered Whey Protein Isolate is an easily digestible supplement that contains high levels of both essential and non-essential amino acids which are needed by the body to build and repair muscles, and as it also contains minimal amounts of fat and carbohydrates it is an ideal choice for those wanting to limit their carbohydrate and fat intake whilst still benefiting from a high quality protein supplement.

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Vegetarians**

3 Great Flavours
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water (strawberry flavour)

Energy	1522kJ/363kcal
Protein	87g
Carbohydrates	3.0g
of which Sugars	2.3g
Fat	1.4g
of which Saturates	0.8g
Dietary Fibre	0.9g
Sodium	0.284g

Contains milk, soya & gluten
Contains traces of eggs and various nuts and seeds

Size: 908g

VYOMAX[®]

PROTEIN POWDER



Key Benefits of VyoMax[®] Protein Powder:

- 28g Protein per Serving
- Peptide Bonded Glutamine
- Encourages Muscle Growth
- Tastes Great & Mixes Easily

VyoMax[®] Protein Powder provides your body with 28g of quality muscle building whey protein concentrate with a balance of glutamine peptides and a full amino acid profile. VyoMax[®] can be used by anyone looking for a high quality, great tasting protein supplement to use in conjunction with a weight training routine.

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Vegetarians**

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water (chocolate flavour)

Energy	1638 kJ/392 kcal
Protein	70.0g
Carbohydrates	10.8g
of which Sugars	10.8g
Fat	7.6g
of which Saturates	4.6g
Fibre	0.0g
Sodium	trace

Size: 908g & 2.2kg

VYOMAX[®]

MEAL REPLACEMENT



Key Benefits of VyoMax[®] Meal Replacement:

- Performance Enhancing Ingredient
- Low & High GI Carbohydrates for Sustained Energy Release
- Fortified Vitamin & Mineral Blend
- Over 42g Protein per Serving
- Encourages Muscular Definition
- L-Glutamine for Optimised Protein Synthesis

VyoMax[®] Meal Replacement contains the perfect ratio of protein, carbohydrates and healthy fats to satisfy your body's dietary requirements. Taking it in conjunction with a structured training regime will assist in weight loss, encourage the development of lean muscle, help prevent muscle breakdown and enhance muscular definition.

VyoMax[®] Meal Replacement makes the perfect supplement for anyone looking for a quick, convenient meal that provides a regulated calorie intake.

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Vegetarians**

3 Great Flavours
Banana
Berry
Chocolate Caramel



Typical Nutritional Information per 100g in water

Energy	1615kJ/386kcal
Protein	49g
Carbohydrates	33g
of which Sugars	10.1g
Fat	6.0g
of which Saturates	4.0g
Fibre	3.0g
Sodium	0.2g

Contains milk & soya

Size: 2.2kg

VYOMAX[®]

PROTEIN FLAPJACKS



Key Benefits of VyoMax[®] High Protein Flapjacks:

- 15g of Protein per Flapjack
- Sustained Energy Release
- No Artificial Sweeteners
- Low GI ingredients
- No Hydrogenated Fats
- Traditionally Hand Baked Protein Enriched Oat Bars

VyoMax[®] High Protein Flapjacks have been specifically formulated to provide you with the necessary protein and carbohydrates to have a successful workout. They should be best enjoyed before or after a strenuous workout, but can also be used as a supplement to boost your calorie intake.

VyoMax[®] High Protein Flapjacks are made using the finest ingredients and therefore contain no artificial sweeteners.

- ✓ **Men & Women**
- ✓ **Vegetarians**

3 Great Flavours
Cherry Almond
Chocolate Chip
Raspberry

Typical Nutritional Information per 115g bar

Energy	1953kJ/466kcal
Protein	15.02g
Carbohydrates	59.02g
of which Sugars	25.07g
Fat	23.08g
of which Saturates	8.19g
Fibre	5.52g
Sodium	0.5g

Contains milk, soya & gluten
Contains traces of eggs and various nuts and seeds

Size: 12 x 115g Bars per Box

VYOMAX[®]

PROTEIN BAR



Key Benefits of VyoMax[®] Protein Bars:

- Convenient and Tastes Fantastic
- Supports Muscle Growth, Recovery & Repair
- Beneficial Pre-Biotic Effects
- 15.9g of High Quality Protein per Bar (banana flavour)
- Added L-Carnitine & L-Glutamine
- Less than 3g of Saturated Fat

VyoMax[®] Protein Bars are a fantastic tasting nutritious bar formulated to enhance your existing diet and training regime. Each bar is high in protein and low in fat, making them the ideal low calorie snack.

VyoMax[®] Protein Bars contain a blend of soy protein isolate and whey protein isolate, which contain the essential and non-essential amino acids to promote muscle gain and recovery.

- ✓ **Men & Women**
- ✓ **Vegetarians**

2 Great Flavours
Banana
Orange

Typical Nutritional Information per 46g bar (banana flavour)

Energy	685kJ/164kcal
Protein	15.9g
Carbohydrates	20.3g
of which Sugars	11.6g
of which Polyols	6.1g
Fat	3.1g
of which Saturates	2.4g
Dietary Fibre	1.4g
Sodium	0.049g
L-Carnitine	506mg
L-Glutamine	506mg

Contains milk, soya & gluten
Contains traces of eggs and various nuts and seeds

Size: 24 x 46g Bars per Box

VYOMAX

PROTEIN FLAPJACKS

- SUSTAINED ENERGY RELEASE
- NO ARTIFICIAL SWEETENERS
- NO HYDROGENATED FATS
- LOW GI INGREDIENTS
- TRADITIONALLY HAND BAKED
- PROTEIN ENRICHED OAT PACKED BARS



VYOMAX[®]

MILK, EGG & WHEY PROTEIN



Key Benefits of VyoMax[®] Milk, Egg & Whey:

- Encourages Muscle Growth
- Prevents Muscle Breakdown
- Increases Muscle Recovery Time
- Contains Essential Amino Acids
- Tastes Great and Mixes Easily

VyoMax[®] Milk, Egg & Whey Protein Powder is a long established favourite for bodybuilders.

It provides an ideal balance of protein and carbohydrates and is perfect for anyone looking to increase muscle mass. It is also suitable for people wanting to add extra calories to their diet.

- ✓ **Men & Women**
- ✓ **Vegetarians**

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water

Energy	1583kJ/373kcal
Protein	36.5g
Carbohydrates	47g
Fat	5.9g
of which Saturates	1.19g
of which Polyunsaturates	4.72g
Sodium	1.27g

Contains a source of Phenylalanine
Contains milk, egg & may contain soya

Size: 2.5kg

VYOGAIN[®]

MASS GAIN POWDER



Key Benefits of VyoGain[®] Mass Gainer Powder:

- Supports Lean Muscle Mass
- Optimal Weight Gain Formula
- Rich in BCAA's
- Contains Glutamine Peptides
- Mixes Easily & Tastes Great

VyoGain[®] Mass Gain Powder provides your body with a high quality blend of carbohydrates and whey protein concentrate with a balance of glutamine peptides. Enriched with a full amino acid profile, VyoGain[®] is a balanced and optimal weight gain formula designed to support muscle growth, strength, performance and recovery when used in conjunction with a weight training programme.

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Vegetarians**

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water (banana flavour)

Energy	1633kJ/390kcal
Protein	50.0g
Carbohydrates	32.0g
of which Sugars	15.0g
Fat	7.0g
of which Saturates	6.0g
Fibre	0.0g
Sodium	0.05g

Size: 908g & 2.2kg

MAXI

CARBS POWDER



Key Benefits of Maxi Carbs[®]:

- Sustained Energy Release
- Promotes Glycogen Storage
- Encourages Muscle Growth
- Mixes well with VyoMax[®] Protein Powder

To improve athletic performance and reduce glycogen depletion in muscle tissue, the body requires regular intakes of high glycaemic-index carbohydrates. Maxi Carbs[®] powder is made from maltodextrin, a readily digestible carbohydrate produced from starch. It provides a sustained release of energy throughout intense exercise and promotes the storage of glycogen in muscle tissue.

Maxi Carbs[®] powder can also be added to VyoMax[®] whey protein to make your own weight gainer.

- ✓ **Men & Women**
- ✓ **Vegetarians**

Flavourless

Typical Nutritional Information per 100g

Energy	1632kJ/384kcal
Protein	Nil
Carbohydrates	96g
Fat	Nil

Not suitable for Diabetics

Size: 1kg & 5kg

VYOGAIN[®]

BAR with MCTs



Key Benefits of VyoGain[®] Bar:

- Convenient & Delicious
- Supports Muscle Growth, Recovery & Repair
- Packed full of Energy, Protein & Carbohydrates
- 354 Calories in each Bar

VyoGain[®] Bars are designed specifically to enhance your mass gain diet and training routine. Each bar is packed full of protein, carbohydrates, energy & MCTs to help you reach your weight gain target.

When only a great tasting chocolate bar will do for packing on those extra calories. For optimum results VyoGain[®] Bars should be used as part of a diet and training routine.

- ✓ **Men & Women**
- ✓ **Vegetarians**

Milk Chocolate Flavour

Typical Nutritional Information per 80g bar

Energy	1482kJ/354kcal
Protein	16.7g
Carbohydrates	34.7g
of which Sugars	23.7g
Fat	16.4g
of which Saturates	8.6g
Dietary Fibre	3.3g
Sodium	0.045g

Contains milk, soya & gluten
Contains traces of eggs and various nuts and seeds

Size: 12 x 80g Bars per Box



CLA

CONJUGATED LINOLEIC ACID

HELPS BURN FAT
INCREASES ENERGY PRODUCTION
POWERFUL ANTI-OXIDANT PROPERTIES
SUITABLE FOR MEN & WOMEN
HELPS LOSE BODY FAT

VYOMAX[®] TRIBULUS CAPSULES



Key Benefits of VyoMax[®] Tribulus Capsules:

- Increase Testosterone
- Increase Libido
- Can Increase Muscular Strength, Energy & Stamina

Tribulus Terrestris is a very unique and potent herb, which is known as a natural testosterone booster. Testosterone is a hormone that plays a vital role in muscle growth and is traditionally seen as a symbol of youth and vitality.

By activating the body's natural testosterone producing mechanism, taking supplemental amounts of Tribulus can result in increased muscular strength, energy, stamina and an improved athletic performance.

In addition to an increase of testosterone by up to 30% Tribulus may elevate your mood, slow down the ageing process, improve self-confidence and boost your sex drive.

Typical Nutritional Information per capsule

Tribulus Terrestris Extract 60% Saponins 500mg

Inactive Ingredients: Vegetable Capsule Shell, Silicon Dioxide (E551) anti-caking agent.



Servings: 50 days supply, based on 2 capsules per day
Not suitable for women

Size: 100 Capsules per Container

VYOMAX[®] CLA CAPSULES



Key Benefits of VyoMax[®] CLA Capsules:

- Helps Burn Fat
- Increase Energy Production
- Powerful Anti-Oxidant Properties

VyoMax[®] CLA, Conjugated Linoleic Acid, is naturally derived from Safflower Oil and is actually a fatty acid. It has been suggested in studies that CLA can work as a muscle building supplement and is an effective weight loss aid as it encourages your body to use existing fat for energy and helps to reduce fat storage, making it popular with those wishing to lose body fat and increase lean muscle when combined with a healthy diet and a regular training routine.

Recommended Usage:

As a dietary supplement, take 1-2 capsules three times daily.



Each of our CLA capsules contain 1000mg of active ingredients making them one of the strongest products currently available.

The breakdown of our CLA is:

CLA Cis9 (Trans11 isomer) - 36.2%

CLA Trans10 (Cis12 isomer) - 40.8%

Total active isomers of CLA - 80.4%

Size: 90 Capsules per Container

VYOMAX[®] BCAA PLUS CAPSULES



Key Benefits of VyoMax[®] BCAA Plus Formula:

- Muscle Recovery
- Encourages Muscle Growth
- Prevents Muscle Breakdown
- Vitamin B6 Enhances Amino Acid Metabolism

VyoMax[®] BCAA Plus Formula contains the right balance of branched chain amino acids (BCAA's) ensuring a 2:1:1 ratio of: Leucine, Isoleucine, and Valine. These amino acids constitute approximately 35% of the amino acid content of the muscle tissue in the human body. The higher amount of Leucine reflects its importance in muscle metabolism as the most effective branch chain amino acid required for energy. However, each of these amino acids play an important role in protein synthesis and are used by the body for energy, to promote muscle growth, restore nitrogen retention and encourage recovery. VyoMax[®] BCAA Plus Formula contains L-Glutamic Acid, which is needed for the production of energy from the BCAA's and Vitamin B6, which enhances amino acid metabolism. This increases the effectiveness of the BCAA's promoting a faster recovery and superior muscular gains.



Typical Nutritional Information per 8 capsules

Leucine	2400mg
Isoleucine	1200mg
Valine	1200mg
L-Glutamic Acid	1200mg
Vitamin B6	32mg

Size: 240 Capsules per Container

VYOMAX[®] JOINT DEVIL CAPSULES



Key Benefits of VyoMax[®] Joint Devil Capsules:

- Maintains Healthy Joints, Cartilage, Tendons & Ligaments
- Helps Improve Joint Viscosity
- Supports & Repairs Connective Tissues
- Made in Readily Digestible Capsule Form

VyoMax[®] Joint Devil[®] is the perfect nutritional supplement to help maintain healthy joints and connective tissues. Joint Devil has been specifically formulated to improve joint viscosity, and to support and repair connective tissues. The active ingredients that make this possible are Glucosamine Sulphate, Chondroitin, MSM, and Hyaluronic Acid.

Joint Devil[®] utilises Glucosamine Sulphate, which aids the synthesis of connective tissue. Chondroitin lubricates the joints and supports the repair of connective tissue. MSM inhibits the cause of pain and inflammation & Hyaluronic Acid encourages the production of synovial fluid, which lubricates the joints and assists in collagen formation.

Recommended Usage:

Take 1 capsule 3 times per day with meals.



Not suitable for Vegetarians
This product contains crustaceans

Size: 90 Capsules per Container

VYOMAX[®] CREATINE MONOHYDRATE



Key Benefits of VyoMax[®] Creatine Monohydrate Powder:

- Increased Strength
- Increased Muscle Size
- Increased Power
- Increased Energy Levels
- 99.9% Pharmaceutical Grade

VyoMax[®] Creatine is a widely used supplement taken by athletes for its performance enhancing effects. When taken as a supplement creatine can help to increase muscle size, strength, power and energy levels during intensive exercise.

Creatine is produced naturally in our bodies and is responsible for providing energy to muscle and nerve cells. Creatine is essential in the development and promotion of ATP (Adenosine Tri-Phosphate) within your muscle cells. When you take Creatine on a regular basis, muscle cells obtain very high levels of ATP, consequently you will notice that your physique becomes bigger, harder and stronger.

Creatine has been a widely popular supplement used by some of the greatest athletes and body-builders. Scientific research has shown that creatine can increase the number of satellite cells, which makes increased muscle growth and size possible.



Size: 300g & 500g

VYOMAX[®] COLOSTRUM CAPSULES



Key Benefits of VyoMax[®] Colostrum Capsules:

- Contains Vitamins, Minerals & Amino Acids
- Helps Maintain a Healthy Immune System
- Restorative Growth Factors
- Helps Increase Lean Muscle
- Burns Body Fat

VyoMax[®] Colostrum is an exceptional nutritional supplement formulated to help balance and support a healthy immune system. It contains growth factors, which can help to build and restore bone, muscle, nerve tissue, connective tissue, skin and cartilage. These growth factors have also been shown to help increase lean muscle, burn body fat and assist wound healing.

Colostrum is the pre-milk liquid produced from the mammary glands of cows during the first 24 to 48 hours after calving and is an exceptional source of nutrition for everyone. There are over 90 known components in Colostrum. The primary components are divided into two classes: immune factors and growth factors. Colostrum contains a precise balance of vitamins, minerals & amino acids creating a perfect synergy to restore and maintain health.

Recommended Usage:

Take 4-6 capsules daily, preferably on an empty stomach. If using Colostrum as part of a training regime it is best taken 30-45 minutes before your workout, on an empty stomach with plenty of water.

Not suitable for Vegetarians



Size: 90 Capsules per Container

VYOMAX[®] L-GLUTAMINE POWDER



Key Benefits of VyoMax[®] L-Glutamine Powder:

- Helps Maintain Cellular Health
- Encourages Re-Growth of Muscle Tissue
- Enhances Immune System Function
- Helps Replenish Glycogen Stores

VyoMax[®] L-Glutamine Powder is a versatile nutritional supplement that supports recovery, repair and re-growth of muscle tissue. This product is a highly valuable natural supplement that can be taken by anyone, but will be of particular use to those exercising under a high intensity, training programme.

Glutamine is the most abundant amino acid in muscle tissue and plays a key role in many bodily functions. Glutamine supplementation has been shown to prevent the loss of body mass through the positive role glutamine plays in protein synthesis and its action as a potent anabolic agent. When muscle glutamine levels are restored and in a positive nitrogen balance muscle synthesis can return to a normal rate.

Glutamine has been shown to play a significant part in the digestive process and when added to the diet, it can reduce the symptoms associated with Irritable Bowel Syndrome and other gastrointestinal disorders.



Size: 300g

VYOMAX® COLOSSUS HARDCORE CAPSULES



Key Benefits of Colossus Hardcore Capsules:

- Promotes Energy Production
- Enhances Muscle Growth & Tissue Repair
- May Help to Reduce Body Fat
- Help Replenish Glycogen Stores
- Powerful Antioxidant

VyoMax® Colossus Hardcore is a multipurpose nutritional supplement that supports recovery, repair and re-growth of muscle tissue. It has been specially formulated with a variety of natural ingredients to enhance your workout and support bodily functions. The active ingredients that make this possible are Desiccated Liver, Alfalfa, Kelp, and Brewer's Yeast. Desiccated liver is a natural source of B-vitamins, Iron and Folic Acid, which can produce increased energy levels and stamina. Alfalfa has a naturally high mineral content, promoting healthy bones and teeth, and a high Chlorophyll content; believed to encourage the growth of connective tissues. Kelp contains Iodine, useful in stimulating the thyroid gland, which can result in an improved metabolism. Brewer's yeast contains B-complex Vitamins, Chromium, and Selenium, essential for energy production and a healthy nervous system.

Typical Nutritional Information per capsule

Alfalfa	100mg
Desiccated Liver	100mg
Dried Sea Kelp	100mg
Yeast	100mg
Vitamin C	30mg



Men & Women

Not suitable for Vegetarians
This product contains maize, yeast & corn

Size: 500 Capsules per Container

VYOMAX® KRE-ALKALYN CAPSULES



Key Benefits of VyoMax® Kre-Alkalyn Capsules:

- Buffers Lactic Acid
- Supported Muscular Regeneration and Growth
- Enhanced Strength and Endurance
- Patented Absorption System
- No Loading Phase, Cramps or Water Retention
- 750mg of Kre-Alkalyn® per capsule

Kre-Alkalyn® supplement offers the next step in cell volumisation by adopting a unique creatine absorption system. This is the world's first and only creatine that does not convert into creatinine in liquids before reaching muscle. Creatinine is a toxic substance formed when powdered creatine monohydrate is mixed in a liquid.

Kre-Alkalyn® has been formulated to have a higher absorption rate than creatine monohydrate. Consequently, smaller doses will lead to an enhanced result. Secondary effects, such as flatulence, water retention and cramps, are also eliminated.

Kre-Alkalyn® is designed to give you a more intensive workout, whilst protecting your muscles against excessive lactic acid accumulation during your workout or competition.

Kre-Alkalyn® is an excellent replacement to creatine and should be taken by athletes wanting to surpass their limits.



Men & Women

Not suitable for Vegetarians

Size: 120 Capsules per Container

MAXI FORCE® NOX FORMULA

Maxi Force® NOX Formula is a scientifically engineered, ideal pre-workout, muscle expanding energy drink with proven ingredients to aid and enhance your workout. It contains a potent mix of cutting edge nutrients including Nitric Oxide boosters, Kre-Alkalyn® (Buffered Creatine), GlycoCarn™, Low GI Complex sugars, Vitamins and Herbal Extracts to help you exceed your training limits with more energy, focus, strength and stamina.

It's a powerful, muscle pumping, limit exploding drink to help you achieve a new level of training intensity that you could only dream of! FEEL THE EXPLOSIVE POWER OF MAXI FORCE® NOX FORMULA!

In his own words, the Mass Monster himself, Jason Corrick describes Maxi Force® NOX Formula, "If you want maximum muscle pump, supreme mind clarity and focus for the ultimate workout every time you hit the gym, then Maxi Force® NOX Formula is for you!"

Key Benefits of Maxi Force® NOX Formula:

- Supports Increased Strength, Performance & Vascularity
- No Artificial Preservatives, Colourings or Flavours
- Sustained Energy Release



Gluten Free



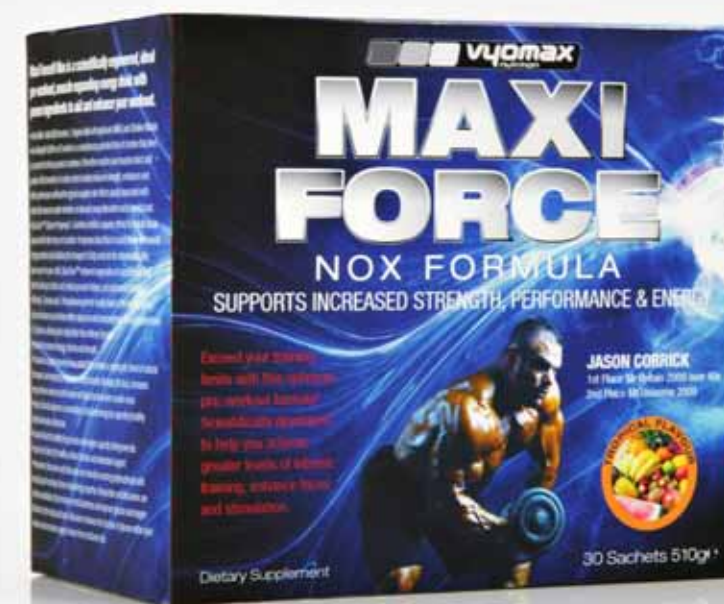
Vegetarians



Typical Nutritional Information per 100g in water

Energy	205kJ/49kcal
Protein	6g
Carbohydrates	6g
of which Sugars	4g
Fat	0.1g
of which Saturates	0g
Fibre	0.5g
Sodium	0.1g

Size: 17g Sachet (30 per Box)



VYOMAX[®]

POST WORKOUT RECOVER POWDER

VyoMax[®] Recover Powder is an essential recovery drink formulated to provide your body with the necessary nutrients it needs after a strenuous workout. VyoMax[®] Recover Powder will help the body recover and repair muscle tissue, replenish glycogen stores, reduce post-workout soreness, raise growth hormone and testosterone levels and reduce cortisol levels.

VyoMax[®] Recover Powder is a delicious drink designed to encourage muscle growth (anabolic) and prevent muscle breakdown (anti-catabolic). This is made possible by the addition of 19g of high quality whey protein containing both essential and non-essential amino acids. Our specialised blend of whey protein concentrate and whey protein isolate provides the perfect amino acid profile your body needs for muscle building, strength and recovery.

VyoMax[®] Recover Powder contains high glycemic (fast acting) carbohydrates essential for the replenishment of energy and the storage of glycogen in muscle tissue. To improve athletic performance and reduce glycogen depletion in muscle tissue the body requires regular intakes of high glycaemic-index carbohydrates. Carbohydrates are the fuel that your body uses during high intensity exercises, therefore making them essential for improved performance and recovery.

Key Benefits of VyoMax[®] Recover Powder:

- Encourages Muscular Growth & Prevents Muscle Breakdown
- High GI Carbs to Replenish Energy Rapidly
- L-Glutamine for Optimised Protein Synthesis
- Peptide Bonded Protein
- L-Carnitine to Aid Recovery & Help Burn Fat
- High in BCAAs

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Gluten Free**
- ✓ **Vegetarians**

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 100g in water

Energy	1580kJ/378kcal
Protein	25.76g
Carbohydrates	64.21g
of which Sugars	64.21g
Fat	1.97g
of which Saturates	1.76g
Fibre	0g
Sodium	trace
L-Glutamine	5.42g
L-Carnitine	2g

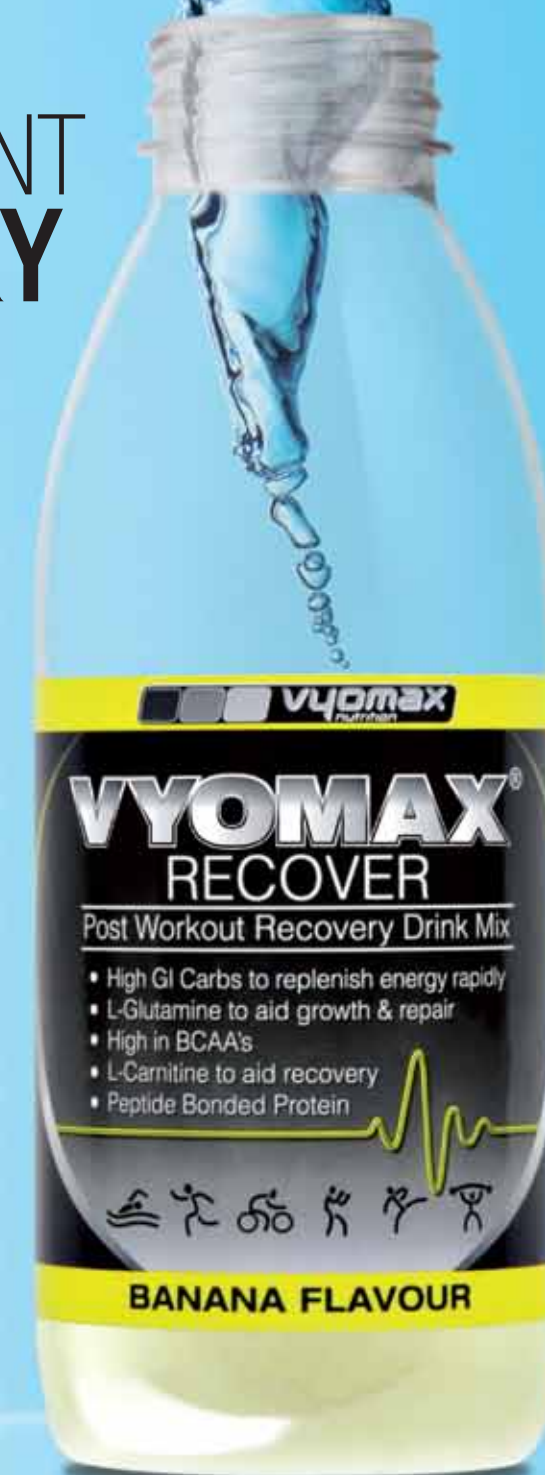
Size: 2.2kg, 500ml Shake & Take Bottles (24 per Box)



VYOMAX[®]

RECOVER

FOR INSTANT
RECOVERY
JUST ADD
WATER!



ALSO AVAILABLE IN
VANILLA
CHOCOLATE
& STRAWBERRY
FLAVOUR

VYOMAX[®]

PROTEIN SHAKE



Key Benefits of VyoMax[®] Protein Shakes:

- Encourages Muscle Repair, Growth & Recovery
- Low Fat, Ready to Drink & Great Tasting
- Utilises Aseptic Technology
- At least 28g of Protein per Carton
- Fortified with Omega 3 & 6
- Contains Glutamine Peptides

VyoFit[®] Ready to Drink Protein Shake is a delicious, convenient and nutritious milk-based drink that is ready to go when you are. It has been designed to encourage muscle repair, growth and recovery after exercise.

VyoFit[®] Protein is free of preservatives and aspartame and has been fortified with vitamins and minerals to help support your body's daily requirements.

- ✓ **Men & Women**
- ✓ **Aspartame Free**
- ✓ **Vegetarians**

4 Great Flavours
Banana
Chocolate
Strawberry
Vanilla

Typical Nutritional Information per 330ml Carton (Chocolate Flavour)

Energy	1075.8kJ/254kcal
Protein	28.7g
Carbohydrates	29.7g
of which Sugars	17.8g
Fat	1.81g
of which Saturates	0.33g
Fibre	Nil
Sodium	0.23g



Contains milk, egg and may contain soya

Size: 8 x 330ml Cartons per Box

MAXI

FORCE ENERGY DRINK



Key Benefits of Maxi Force[®] Energy Drink:

- Improves Performance
- Increases Stamina
- Helps Reduce Tiredness & Fatigue
- Refreshing & Tastes Great

Maxi Force[®] is a performance enhancing energy drink designed to give you the boost you need to excel in your given sport.

The active ingredients guarana and caffeine have been specifically chosen to improve performance and stamina, as well as reducing the effects of tiredness and fatigue.

Perfect for endurance sports and intensive exercise.

- ✓ **Men & Women**
- ✓ **Vegetarians**

Tutti Frutti
Flavour
(still or sparkling)

Typical Nutritional Information per 500ml bottle

Energy	393kJ/96kcal
Protein	Nil
Carbohydrates	23.5g
Fat	Nil
Guarana Extract	650mg
Caffeine	150mg

Not suitable for people allergic or sensitive to caffeine

Size: 12 x 500ml Bottles per Box

FEEL THE FORCE MAXI FORCE



MARK STRANGE: STAR OF BRITISH ACTION FILM "12" & VYOMAX SPONSORED ATHLETE



MAXI

BURN - FAT METABOLISING DRINK



Key Benefits of Maxi Burn®:

- Assists with Weight Loss
- Antioxidant Properties
- Can Enhance Mental Performance
- Delays the Onset of Fatigue

Maxi Burn® is a fat metabolising drink designed to assist with weight-loss. It is a zero fat and zero carbohydrate drink, which is best taken during and after training.

Maxi Burn® contains the active ingredient L-Carnitine. Other than its beneficial fat metabolising effect, L-Carnitine is known for its restorative properties. It can delay the onset of fatigue, could enhance mental performance, and is linked to containing antioxidant properties. It is also ideal when dieting as it can reduce feelings of hunger and weakness.

- ✓ **Men & Women**
- ✓ **Vegetarians**

Sparkling Cola Flavour

Typical Nutritional Information per 500ml bottle

Energy	14.5kJ/3.5kcal
Protein	Nil
Carbohydrates	Nil
Fat	Nil
L-Carnitine	1000mg

Not suitable for Diabetics

Size: 12 x 500ml Bottles per Box

MAXI

CARBS DRINKS



Key Benefits of Maxi Carbs® Drinks:

- Contains 100g of Carbohydrates and 400 Calories
- Excellent Post-Workout Recovery Drink
- Great Energy Source
- Contains Zero Fat
- Comes in Five Fantastic Flavours

Maxi Carbs® is a high carbohydrate energy drink designed to recover your body's depleted carbohydrate levels after training. To improve athletic performance and reduce glycogen depletion in muscle tissue.

Maxi Carbs® is made from Maltodextrin – a readily digestible carbohydrate produced from starch. It provides a sustained release of energy throughout intensive exercise and promotes the storage of glycogen in muscle tissue.

- ✓ **Men & Women**
- ✓ **Vegetarians**

(Blue exotic, lemon & orange flavour only)

5 Great Flavours

Blackcurrant
Blue Exotic
Lemon
Orange
Strawberry

Typical Nutritional Information per 500ml bottle (all flavours)

Energy	1699kJ/403.6kcal
Protein	Nil
Carbohydrates	100g
Fat	0.065g

Size: 12 x 500ml Bottles per Box

MAXIMUM TASTE

MAXI BURN

- ASSISTS WITH WEIGHT LOSS
- ANTIOXIDANT PROPERTIES
- ENHANCES MENTAL PERFORMANCE
- DELAYS THE ONSET OF FATIGUE





Key Benefits of VyoMax® Maxi Burn Shot:

- Helps Burn Fat
- Sugar Free
- Fat Free
- Increases Energy Production
- Small & Convenient

✓ **Men & Women** ✓ **Vegetarians**

Typical Nutritional Information per 60ml shot

Energy	27kJ/7kcal
Protein	1.5g
Carbohydrates of which Sugars	0.13g 0.00g
Fat of which Saturates	Trace 0g
Dietary Fibre	Trace
Sodium	Trace

Size: 12 x 60ml Shots per Box



Key Benefits of VyoMax® Hydrolysed Protein Shot:

- Fast Absorption Rate
- Sugar Free
- Fat Free
- High Protein
- Small & Convenient

✓ **Men & Women** ✓ **30g of Protein**

Typical Nutritional Information per 60ml shot

Energy	505kJ/121kcal
Protein	30.0g
Carbohydrates of which Sugars	0.13g 0.00g
Fat of which Saturates	Trace 0g
Dietary Fibre	Trace
Sodium	Trace

Size: 12 x 60ml Shots per Box



Key Benefits of VyoMax® Maxi Force Shot:

- Intense Energy Production
- Sugar Free
- Fat Free
- Stimulation For The Body
- Small & Convenient

✓ **Men & Women**

Typical Nutritional Information per 60ml shot

Energy	61kJ/15kcal
Protein	3.5g
Carbohydrates of which Sugars	0.13g 0.00g
Fat of which Saturates	Trace 0g
Dietary Fibre	Trace
Sodium	Trace

Size: 12 x 60ml Shots per Box

VYO MAX® SHOTS



**FAT FREE
SUGAR FREE
STIMULATION
INTENSE ENERGY**

**FAT FREE
SUGAR FREE
HIGH PROTEIN
FAST ABSORPTION**

**FAT FREE
SUGAR FREE
FAT BURNER
ENERGY BOOST**



PADDED LIFTING STRAPS (Pair)

An extra comfortable pair of lifting straps with an additional thick soft padded wrist support constructed from neoprene and secured with an adjustable touch fastener for even more grip whilst training. Heavy duty stitching increases the strength of the straps which helps them to last longer. Perfect for lat pulldowns, shrugs, spotting... any movement, set or exercise requiring a secure grip.



Size: One Size
Colour: Black

HAND GRIPPING EXERCISES (Pair)

Heavy duty resistance mechanism provides consistent tension through the exercise. Contoured injection-molded frame resists torquing and increases comfort. Plastigrip coating for non-slip grip. Perfect for increasing the strength in your hand and wrist making it an ideal exerciser for golfers, skiers & racquet sports players.



Size: One Size
Colour: Black, Grey

SK Sports have always been enthusiastic about training accessories, after all that's where we started over 20 years ago! Good quality accessories can enhance your exercise / training routines, so we have accumulated an extensive collection to assist with your goals.

AB-SLINGS (Pair)

Constructed from heavy duty nylon with a steel hook, padded and double stitched for added strength, these training aids are perfect for those leg raises, abdominal twists, crucial crunches and other raised abdominal work.

Hook them onto any chinning bar at home or in the gym.



Size: One Size
Colour: Black

POWER GRIPPERS (Pair)

These have been designed as an alternative to gloves and straps. Constructed with a thick rubber palm to encourage more grip and less slip and an adjustable, secure touch fastener closure ensures a snug, comfortable fit.

A perfect accessory which is suitable for both bodybuilders, power lifters and strongmen.



Size: One Size
Colour: Black

TRICEP ROPE

The SK Sports Tricep Rope is a Heavy-duty polypropylene braid construction with solid rubber handles for secure grip, the chrome-plated attachment will fit almost all standard weight stack cable equipment. You'll maximize effectiveness of press-downs, curls, crunches, kickbacks and deltoid raises for biceps, triceps, shoulders and abs.



Size: One Size
Colour: Black

DELUXE LEATHER HEAD HARNESS

A hard harness is one of the best ways to strengthen and develop those neck and shoulder muscles. Constructed from top quality leather and with heavy duty stitching to reinforce it, a heavily padded head area ensures a more comfortable fit and a strong metal buckle fastening to secure under the chin. A solid, heavy duty metal chain allows weights to be attached.

Maximum weight to be used 20kg.



Size: One Size (exercise with caution)
Colour: Natural

NEOPRENE WRIST SUPPORT (Single)

A popular wrist band support which fits easily over the wrist to give added support.

It is constructed from heavy duty neoprene with a secure, adjustable touch fastener for extra comfort and fit.



Size: One Size
Colour: Red

SPORTS WRIST WRAPS (Pair)

12" x 3" heavy duty elasticated wrist support with a thumb loop for a more secure fit and an adjustable touch fastener to firmly and comfortably support the wrist whilst training.



Size: One Size
Colour: White

VYOMAX

PROTEIN SHAKE

- ENCOURAGES MUSCLE REPAIR, GROWTH & RECOVERY
- CONVENIENT & DELICIOUS READY TO DRINK PROTEIN
- FORTIFIED WITH VITAMINS & MINERALS
- LOW FAT & GREAT TASTING
- UTILISES ASEPTIC TECHNOLOGY
- AT LEAST 28g OF PROTEIN PER CARTON
- FORTIFIED WITH OMEGA 3 & 6
- CONTAINS GLUTAMINE PEPTIDES

LEATHER DELUXE LIFTING HOOKS (Pair)

Lifting hooks can help you lift heavy weights by increasing your gripping ability to lift or pull heavier.

These lifting hooks are constructed from quality leather with a sturdy steel hook to accommodate any size of bar or handle. Adjustable touch fastener firmly and comfortably supports your wrists.



Size: One Size
Colour: Tan

FABRIC DELUXE LIFTING HOOKS (Pair)

An alternative to the leather hooks, these lifting hooks are constructed from heavy duty nylon with a sturdy steel hook to accommodate any size of bar or handle.

Lifting hooks can help you lift heavy weights by increasing your gripping ability to lift or pull heavier. Adjustable touch fastener firmly and comfortably supports your wrists.



Size: One Size
Colour: Black

CANVAS LIFTING STRAPS (Pair)

Lifting straps wrap around and lock your hands to the bar in an easy way for that extra grip and decreased hand and finger fatigue whilst training.

22" long, heavy duty, double stitched cotton web straps with a looped design for easy on and easy off.



Size: One Size
Colour: White, Black

LEATHER LIFTING STRAPS (Pair)

22" long, heavy duty, double stitched, soft leather straps with a large loop for easy on and easy off.

Lifting straps wrap around and lock your hands to the bar in an easy way for that extra grip and decreased hand and finger fatigue whilst training.



Size: One Size
Colour: Light Brown

SPORT KNEE WRAPS (Pair)

Heavy duty, 70" long, elasticated knee wraps with an adjustable touch fastener for a more secure fit, perfect for supporting your knees whilst squatting or doing other leg exercises.

The extra long length allows for additional wrapping and increased stability whilst training.



Size: One Size
Colour: White

SAUNA SUIT

A comfortable, unisex, lightweight, two piece vinyl suit which encourages natural perspiration whilst exercising and is ideal for temporarily reducing any excess water weight before that all important weigh in.

Soft, durable, fabric finished with an elasticated neck, wrist, waist and ankles to help keep body heat in, whilst maintaining comfort.



Size: Medium, Large, X Large
Colour: Black

ANKLE STRAP (Single)

A padded, heavy duty leather ankle strap with a D-ring attachment and an adjustable buckle.

Suitable for use with the pulley machines and weight stack cable machines.



Size: One Size
Colour: Natural

WEIGHTED VEST

The vest fits over your upper body and has 20 secure pockets, each containing small bags weighing 0.5kg each so that you can simply adjust the weight to suit your ability. With the weight concentrated on your upper body, the abdominal muscles have a great workout. The vest is made from durable nylon and has an adjustable buckle clip fastening.



Size: One Size
Colour: Black

SCHIEK® GYM BAG

The Schiek® Gym Bag is made with exceptional quality and durability.

Made of durable polyester, use as a gym bag or travel luggage with multi compartments on both the front and sides.



Size: One Size
Colour: Blue

GRAVITY BOOTS

Hanging in the inverted position can help relieve common athletic injuries often associated with high impact sports ie running, aerobics & cycling. Gravity boots can also be helpful in improving the circulation and all round muscle development, the relief of back & joint pain and can generally help improve posture. The main body of the boots have been constructed from adamantine metal plates with soft EVA pads to protect your feet and ankles.

Weight restricted to 120kg or less.
Suitable for use with most chin up bars.
It is recommended that you consult your GP or practitioner before using this apparatus.



Size: One Size
Colour: Black

DIGITAL SKIPPING ROPE

Skipping ropes complete with an LCD display, ideal for when every skip counts. These ropes give you a smooth skipping action and are ideal to help your access your workouts, there is a handy alarm to allow you to set target times with the added bonus of counting your calories burned, your time and reps.



SPEED SKIPPING ROPE

9ft yellow speed skipping rope made from light weight PVC for a faster rope speed.

Ideal for increasing aerobic fitness and endurance training.



Skipping is an excellent way to increase your aerobic capacity, boost endurance and develop your stamina. It helps improve co-ordination, agility and speed and is an excellent exercise for people of all ages.

LEATHER SKIPPING ROPE with a PROPELLER SWIVEL

9ft leather rope with a swivel handle which allows for speed without the unnecessary wrist motion.

Ideal for general skipping.



WEIGHTED LEATHER SKIPPING ROPE

Leather rope with cushioned grips, each handle holding a weight of 200g. Excellent for improving cardiovascular strength and overall dexterity.

Ideal for endurance training and the more advanced users.



MESH GLOVES

Cool, lightweight mesh back glove with a padded palm for extra comfort and grip. Durable, double stitched palm with a reinforced leather thumb. Ideal for cycling or other sports requiring sound grip. Adjustable touch fastener ensures a snug fit.

Size: Small, Medium, Large, X Large
Colour: Black



SPANDEX GLOVES

Good quality, super stretchy spandex weight training glove made with an elasticated back and a soft padded palm for comfort. Adjustable touch fastener ensures a snug fit.

Size: Small, Medium, Large, X Large
Colour: Grey, Black



When you are lifting weights a glove can make all the difference to your comfort, support and grip. Gloves are ideal for weight training, cycling, rowing or any sports requiring a firm grip. Approximate Glove Sizing: Measure around the hand, across the centre of the palm for the size you need. SMALL (7"-8"), MEDIUM (8"-9"), LARGE (9"-10"), X LARGE (10"-11").

SPANDEX/MESH CYCLING GLOVES

A quality glove made from a mix of spandex on the back of the hand, towelling thumb area and suede-like material on the fingers, the gloves have a ventilator mesh palm. Lightly padded with a long elasticated wrap for extra comfort and secured with an adjustable touch fastener. These gloves are ideal for cyclists, weight training or other sports requiring sound grip.

Size: Small, Medium, Large, X Large
Colour: Black with Yellow



TOWELLING GLOVES

Cost effective weight training gloves made with a padded palm for extra comfort and grip with a towelling back for extra breathability. Adjustable touch fastener ensures a snug fit.

Size: Small, Medium, Large, X Large
Colour: Black, Blue



LEATHER GLOVES

Good quality weight training glove made with a soft padded palm for extra comfort and grip. Adjustable touch fastener ensures a snug fit.



Size: Small, Medium, Large, X Large
Colour: Black

LEATHER GLOVES with WRAPAROUND WRIST SUPPORT

These classic leather weight lifting gloves are double stitched on the fingers and palm with a wrist wrap to help provide extra support for the wrist whilst training. An adjustable touch fastener ensures a snug fit. Great for all weight training exercises.



Size: Small, Medium, Large, X Large
Colour: Black

SPANDEX GLOVES with WRAPAROUND WRIST SUPPORT

A super stretchy, supportive spandex glove with extra support for the wrist whilst training, a padded leather palm and elasticated wrist and back for extra comfort. An adjustable touch fastener ensures a snug fit.



Size: Small, Medium, Large, X Large
Colour: Black

WEIGHTED GLOVES

An innovative glove made from heavy duty neoprene and foam and is fully cushioned for extra durability. An adjustable touch fastener ensures a snug fit. These gloves are weighted, making them great for increasing strength and stamina whilst working out. Available in 1kg or 2kg per pair.



Size: One Size
Colour: Black

PADDED BELT (4")

A 4" wide padded leather belt with a thick cushioned lumbar pad for support whilst encouraging good posture and correct lifting technique. The dipping belt is constructed from heavy duty leather with an extra wide padded back for added comfort, complete with a heavy chrome chain with a clip closure.

Size: Small, Medium, Large, X Large
Colour: Black



HIGH TECH BELT

A lighter weight, softer belt that needs no breaking in, made from red fabric with a buckle fastener, this belt is suitable for performing all exercises in comfort with maximum support.

Size: Small, Medium, Large, X Large
Colour: Red



Support for your back is extremely important whilst lifting weights and a good quality belt can support and protect your back whilst encouraging good posture and correct lifting technique.
Approximate Belt Sizing: SMALL (29"-33"), MEDIUM (32"-37"), LARGE (36"-41"), X LARGE (40"-45"), XX LARGE (44"-49").

MEGAMAX EUROPA BELT

High quality fabric belt which offers support for all lifters.

A fully adjustable touch fastener ensures a snug, comfortable fit.

Size: Medium, Large, X Large
Colour: Red



DIPPING BELT

An old style training aid which is used to add weight to your body weight whilst performing dips and chin ups. The dipping belt is constructed from heavy duty leather with an extra wide padded back for added comfort, complete with a heavy chrome chain with a clip closure.

Size: One Size (exercise with caution)
Colour: Natural

Maximum weight 30kg.



SUEDE POWERLIFTING BELT

Made from heavy duty suede, this belt is 4" wide with a 2 pronged strong metal buckle. Ideal for powerlifters or anyone who lifts a serious amount of weight

Size: Small, Medium, Large, X Large, XX Large
Colour: Blue



FREE STANDING BLACK TUBE TRAINER

A free standing, tubular punch trainer which allows 360° boxing and martial arts workouts. The dense foam, PU covered, flexible tube rebounds with each punch. The tube is stable and the base can be filled with either sand or water.

Height: 6ft 4", across base: 2ft 8".



Suitable for indoor home use
Colour: Black

FREE STANDING RED TUBE TRAINER

A free standing, tubular punch trainer which allows 360° boxing and martial arts workouts. The dense foam, PU covered, flexible tube rebounds with each punch. The tube is stable and the base can be filled with either sand or water. Height: 5ft 7", across base: 2ft 4", the base tank when filled with sand or water weighs approximately 140kg.



Suitable for indoor home use
Colour: Red

Our wide range of boxing accessories is ever increasing and we are constantly researching and sourcing new and innovative products. There are some accessories included in this section which are suitable for Martial Arts.

TORSO MAN

Free standing, punch bag in the shape of a man. The torso area is extremely well padded with dense foam and sits on a stable base that can be filled with either sand or water.

3 way adjustable height from 5ft 2" to the maximum height of 6ft 2" and across the base is 1ft 11".



Suitable for indoor home use
Colour: Red

PUNCH BAG

Manufactured from high quality, thick leather, heavy duty reinforced stitching with four leather straps, chrome rings and a heavy duty steel chain, so you can hang it immediately onto your chosen bracket. Also available in thick high quality PVC, with four webbing straps and chrome D rings.



Size: 3ft, 4ft, 5ft & 6ft, Suitable for indoor home use
Colour: Black

MEDICINE BALL

8 panelled, heavy duty, high quality genuine cow leather medicine ball, hand made and hand stitched to the highest standards and is ideal for general fitness exercises as well as targeting muscle workouts. Medicine balls can be used in a number of ways to help keep fit, build muscle and resistance and is a great tool for a complete body workout.



Size: 3kg, 4kg, 5kg
Colour: Red

SPEED BALL

Pear shaped, inflatable, 8 panelled ball, made from genuine leather with a laced closure and a reinforced, riveted hanging loop. A lightweight design for fast, accurate rebounds, ideal to improve hand eye co-ordination.



Suitable for indoor home use
Colour: Black

BOXING FIST BANDAGES (Pair)

3m long, soft cotton fist bandages for extra protection under your gloves.

Built in thumb loops for easier wrapping and a secure touch fastener to keep the wraps in place.

Size: One Size
Colour: Red



KNUCKLE PROTECTORS (Pair)

Soft, padded leather protectors for your knuckle and fists which fit easily over your fingers.

Wear under your hand wraps for extra protection whilst training.

Size: One Size
Colour: Red



FOCUS PADS (Pair)

Made from soft, split cowhide leather, these focus mitts with a target spot are well padded with a covered finger glove and an adjustable touch fastening wrist support.



Size: One Size
Colour: Red

HEAD GUARD complete with FACE PROTECTION

Quality, synthetic leather head guard. Well padded for extra protection for the face, chin, cheeks and ears, with extra protection on the top of the head guard. The plastic safety bars are fixed with adjustable touch fasteners and can be removed if not required. Secured with an adjustable touch fastening at the back.



Size: One Size
Colour: Red

DELUXE BOXING HEAD GUARD

Quality, 100% soft, cowhide leather head guard. Well padded for extra protection on the chin, cheeks and ears.

Secured with an adjustable touch fastening at the back and an additional lace adjustment to the top and rear of the head to alter the size as required.

Size: One Size
Colour: Red



ABDOMINAL GUARD

Made from 100% genuine leather, with 2" wide, heavy duty elastic straps with laces to fit most waist sizes and a deep contoured V shaped cup.

It is constructed with extra padding to give greater coverage, support and protection of the lower abdominal area. It is an essential piece of kit for anyone considering sparring or serious training.

Size: Small, Medium, Large
Colour: Red



PU BOXING GLOVES

A light, durable, lace up boxing glove with a wide elasticated band which slips over the wrist for a more secure fit. With extra padding and a pre-curved design for protection for both the fist and thumb these gloves are ideal for sparring.



Size: 10oz, 12oz
Colour: Silver, Black, Red

CLASSIC LEATHER BOXING GLOVES

Heavy duty, durable cowhide leather boxing gloves with multi-layered foam padding for extra protection whilst providing an easy on and easy off design. The gloves are anatomically moulded to the shape of the fist and have a padded thumb which offers extra protection. A wide adjustable touch fastener closure and wrist strap provides a snug fit.



Sizes: 8oz, 10oz, 12oz, 14oz, 16oz
Colour: Red

KARATE MITTS

Moulded to fit securely over the knuckles, these mitts are constructed from soft, lightweight PU.

A secure touch fastener and an elasticated wrist strap ensures more secure protection and the elasticated finger loops allow the fighter to maintain a closed fist during use.



Size: Large, X Large
Colour: Blue & Red

KARATE / KICK BOXING BOOTS

Ideal for training or sparring, these boots are constructed from thick foam to ensure extra protection along with an adjustable, strong, wraparound touch fastener strap for a more secure fit. There is an elasticated toe loop and foot band for added security of the foot. An open sole design allows the feet to breathe, thus reducing the risk of slipping due to sweating.



Size: Large
Colour: Black

HEAVY DUTY BOXING GLOVES

Constructed with multi-layered foam padding for added protection with an easy on and easy off design, these heavy duty, hard wearing boxing gloves are anatomically moulded to the shape of the fist and have a padded thumb which offers extra protection. A wide adjustable touch fastener closure and wrist strap provides a snug, secure fit.



Size: 14oz, 16oz
Colour: Blue

CLASSIC LEATHER BAG MITTS

Made from 100% cowhide leather, these padded mitts offer comfort and protection and are ideal for bag work.

Anatomically moulded hand pockets and a grip bar for a more secure hold with separate thumb pouch. The elasticated wrist offers a secure yet easy on and easy off fit.



Size: Small, Medium, Large
Colour: Red

CHEST PROTECTOR

Made from lightweight PVC and well padded for protecting the upper body whilst training, it is marked with spot targets on the front and sides. Elasticated shoulder straps and easy to tie side straps.

Ideal for Martial Arts.



Size: One Size
Colour: White with Blue or Red Target Spots

HEAVY DUTY CHEST PROTECTOR

Constructed from heavy duty PU, it is secured with an adjustable touch fastener around the waist and two heavy duty webbing straps to go over the head and rest over the shoulders. The chest protector is very well padded for protection and has three spot target areas.



Size: One Size
Colour: Black

VYOMAX T-SHIRTS

Great quality cotton T-Shirt with the VyoMax® Nutrition logo on the front.

Perfect to train, great quality and fit. (Designs may vary).

Size: Medium, Large, X Large, XXL
Colour: Black



VYOMAX SHORTS

Made from lightweight polyester with a drawstring waist and two side pockets, these shorts are ideal for training and are a good alternative to the heavier training bottoms.

Size: Medium, Large, X Large
Colour: Black



VYOMAX JOGGERS

A loose, comfortable pair of fitness pants ideal for training or relaxing at home in. With 2 side pockets, 2 white stripes down the sides, the Vyomax® Nutrition logo on the front left thigh, a drawstring waist and an open hem, these fitness pants are perfect for all activities.

Size: Small, Medium, Large, X Large
Colour: Black, Grey



VYOMAX TRAINING HOODY

Comfortable and warm, these hoodies are perfect for all activities. The pullover hoodies have a drawstring at the neck and a "kangaroo pouch" front pocket, the full zip hoodies have 2 side pockets, a drawstring at the neck, both types have the Vyomax® Nutrition logo on the front left breast and across the back.

Size: Small, Medium, Large, X Large
Colour: Black



SK SPORTS & MEGAMAX WEAR VEST

100% cotton, original muscle vests, cut in all the right places to show off your physique, with the SK Sports or MegaMax® Wear logo on the back.

Size: Medium, Large, X Large
Colour: Navy Blue, Red & Black



BOXING VEST & SHORTS

A lightweight polyester boxing vest and shorts set. The vest has a contrasting stripe down the sides, the shorts have a high elasticated waist with matching stripes. They are available with either the SK Sports or MegaMax® Wear logo.

Size: Large, X Large
Colour: Blue with Red & Gold Stripes
Red with Blue & Gold Stripes



Performance Brands are well known and extremely respected for their high quality, trusted tanning products throughout the bodybuilding industry and SK Sport Supplies are proud to bring you their ProTan® range.



PROTAN

The Ultimate Competition tanning formula allows you to achieve a deep dark, long lasting tan after just one easy application. Apply in the evening before bed and wake up with a winning tropical tan.

ProTan® won't run or streak with oils and fades just like a natural tan after 5-7 days.



Sizes: 8.5 floz

QUICK BRONZE

Quick Bronze® exclusive non-streak, waterproof formula with rich moisturisers guarantees an extra smooth, easy application that looks great after just one use.



Size: 2 floz

STAGE FINISH

Designed to be used over Pro Tan® Overnight Competition Color, yet works equally as well directly over darker skin tones.



Size: 2 floz

HOT STUFF

Enhance your vascularity for the ultimate look. Helps maximise blood delivery and circulation throughout the upper levels of the skin while its natural warming action keeps muscles pumped. Use prior to pumping backstage for optimum effects.

This product is Hard Core. Please read all directions and warnings prior to use. May cause some skin reddening and tingling.



Size: 4 floz

BIKINI BITE

Provides superior holding power whilst being gentle on the skin. Easy to apply roll on keeps posing briefs or bikinis adhered for hours. Doesn't stain fabric and washes off with soap and water after each use.



Size: 3 floz

GET BUFFED

This Pre-Tan Face & Body Exfoliator is designed to enhance the absorption of ProTan® self tanning formulas for optimum results. Gentle exfoliators smooth skin allowing a longer lasting sunless tan. Get Buffed is formulated with natural exfoliators, plant extracts and vitamins to provide the ultimate pre-tan experience.



Size: 8 floz

MUSCLE JUICE

Muscle Juice® Competition Posing Oil is specifically developed to highlight your total muscular definition on stage. Made from an all natural blend and formulated exclusively for hot lights, Muscle Juice is recommended for use during the evening show.



Size: 4 floz

MUSCLE SHEEN

Buff your muscular appearance with a smooth sleek sheen that will blow your competition away. Muscle sheen®, used by World Class Bodybuilders, contains the finest ingredients. This professional product highlights and enhances your muscularity, and total hardness.



Size: 3 floz

HAIR AWAY

Hair Away is a gentle cream depilatory which easily removes unwanted hair from the legs, chest and bikini area, quickly and pleasantly whilst providing your skin with gentle after treatment. Removes hair in as little as 5 minutes.



Size: 8 floz

SCHIEK BELT (4¾" & 6")

Schiek® belts are specially engineered and crafted to provide the maximum support your back needs. The belts conical shape and patented hip and rib contour provide a perfectly tailored fit and because the belts are wide front and back, you get the essential intra-abdominal support you need. This belt is ideal for taller and larger individuals.

Add their rugged stainless steel buckle and amazing one way Velcro closure and it is easy to see why this product has earned Schiek® the reputation as the most innovative producer of support belts in the world.

Size: Small, Medium, Large, X Large, XX Large
Colour: Black, Blue



Schiek® Sports have always maintained the same passion, integrity, credibility and customer service since 1991. Most of their products are manufactured in the USA and are endorsed by many top athletes including Mr Olympia Jay Cutler. SK Sports are proud to be the official importer and distributor of Schiek® Sports in the UK.

PLATINUM GLOVES

Model 530 Platinum Series lifting gloves combine the comfort of gel padding and patented fins for easy removal. The durable synthetic leather gloves are washable, non-bleeding and have a rubber non-slip palm area.

These gloves are ¾ finger length.

Size: Small, Medium, Large, X Large, XX Large
Colour: Black



PLATINUM GLOVES with WRIST SUPPORT

The Model 540 Platinum Series combine the comfort of gel padding and patented fins for easy removal. The durable synthetic leather gloves are washable, non-bleeding and have a non-slip padded palm and thumb. The gloves are ¾ finger length, are made from durable Amara synthetic leather and have added wrist wraps for maximum support.

Size: Small, Medium, Large, X Large, XX Large
Colour: Black



CROSS TRAINING & FITNESS GLOVES

Schiek® Cross Training & Fitness Gloves are made from Amara synthetic leather which is a light, breathable material which combines the look and durability of leather with a machine washable fabric that won't stretch.

Size: Small, Medium, Large, X Large
Colour: Black & Blue



PADDED LIFTING STRAPS

Weight lifting and training straps which provide support for serious lifters. The wrist straps come with ¼" neoprene padding and are designed to alleviate the pain associated with heavier lifts.

The lifting straps are perfect for lat pulldowns, shrugs, deadlifts and low rows.

Size: One Size
Colour: Black



DOWEL LIFTING STRAPS

These straps have the same wrist support design as the padded lifting straps with a 6" long nylon/acrylic strap with a special die cut rubber dowel for a quicker grip. The dowel acts as a wedge between the hand and bar and is ideal for people uncomfortable using longer straps.

Size: One Size
Colour: Black



POWER LIFTING HOOKS

1/4" - 2 1/2" wide neoprene padded wrist support, with coated durable metal hooks for a secure grip.

Great for lateral pull downs, shrugs, pull ups, low rows and other back and shoulder exercises.

Size: One Size
Colour: Black



POWER LIFTING GLOVES

Schiek® Power Series Lifting Gloves have patented, easy removal fins, getting your gloves off after a workout is no longer a problem.

Simply grab the rugged fin extensions and pull the gloves off your hands with ease.

Size: Small, Medium, Large, X Large
Colour: Black & Tan



LINE WRIST WRAPS

Available in either 12" or 24" length and 3" wide, these wraps provide support for your wrists with a thumb loop for easy/quick wrap. Made from heavy duty cotton elastic for maximum support with an extra wide hook and loop closure.

Size: 12" & 24" Length
Colour: Black & Red, White & Black



LEATHER CONTOUR BELT

A high quality leather lifting belt features a unique downward angle that fits the natural shape of the back, hip and rib contours for extra comfort. It also offers a padded lumbar insert and includes a double-prong steel buckle and copper rivets.

Size: Small, Medium, Large, X Large
Colour: Natural





Your body is a very complex machine and as such it needs to be fuelled properly in order for it to work to its maximum potential. The nutrients essential for health and development can be divided into Macronutrients which are Carbohydrates, Proteins and Fats and Micronutrients which are Vitamins, Minerals and trace elements. Carbohydrates make up around 50% of your total daily energy intake, Protein 15 – 30% and Fats 15 – 20%.

Carbohydrates affect our performance and energy according to when they are eaten and what category they fall into. They are divided into two types – Complex, also known as Starches which supply a steady release of energy into the bloodstream and are mostly found in vegetables, wholegrain bread, brown rice and pasta and Simple Carbohydrates, also known as sugars which are released into the bloodstream quickly thus supplying a faster release of energy and which are mainly found in refined foods, pastries, soft drinks and cakes. The body converts carbohydrates into glucose which then provides your body with the energy it needs. If too much glucose is taken in by the body then it converts to glycogen which is stored in the liver and the muscles until it is needed. If there is too much glycogen to be stored then it will be stored as fat.

The Glycaemic Index measurement ranks carbohydrates based on their rate of digestion and effect on blood sugar levels. The scale is between 0 to 100, with the higher values given to foods that have the fastest effect on blood sugar levels, pure glucose is used as a reference as its GI rate is 100, a baked potato has a GI of approx 93, carrots approx 49, and low fat fruit yoghurt approx 20. Eating a low GI diet has many benefits for the athlete, as the slow rate of carbohydrate digestion helps ensure that a steady stream of glucose is released into the blood stream throughout the day, during your training sessions and/or competition. It has been stated that selecting low GI foods, due to their slow digestion, also provides extra glucose towards the end of the workout and training session when muscle carbohydrate stores are running low, therefore increasing endurance and prolonging the period prior to exhaustion. A regular intake of low GI carbohydrate provides a stable physiological environment in which you can maximise your potential in all types of sports and muscle building. Eating low GI foods has also been demonstrated as helping with weight loss regimens, due to its effects on feelings of fullness (due to a slower rate of digestion).

GI	FOOD
100	Glucose
90 - 100	Parsnips, Baked Potato
80 - 90	Cornflakes, Mashed Potato, Honey
70 - 80	Wholemeal / White Bread, White Rice, Weetabix, Apple Purée, Swede, Potato
70	Whole Bread
60 - 70	Brown Rice, Muesli, Shredded Wheat, Bananas, Raisins, Mars Bar, Sucrose, Canned New Potatoes
50 - 60	Banana, White Spaghetti, Sweet Corn, Digestive / Rich Tea Biscuits, Oats, Basmati Rice, Honey, Mango, Potato Crisps, Pumpernickel Bread, Yam
40 - 50	Baked / Black-Eyed Beans, Oranges, Orange / Apple Juice, Sponge Cake, Porridge, Wholemeal Spaghetti, Milk Chocolate, Grapes, Peaches, Carrots
30 - 40	Butter beans, Haricot Beans, Chick Peas, Apples (whole), Pears, Plums, Mixed Grain / Granary Breads, Ice Cream, Milk Products, Tomato Soup, Peach, Fettuccine
20 - 30	Kidney Beans (home cooked), Lentils, Barley, Fructose, Low Fat Fruit Yoghurt

The glycaemic index should not be your only criteria when selecting what to eat. The total amount of carbohydrate, food frequency, the amount and type of fat, fibre type, micronutrients and salt content are also important dietary considerations.

Protein is an essential part of the diet and is a vital nutrient that your body needs every day, it is required for the maintenance, growth and repair of all cells. It is also essential for the production of antibodies which fight against infection and protein is the main nutrient which helps promote strong, healthy bones, nails, skin and hair.

Protein is made up of long chains of amino acids, these are chemical compounds that contain Carbon, Hydrogen, Oxygen & Nitrogen which come together to form the different types of protein that the body needs. Amino acids are divided into two groups, essential which the body cannot produce itself, therefore they need to be added to our diet, and non essential which can be manufactured by the body so do not have to be consumed from our food.

If you don't get enough protein in your diet, then your body breaks down its own muscle (your own source of protein) so it can be converted into energy. Regular exercise increases your need for protein. Failing to get enough protein on a daily basis dramatically reduces your ability to develop muscle, recover fully from training or maintain muscle whilst dieting.

Good sources of foods high in protein include whey, fish, chicken, eggs, milk, cheese, yoghurt and lean meat. If you need extra protein to make up a shortfall in your diet then a protein powder is a convenient way to achieve this and there is a variety powdered supplements to choose from: Generally, it has been recommended in various areas that the athlete in heavy training should consume around 2g of high quality protein per kg body weight. A 100kg man would therefore aim for around 200g of protein per day.

The general points below should help with maximising the dietary sources of proteins:

- Eat more fish or chicken, avoid any fat on meat and remove skin from poultry
 - Choose low fat foods such as low fat yoghurts and cheese
 - Have beans and lentils as the protein portion of meals, as these contain less fat and have high amounts of fibre.
- High protein powders, meal replacements and bars can also be utilised effectively within the nutrition regimen. These proteins should be of a high biological value, such as those found in whey protein powders.

Fats are very important for good health and the correct functioning of our body. They are an excellent source of energy, provide a protective padding for our vital organs, keep our body warm and it also helps in the transportation of fat soluble nutrients around the body. Whilst fats are necessary for good health, too much of the wrong kind can have a negative effect on the body.

Good Fats: EFA's (Essential Fatty Acids) These are called essential because our body cannot manufacture them so we need to consume them through our diet or supplements. There are 3 forms, Omega 3, 6, and 9 and they have many benefits which include building cells, transporting oxygen and helping maintain brain and nervous system function.

Omega 3 has anti-inflammatory and anti-coagulant properties as well as many other important health benefits. They reduce inflammation and can provide protection against cardiovascular disease, arthritis, skin conditions, depression and other mood-related disorders. The best sources for Omega 3's are fresh, oily fish such as herring, sardines, tuna, mackerel and salmon. It is also contained in flaxseed, dark leafy green vegetables and sunflower/pumpkin seeds.

Omega 6 also has anti-inflammatory properties. It can help the bloating and pain associated with PMS. It also maintains healthy skin, hair and nails and generally helps to bring about hormonal and emotional balance. Omega 3 and Omega 6 interact with each other so the balance between them is crucial for good health. Sources of Omega 6 include evening primrose oil, sunflower oil, almonds, peanuts and CLA (conjugated linoleic acid).

Omega 9 is not technically an essential fatty acid as the body can produce a small amount provided that Omega 3 & 6 are present, although if your body is low in these essential fatty acids then Omega 9 becomes essential as your body can't produce it. It also has many preventative qualities, it helps lower cholesterol and boosts the immune system. Omega 9 helps to reduce the risk of arteriosclerosis, cardiovascular disease and stroke. Sources of Omega 9 are virgin and extra virgin olive oil, avocados & nuts.

Polyunsaturated Fats are beneficial to our health, they can help lower blood cholesterol levels, help protect the heart and help prevent heart disease. They are usually liquid at room temperature and are found in vegetable oils such as sunflower oil & corn oil, fish & fish oils. This fat can help lower LDL (low density lipoprotein - bad) cholesterol.

Monounsaturated Fats are also good for our health and can lower LDL (bad) cholesterol and raise HDL (high density lipoprotein – good) cholesterol. They usually remain liquid at low temperature and are found in olive oil, peanut oil, avocados & peanuts.

Bad Fats: The common culprits are saturated fats and trans fats. If these types of fat are consumed in excess our body is more likely to suffer from heart disease, raised cholesterol levels and strokes.

Saturated Fats are solid at room temperature and are found mainly in animal products such as red meat, butter and full-fat cheeses, processed and fast foods. These raise blood levels of harmful LDL (low-density lipoprotein) cholesterol.

Trans Fats are fats that have been solidified by the process of hydrogenation and are found in processed foods such as many margarines, biscuits, cakes, pies and ready meals.

MASS BUILDING DIET

The following diet has been maximised for mass building, whilst keeping the fat content of the diet at a reduced level than would normally be observed in such a regimen. This has been shown to be more productive in the mass building cycle.

Breakfast: 2 pieces of fresh fruit or small glass (250ml) of unsweetened fruit juice

Choose either: large bowl of porridge oats, shredded wheat or Weetabix with skimmed milk

Mix with 2 scoops VyoMax® Deluxe Protein

Mid am: Protein shake 2 scoops of VyoMax® Deluxe with skimmed milk or protein flapjack or VyoMax® high protein bar

Lunch: 4 slices granary bread sandwich with low fat filling eg: cottage cheese, chicken, tuna and salad

Choose either: baked beans, sardines, poached egg or egg white omelette on toast

Choose either: chicken, turkey, fish, wholemeal bread and vegetables or egg whites with either rice, pasta or potato

Mid pm: Protein shake 2 scoops of VyoMax® with skimmed milk and a high fibre snack such as x2 pieces fruit or a protein flapjack or VyoMax® High Protein Bar

Main Meal: Choose either: medium serving of lean meat chicken breast x2, x2 turkey steaks, fillet/rump/sirloin steak grilled, dry fry fish or an egg white omelette with a large serving of vegetables or salad

Choose either: boiled new potatoes, jacket potato, basmati rice, pasta, yam or boiled plantain

For pudding choose either: fruit, low sugar/low fat yoghurt or low fat/low sugar puddings

Before Bed Snack: 200g Cottage Cheese or 2 scoops VyoMax® Deluxe Protein with 200ml skimmed milk

GENERAL MUSCLE BUILDING DIET

Breakfast (7am)

- Full Grapefruit
- 4 Egg Whites & 2 Full Eggs Scrambled
- x2 Capsules VyoMax® Tribulus Terrestris
- x2 Capsules VyoMax® Krealkalyn

Mid Morning Snack (10am)

- VyoMax® Deluxe Protein mixed in a beaker

Lunch (1pm)

- Boiled Rice
- 200g of Tuna
- Low Fat Weight Watchers Soup
- 1 Tin of Pineapples in own Juices

or

- Boiled Rice
- 200g of Chicken
- Mixed Salad
- Low Fat Yoghurt

Mid Afternoon Snack (4pm)

- VyoMax® Deluxe Protein mixed in a beaker with water
- x2 Capsules VyoMax® Krealkalyn

Before training (Pre-Workout)

- VyoMax® All In One (20mins before)

After training (Post Workout)

- VyoMax® Recover Drink

Dinner (7pm)

- Turkey Steaks
- Baked Potato
- Mixed Salad
- Low Fat Yoghurt

Bedtime Snack (20mins before)

- 200g Cottage Cheese or
- VyoMax® Micellar Casein

BEAKER SHAKER

Ideal for taking to the gym or work so you don't miss your all important protein drink wherever you are.

750ml



VITAMIN ORGANISER / PILL BOX

Each daily box can be removed and carried in a pocket or a purse and each box snaps easily in and out of a convenient organising tray. Compartments are labelled Mor, Noon, Eve and Bed for each day of the week.



TEAM VYOMAX



MARK STRANGE

MARTIAL ARTS EXPERT & ACTION STAR

Mark Strange is a hugely talented Action Star with extensive experience in Martial Arts and film. Having competed as a Martial Arts Champion all over the world and earning titles as the Euro-British Full Contact Champion and MAI National Chinese Forms Champion, Mark pursued a lifelong interest in film and made the transition to acting.

Currently training for his next movie, an action-horror film with jaw-dropping Martial Arts, Mark is keen to take his unique brand of action to the next level. Meanwhile, Mark frequently appears in Martial Arts, film and fitness press, called upon for his expertise and knowledge in the health & fitness and film industries.



MATTHEW HATTON

EUROPEAN WELTER-WEIGHT CHAMPION

He is a welterweight, and is a former Commonwealth and World title challenger and the current European Champion.

Hatton's career as a professional boxer began in late 2000 with a point's victory over David White, on the undercard of brother Ricky's fight with Giuseppe Lauri. Hatton was undefeated in his first 13 fights before a point's loss to journeyman David Kirk in 2003. In 2004, Hatton went on to defeat Robert Burton to win the British Central Area welterweight title, and six months later defeated the same man to claim the light middle-weight version of the title.



JASON CORRICK

NABBA 2010 UNIVERSE

From Taunton in Somerset, Jason Corrick played rugby for his school, town and county and he also boxed as his father had been a heavy weight boxer and goal keeper for their home town of Taunton but it was one of his fathers friends who was into bodybuilding that first inspired him to train more seriously with weights.

He then went on to compete in his very first show at the age of 20 which he won and he has been hooked on bodybuilding ever since. A famously "freakish" physique, Jason, affectionately known as "The Mass Monster", has won many prestigious titles including 4 x Mr Britain Class 4, Pro Am 1st place 2010, Mr World 2010 and Mr Universe over 40's 2010.



SCOTT QUIGG

UNDEFEATED WBA INTERNATIONAL

Scott Quigg (born 9 October 1988) is an English professional boxer fighting in the super bantamweight division. Quigg's professional debut came on 21 April 2007 with a victory over Gary Shiel at the Jarvis Hotel in Manchester.

Throughout the rest of the year he won on four more occasions giving him a record of 5-0 at the end of 2007. Quigg fought six more times in 2008, winning on each occasion, a run that included a victory over Ghana's tough journeyman Sumaila Badu in just the first round of a four round contest. Watching the contest Boxing News reporter Danny Flexen claimed that after watching over 50 live contests he had "never seen a more complete prospect" with less than 10 fights under his belt.



DENTON VASSELL

COMMONWEALTH WELTERWEIGHT CHAMPION

Denton Vassell (Born 13 September 1984) is a undefeated British welterweight boxer, based in Ancoats, Greater Manchester, United Kingdom. The pinnacle of Vassell's amateur career was winning the Amateur Boxing Association championships at welterweight Vassell turned professional on 2 September 2006, scoring a TKO victory against Ernie Smith.

Vassell returned to the ring in March against Steve Cooper, victory coming when Cooper retired in the first round. The following August Vassell chalked another win against Gatis Skuja. The following month Vassell stopped Sherman Alleyne to record his fifth win. In Vassell's final fight of the year he defeated Yassine El Maachi.



JAMES BEHAN

WON FIRST NATIONAL CHAMPIONSHIP

After a superb 2009 British Championship season that saw finish a fantastic 10th in the standings and taking the much coveted "Hotshot" award for his outstanding performance, Lakeside Fourtech's James Behan has made the difficult decision to undergo surgery to repair the shoulder damage sustained at the infamous Pont De Vaux 12 hour endurance race last August.

Against the best riders in Europe at the second round of the 2010 GOLD-SPEED EMX European Quad Championship, Behan showed that he has not lost any of his speed and determination that has earmarked him as one of the hot prospects for the future.

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NUTRITION



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