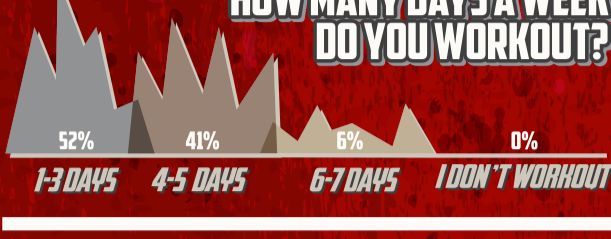


DIET & WORKOUT STYLES

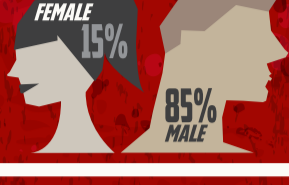
WE THOUGHT IT WOULD BE INTERESTING TO SURVEY ALL OF OUR FANS AND SEE HOW PEOPLE'S DIET AND WORKOUT STYLES DIFFER.

AS PROMISED, WE'VE COMPILED ALL THE DATA BELOW FOR YOU.

HOW MANY DAYS A WEEK DO YOU WORKOUT?



SURVEY PARTICIPANTS



DO YOU TAKE ANY PRE, INTRA OR POST WORKOUT SUPPLEMENTS?

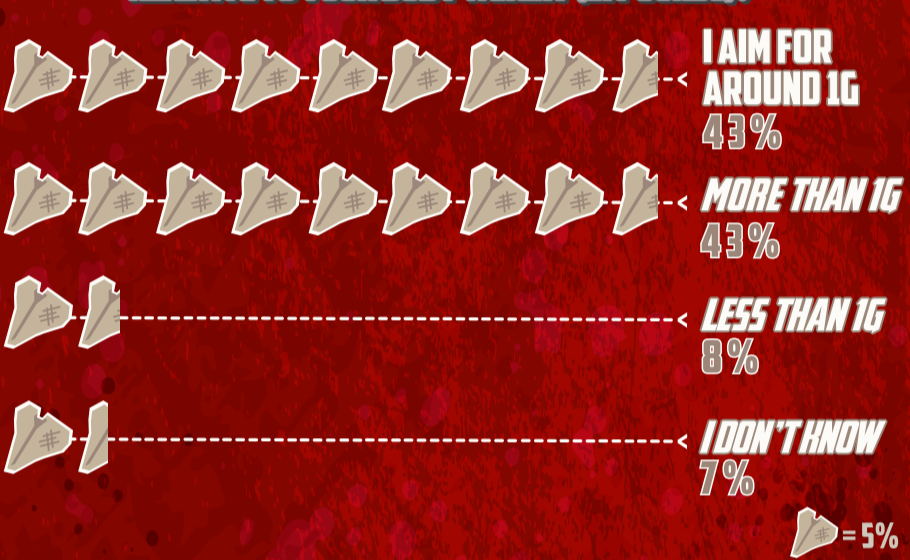


HOW LONG HAVE YOU BEEN WORKING OUT?

LESS THAN 1 YEAR 1-5 YEARS 5+ YEARS NEVER

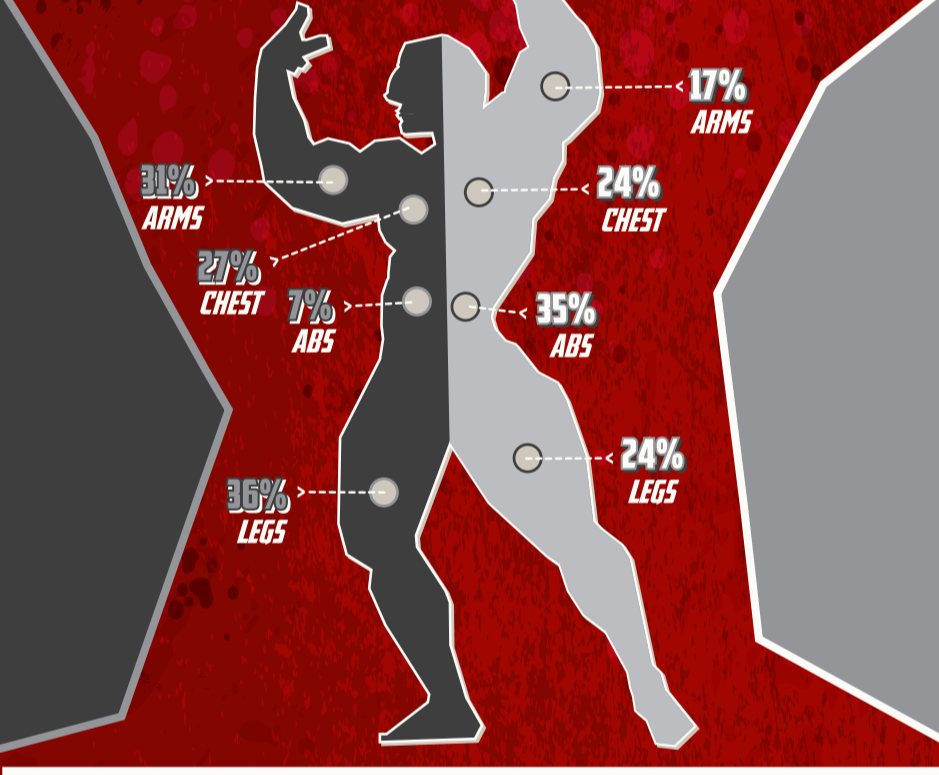


HOW MUCH PROTEIN (IN GRAMS) DO YOU CONSUME IN AN AVERAGE DAY, RELATIVE TO YOUR BODY WEIGHT (IN POUNDS)?

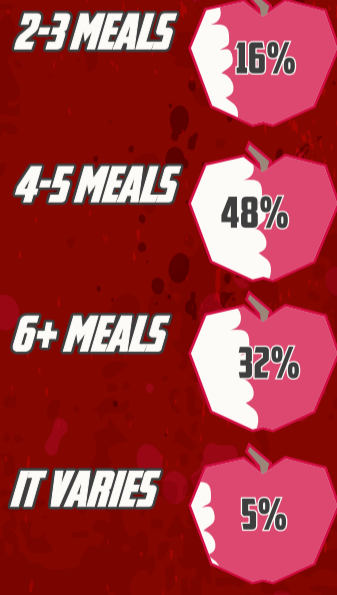


WHICH MUSCLE GROUP WOULD YOU SAY IS YOUR STRONGEST?

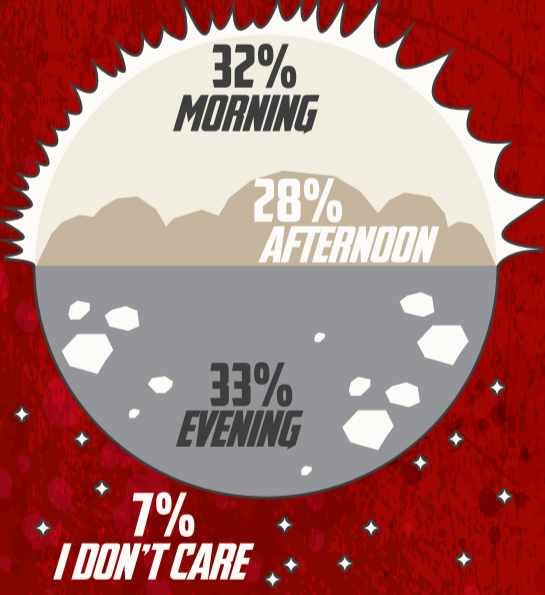
WHICH MUSCLE GROUP WOULD YOU SAY IS YOUR WEAKEST?



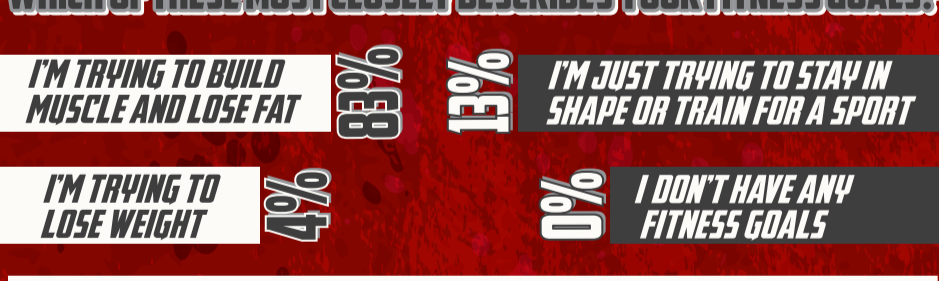
HOW MANY MEALS DO YOU EAT IN A DAY?



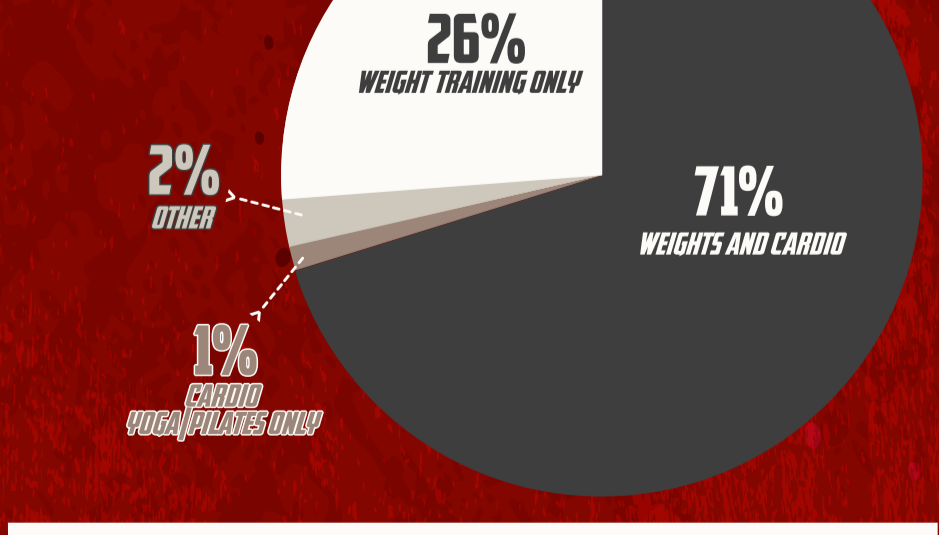
WHAT TIME OF DAY DO YOU GENERALLY WORKOUT?



WHICH OF THESE MOST CLOSELY DESCRIBES YOUR FITNESS GOALS?



GENERALLY SPEAKING, WHAT ARE YOUR WORKOUTS COMPRISED OF?



DO YOU FOLLOW A STRICT DIET?

