



**Brilliant Life  
Fitness**

# **TRUSTED FITNESS PRODUCTS GUIDE**



**SAVE TIME, MONEY, ENERGY & EFFORT**

**A SHORTCUT TO PRODUCTS  
THAT HAVE WORKED FOR US  
& WE BELIEVE WILL WORK FOR YOU**

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This book deals with advanced information on health, fitness, nutrition and training techniques. Results may vary. Proper exercise and diet are always necessary to achieve and maintain muscle definition, fitness, and/or health.

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# Trusted Fitness Products Guide

## Trusted Products We Use & Recommend for You to Get Your Fit, Lean, Strong, Healthy, & Enduring Body!

The purpose here is to save you time, avoid wasting your money, conserve your energy for the important things, skip “the brain pain” of searching for, researching, & testing the products you may want or need that can help get you to your fitness & health goals just that much faster. You can easily click through below to what you want & need.

Wouldn't you rather spend time on the more important things like fun with friends & family instead of on the hunt for what you need? Simplify your journey just below!

To that end, we have put together this Trusted Products Pages of items that have helped us stay on track consistently & help us avoid the pitfalls & obstacles out there... we believe they can help you as well. These are either the exact or very similar products that we have researched or used... through companies we trust.

We have established affiliations with many of these companies to supply direct links below to simplify your life! In turn, in some cases your purchase will also help us keep making progress on our mission of helping ordinary people live extraordinary lives!

**We thank you for supporting your greater health & fitness lifestyle network & culture!**

There are a wide range of products below from on-the-go & travel solutions to supplements, apps, trackers, and on to food and equipment!

Remember, you only need a small space to exercise... a living room, bedroom, hotel room, basement, or garage! Much can be done in just an 8 X 4 Foot Space. You can even create the functionality of a full gym in just a 10 X 10 Foot Space with what we have for you below! And the equipment can be out of the way when not in use... leaving the space mostly open!

## Body Transformation Assessment

- ◆ **Body Tape Measure & Fat Caliper Combo** - *Enjoy Knowing You Have Improved with Proof*  
[http://blsfit.link/MyoTape\\_AccuMeasure](http://blsfit.link/MyoTape_AccuMeasure)
- ◆ **Body Weight Bathroom Scale** - *Enjoy Knowing You Have Improved with Proof*  
[http://blsfit.link/Body\\_Weight\\_Scale](http://blsfit.link/Body_Weight_Scale)



## Workout/Exercise - On-the-Go

- ◆ **Phone/Tablet App Timer for HIIT REMINDER WORKOUTS™** - *Helps with Allowing Fun Workouts You Can Program & Repeat to Save Time & Increase Your Accountability & Capability for Getting the Workouts Done*

iPhone <http://blsfit.link/ReminderWorkoutTimerIOS>

Android <http://blsfit.link/ReminderWorkoutTimerAndroid>

- ◆ **Stand Alone Interval Timer & Stopwatch**  
*- So you can ignore your phone for a mental break while you do your Time Based Workouts*  
[http://blsfit.link/IntervalTimer\\_Stopwatch](http://blsfit.link/IntervalTimer_Stopwatch)

- ◆ **Fitness Watch/Activity Tracker** - *More Help with Motivation & Tracking both your Short & Long Term Progress, a Feel Good Dopamine Boost for Getting It Done*  
[http://blsfit.link/Fitness\\_Tracker\\_Watch](http://blsfit.link/Fitness_Tracker_Watch)

- ◆ **Resistance Bands Set (Exercise Bands with Door Anchor, Handles, Legs Ankle Straps for Resistance Training & Home or Travel Workouts)**  
*- Workout out anywhere, anytime with resistance Or simply enhance & freshen up your workout regimen*  
<http://blsfit.link/ResistanceBandsSet>



- ◆ **Assistance Bands (Pull Up Assistance Bands - Stretch Resistance Band - Mobility Band - Powerlifting Bands - Single Band or Set)** - *Finally you Can do those exercises like pull-ups & dips that you never could before*  
<http://blsfit.link/AssistanceBands>

- ◆ **Workout Suspension Straps (For Home Gym Indoor & Outdoor Travel Workouts Exercise)** - *Another portable, do anywhere, anytime fun way to mix up your workout progressions, great for travelers*  
<http://blsfit.link/SuspensionStraps>

- ◆ **Wall/Ceiling Exercise Anchor Mounts (For Suspension Straps, Resistance Bands, Spud Cable System, Gymnastic Rings, Boxing Equipment & Heavy Bag)** - *a more permanent strong way to anchor your, resistance bands, Spud Cables, or suspension strap, & even rings to make it that much easier to work out at home*  
<http://blsfit.link/AnchorMounts>



- ◆ **Doorway Pull Up Bar**

**Foldable, Travel-Friendly Pull Up Bar Fits in Doors & Doorways, No Screws, Portable, & Easy to Store** - *Another way to make it easy & portable to get your workout done anytime, anywhere whether home or away, or even in smaller spaces*  
[http://blsfit.link/Folding\\_PullUpBar](http://blsfit.link/Folding_PullUpBar)

**Multi-Grip Chin-Up/Pull-Up Bar, Heavy Duty Doorway Bar for Home Gym** - *so you can put your workout station out of sight when for a tidy home when you're finished*  
[http://blsfit.link/Doorway\\_PullUpBar](http://blsfit.link/Doorway_PullUpBar)

- ◆ **Stability Ball (Exercise Ball (55cm-95cm) Extra Thick Professional Grade Balance & Stability Ball, Anti Burst - Includes Hand Pump)** - *such a versatile way to mix up every aspect of your workout at home, & you can deflate to take it with you then re-inflate once you arrive for use*  
[http://blsfit.link/Stability\\_Ball](http://blsfit.link/Stability_Ball)

- ◆ **Standard Dumbbell Pairs (Set of 2) Choose Weight - from 5lb. increments up to 120lb.** - *have your own set of the real deal... start with one set, then build your collection from there*  
<http://blsfit.link/DumbbellPairs>

- ◆ **Weight Vest** - *easy resistance that you can hide from sight when you're finished with your workout, add to your bodyweight for most of The "Big 5" Functional Life Movements to take your workout performance progress to the next level*

**Men's (Weight Vest)** [http://blsfit.link/WeightVest\\_Men](http://blsfit.link/WeightVest_Men)

**Women's (Women's Adjustable Weighted Vest)** [http://blsfit.link/WeightVest\\_Women](http://blsfit.link/WeightVest_Women)

- ◆ **Fitness Ab Mat & Exercise Mat with Tailbone Protecting Pad - Great Ab Sit Up Mat for a Full Range of Motion Ab Workout Fitness Mat** - *work your abs in comfort while protecting your spine, plus get the benefit of stretching your abs while you work them*  
[http://blsfit.link/Ab\\_Mat](http://blsfit.link/Ab_Mat)
  - ◆ **Yoga Mat** - *increase grip, cushion, & comfort from that hard slick floor while you workout, stretch, do mobility work, roll out, or enjoy some mind/body/spirit improvement from yoga*  
[http://blsfit.link/Yoga\\_Mat](http://blsfit.link/Yoga_Mat)
  - ◆ **Yoga Strap & Block Combo Set** - *great for new comers & experts to aid in stretching or yoga in a way that meets you where you are now & takes you where you want to go*  
[http://blsfit.link/YogaBlock\\_Strap](http://blsfit.link/YogaBlock_Strap)
  - ◆ **Curl Bar - Only about 4 Feet Long, Can be used with weight plates for full body movements as a smaller lighter Alternative to a full size longer heavier 7 Foot Olympic Bar EZ Curl Bar** - *can be a great way to build on your home gym resistance training options to either get started from scratch more easily or enhance your full size olympic bar program by improving the weak links in the chain of your body*  
[http://blsfit.link/Curl\\_Bar](http://blsfit.link/Curl_Bar)
- (\* Olympic Plates for the Curl Bar are in the next section below)
- ◆ **Exercise Rings - for Rows, Dips, Pull Ups, Push Ups & more for Home Gym Full Body Workout** - *a great way to improve your strength at any level by not only working the major muscles, but providing the instability to also strengthen the small supporting muscles that you need for functional longevity*  
[http://blsfit.link/Gym\\_Rings](http://blsfit.link/Gym_Rings)



# Workout - Next Level Equipment for Your Goals

- ◆ **Spud Cables - SAVE \$\$\$ Thousands less than a machine** - with 1-3 installed anchor points & 1-3 of these pulley systems, Plus some weight plates, you can create an entire inexpensive & portable cable movement gym set up - Power Racks or Heavy Duty Pull Up Bars can be anchors - take it further by adding metal attachment handles in the next bullet

**1st Purchase = Spud Econo Lat Pull Down/  
Push Down**

[http://blsfit.link/Pull\\_PushDown\\_Cable](http://blsfit.link/Pull_PushDown_Cable)

**2nd Purchase = Spud Econo Low Row**

[http://blsfit.link/Low\\_Row\\_Cable](http://blsfit.link/Low_Row_Cable)

**OR Save with 2-In-1 Combo Lat Pull Down  
& Low Row**

[http://blsfit.link/Combo\\_Cables](http://blsfit.link/Combo_Cables)

- ◆ **Cable Pulley System Metal Handles** - Make your Cable System even better & more versatile with better handles. Increase your strength & instant ability to move more weight

**Combo Handle Pack (Combo Tricep Press  
Down Cable Attachment, Double D Handle,  
V-Shaped Bar, Tricep Rope, Rotating Straight Bar)**

<http://blsfit.link/ComboMetalHandles>

**ADD: 48" Wide Lat Pull Down/Press Down/Row Bar**

<http://blsfit.link/WideLatBar>

- ◆ **Olympic Steel Weight Plates** - for Olympic Curl Bar, Full Olympic Bar, or Spud Cable Pulley System - Choose the weights you need - Round out your home gym equipment while you move to the next level of the Stage-ATA-Time workouts using The "Big 5" Weighted Functional Life Movements & more weight you now need while you raise the bar

<http://blsfit.link/SteelWeightPlates>

- ◆ **Hanging Ab Straps** - for Leg Raises - a fun way to exercise your core, just clip to your pull up bar or ceiling anchor points for a challenging ab and/or oblique workout

[http://blsfit.link/Ab\\_Straps](http://blsfit.link/Ab_Straps)

- ◆ **Selectable Weight All-In-One Dumbbells** - this is what I use to save cost & save space - in 5 to 50 Pound + Expandable to 70 or 90 Pound Each Dumbbell - save time, save space, & save overall \$\$\$ by buying one built to last selectable weight dumbbell set up while easily changing the weight on the fly

[http://blsfit.link/Power\\_Block\\_DB](http://blsfit.link/Power_Block_DB)



- ◆ **Kettlebell: Adjustable** - *save time, save space, & save overall \$\$\$ by buying one sturdy selectable weight kettlebell* [http://blsfit.link/Power\\_Block\\_KB](http://blsfit.link/Power_Block_KB)
- ◆ **Weight Bench (Flat - Incline - Decline)** - *if you want to work out with weights this is such a cornerstone for your home gym fitness program, even use it for unweighted moves like bench step ups, decline push ups & much more* <http://blsfit.link/WeightBench>

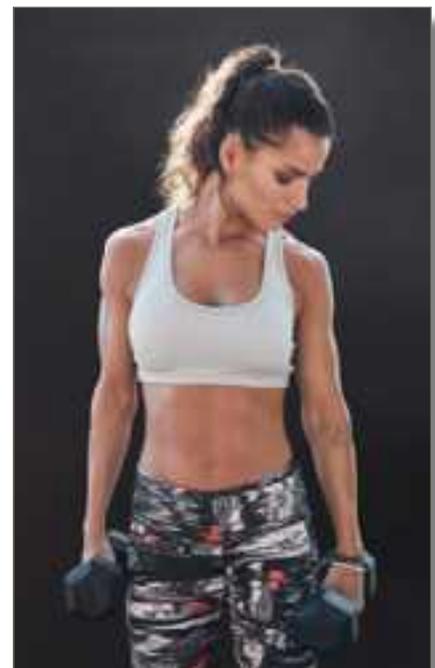
**Add-On: Leg Attachment for Leg Extension & Leg Curl**  
[http://blsfit.link/Bench\\_LegAttachment](http://blsfit.link/Bench_LegAttachment)

- ◆ **Full Size 7 Foot Olympic Barbell - Good for Steel & Bumper Plate Use (for Weightlifting & Power Lifting)** - *take your at home fitness program to the next level just like your at the gym or working out at "the box" for all The "Big 5" Weighted Functional Life Movements & then learn & use the hundreds of other movements to increase your strength & overall fitness* [http://blsfit.link/Olympic\\_BB](http://blsfit.link/Olympic_BB)
- ◆ **Power Rack w/ Built-in Pull Up Bar - Adjustable Bar Catch Height & Safety Catch - Can Provide a Full Body Workout When Used with Olympic Bar & Weights that are sold separately** - *now that you have an olympic barbell & plates, you will love the versatility of a power rack to create the enjoyment of a full gym in even only about a 10' X 10' room or garage space* [http://blsfit.link/Power\\_Rack](http://blsfit.link/Power_Rack)
- ◆ **Dumbbell Stand / Rack - For Standard Dumbbells, NOT for Adjustable Dumbbells** - *keep your dumbbells organized, easy to grab, & off the floor in a small organized space*

**Space Saving Vertical Rack - Have Up to 8 Pairs of Dumbbells for about 5# thru 35# to your preference (2 Sided)**  
[http://blsfit.link/Vertical\\_DB\\_Rack](http://blsfit.link/Vertical_DB_Rack)

**For Larger Dumbbells: Rack for Up to 10 Pair, Less with Larger/Heavier Dumbbells**  
[http://blsfit.link/Large\\_DB\\_Rack](http://blsfit.link/Large_DB_Rack)

- ◆ **Olympic Weight Plate Rack (Olympic Plate Tree Bar Holder)** - *get organized easily in your home gym space without shuffling the plates around to get the one you need* [http://blsfit.link/OlympicPlate\\_Rack](http://blsfit.link/OlympicPlate_Rack)
- ◆ **Olympic Bumper Plates - can be dropped (Bumper Plates for Strength and Conditioning Workouts and Weightlifting) Choose a Set or Pairs of Bumper Plates** - *to go with your proper droppable olympic bar so that you don't have to worry if you need to bail & let the weight drop in your strength & power pursuits (a proper sturdy floor with no neighbors below is recommended too)* [http://blsfit.link/Olympic\\_BumperPlates](http://blsfit.link/Olympic_BumperPlates)



◆ **Wall Mounted Pull Up Bar (Heavy Duty Wall Mounted Pull Up Chin Up Bar Gym Workout Fitness Home Mount Fitness)**

- a super flexible addition to beef up your home gym with a strong pull up bar to allow for kipping bar pull ups or muscle ups when you're ready, or as a mount for Spud Cables, rings, resistance bands, or suspension straps  
[http://blsfit.link/WallMounted\\_PullUpBar](http://blsfit.link/WallMounted_PullUpBar)

◆ **Wall Mount Folding Dip Station** - another great way to increase your upper body fitness & attractive appearance with either body weight or body weight plus movements  
[http://blsfit.link/Folding\\_DipStation](http://blsfit.link/Folding_DipStation)



◆ **Weight Belt** - lift more weight by using a belt to stabilize your back & abdomen  
<http://blsfit.link/WeightBelt>

◆ **Dip & Pull-Up Belt with Chain** - for Added Weight on top of Body Weight Movements (For Men & Women, Dip, Pull Up Belt, Weight Lifting)  
<http://blsfit.link/DipBelt>

◆ **Punching/Kicking Heavy Bag** - Great for HIIT type **REMINDER WORKOUTS™**  
- change up your workout with some HIIT type **REMINDER WORKOUTS™** using boxing or kickboxing moves... I haven't seen too many unfit, fat, or out of shape fighters... have you?  
[http://blsfit.link/Punching\\_Kicking\\_Bag](http://blsfit.link/Punching_Kicking_Bag)

◆ **Boxing or MMA Gloves** - for HIIT w/ Punch Bag - train like a fit fighter, lean, strong, ripped  
**Grappling, Sparring, Martial Arts, Punching Bag**  
[http://blsfit.link/MMA\\_Gloves](http://blsfit.link/MMA_Gloves)

**Anti-Abrasion LIner for MMA Gloves**  
[http://blsfit.link/Liner\\_MMA\\_Gloves](http://blsfit.link/Liner_MMA_Gloves)

◆ **Fitness Step** - for Step Hops, Calf Raises, DB Chest Press, or Stiff Legged Dead Lifts or HIIT Exercises - another fun way to workout at home that you can hide from sight after... perform step moves, push ups, or even dumbbell presses with this versatile small platform  
<http://blsfit.link/FitnessStep>

# Recovery/Mobility/Flexibility/Stability/Rest

- ◆ **PVC Pipe 1” Diameter** - for stretching shoulders, overhead PVC squats, & learning barbell movement for for the **Weighted “Big 5” Movements** - *painful shoulders? Try this to do mobility & stretching work to loosen them up & feel better or use for balance & increasing the stretch for others body parts too*  
[http://blsfit.link/PVC\\_Pipe](http://blsfit.link/PVC_Pipe)
- ◆ **Mobility Roll Out Tennis Ball** - *a great way to start & gently roll out those point tender spots & knots in your muscles so they release & stop hurting you while your ease of movement & performance also increase*  
<http://blsfit.link/TennisBall>
- ◆ **Massage Ball** - *the next level to roll out those point tender spots & knots in your muscles so they release & decrease pain while your ease of movement & performance also increase*  
[http://blsfit.link/Massage\\_Ball](http://blsfit.link/Massage_Ball)
- ◆ **LaCrosse Ball (Massage Lacrosse Ball for Myofascial Release, Foot, Back, Trigger Point Treatment Ball, Muscle Knot)** - *tennis ball “knot” cutting it anymore, LOL... then try this more firm method to untie your knots so your muscles can perform at peak*  
[http://blsfit.link/LaCrosse\\_Ball](http://blsfit.link/LaCrosse_Ball)
- ◆ **Massage Stick Roller** - *a smooth move to increase your performance & decrease your pain through myo-fascial release, your muscles with thank you while you experience the euphoria from some natural endorphins*  
[http://blsfit.link/Massage\\_Stick](http://blsfit.link/Massage_Stick)
- ◆ **Foam Roller** - *Speaking of taking some time for you & euphoria this is Perfect for positioning, balance, postural & muscle re-education, spinal stabilization, body awareness & coordination, ranging & strengthening activities... really just keeping you loose & relaxed to perform*

## **Collapsible Foam Roller**

[http://blsfit.link/Collapsible\\_FoamRoller](http://blsfit.link/Collapsible_FoamRoller)

## **Textured Muscle Foam Roller**

[http://blsfit.link/Textured\\_FoamRoller](http://blsfit.link/Textured_FoamRoller)

## **Smooth Foam Roller**

[http://blsfit.link/Smooth\\_FoamRoller](http://blsfit.link/Smooth_FoamRoller)

## **Greg’s Favorite Mobility Roller**

[http://blsfit.link/Honeycomb\\_FoamRoller](http://blsfit.link/Honeycomb_FoamRoller)



- ◆ **Recovery Sandals** - *alright I am just gonna say it... these are like sex for your feet by just walking or standing in them... relax & feel the cushion*  
<http://blsfit.link/RecoverySandals>
- ◆ **Compression Sleeves - Variety: Calf, Socks, Wrist, Ankle, Arm, Shirt, or Leg Tights to Meet Your Needs** - *believed to aid in healing, repair, & recovery from better circulation*  
[http://blsfit.link/Compression\\_Wear](http://blsfit.link/Compression_Wear)
- ◆ **Sleep Mask that Actually Works - Home, Shift Work, Travel, Jet Lag: Experience Real Darkness to Let Your Body Really Sleep** - *life changing for any sleeper who has difficulty sleeping with much ambient light, darkness is better!*  
<http://blsfit.link/sleepmask>

## Recovery/Mobility - Next Level Items for Your Goals

- ◆ **Gravity Boots for Inverted Spinal Stretch on Pull Up Bar or Ab Strength Work**  
- *when your back is tired just "hang out"... inverted with these & a pull up bar... just use a spotter at first to make sure you can get back down... enjoy the relief*  
[http://blsfit.link/Gravity\\_Boots](http://blsfit.link/Gravity_Boots)
- ◆ **Yoga Mat** - *again hard or slick floor? ... enjoy some padding & grip if needed for stretching, workouts, or yoga*  
[http://blsfit.link/Yoga\\_Mat](http://blsfit.link/Yoga_Mat)
- ◆ **Yoga Strap & Block Combo Set** - *aiding to more easily stretch or even to hold a movement in yoga*  
[http://blsfit.link/YogaBlock\\_Strap](http://blsfit.link/YogaBlock_Strap)
- ◆ **Portable Pull Up Bar - for Workouts or The Passive Hanging Stretch - super versatile**

**Foldable, Travel-Friendly Pull Up Bar Fits in Doors & Doorways, No Screws, Portable, & Easy to Store**  
[http://blsfit.link/Folding\\_PullUpBar](http://blsfit.link/Folding_PullUpBar)

**Multi-Grip Chin-Up/Pull-Up Bar, Heavy Duty Doorway Trainer for Home Gym**  
[http://blsfit.link/Doorway\\_PullUpBar](http://blsfit.link/Doorway_PullUpBar)



# Supplements - Real Ones That Work

## Food-Type Supplements

- ◆ **Protein Powder** - *actually finally stay on track with your nutrition with a little easy On-the-Go help here while you save time, save \$\$\$, & help you lean up or build your muscles for life & longevity*

### **Low Carb Protein Powder Blend**

[http://blsfit.link/LowCarb\\_ProteinPowder](http://blsfit.link/LowCarb_ProteinPowder)

### **Collagen Peptide Drink Mix**

[http://blsfit.link/Collagen\\_Protein](http://blsfit.link/Collagen_Protein)

### **Whey Protein Low Carb Meal Replacement**

[http://blsfit.link/PrimalFuel\\_ProteinPowder](http://blsfit.link/PrimalFuel_ProteinPowder)

### **Vegan/Vegetable Protein Powder**

[http://blsfit.link/Veg\\_ProteinPowder](http://blsfit.link/Veg_ProteinPowder)



- ◆ **Powdered Greens** - *“Eat Your Vegetables” I know i used to here it too until I got help this easy, healthy, On-the-Go way... actually finally stay on track with your nutrition with a little help here while you save time, save \$\$\$, & help you increase your health for life & longevity*

### **Powdered Greens Superfood**

<http://blsfit.link/AmazingGrass>

### **Powdered Greens & Berry Blend (a few more carbs, but more nutrient dense)**

<http://blsfit.link/MetaboGreens>

- ◆ **Unflavored Collagen Peptides** - *support your joints, skin, gut, & immune health all in one fell “scoop”... I know, the dad jokes, they’re what I’ve got LOL*

<http://blsfit.link/CollagenPeptides>

- ◆ **Organic Raw Apple Cider Vinegar** - *old school tonic that works with so many health benefits... can be a part of your daily health routine*

<http://blsfit.link/ACV>

- ◆ **Shaker Bottle for Supplemental Drinks** - *a core staple tool for all the time saving, On-the-Go methods like the protein powders, powdered greens to get your veggies easily, & other supplements... just shake, drink, & go on about your life*

<http://blsfit.link/ShakerBottle>

## Supplement Staples - Morning

- ◆ **Multivitamin** - *to make up for the lack in our food these days of many vitamins & minerals we need for basic health*

### **Whole Food Multivitamin for Men**

[http://blsfit.link/Multivitamin\\_Men](http://blsfit.link/Multivitamin_Men)

### **Whole Food Multivitamin for Women**

[http://blsfit.link/Multivitamin\\_Women](http://blsfit.link/Multivitamin_Women)

- ◆ **Vitamin D3** - *can't live optimally without it & most of us don't produce enough from natural sun exposure, especially during winter or in our fear of cancer from sun exposure... get some small doses of sun too... it's good for your health, hormones, sleep cycle, Circadian rhythm & more*  
<http://blsfit.link/D3>
- ◆ **Calcium Citrate** - *staying away from milk to avoid the sugar or allergy, most all of us could use stronger bones & teeth to stave off osteoporosis with a little calcium help*  
<http://blsfit.link/CalciumCitrate>
- ◆ **Methyl B-12** - *unless you eat liver weekly, then you are likely to be deficient in this energy gem... & nasty chemical energy drinks are probably not the best way*  
<http://blsfit.link/B12>
- ◆ **Probiotic/Prebiotic** - *Promotes a healthy balance of gut bacteria Supports a healthy digestive tract a& bowel regularity Supports a healthy immune system... nuff said*  
<http://blsfit.link/Probiotic>



## Supplement Staples - Evening

- ◆ **Magnesium Drink Powder** - *data shows most of us are deficient of this nutrient that aids in most all bodily functions... even helps with sleep, calm, & can decrease anxiety*  
<http://blsfit.link/Magnesium>
- ◆ **ZMA or ZMO** - *believed to help you sleep, rest, & recover better... plus optimize your health & fitness hormones while you sleep & do nothing*  
<http://blsfit.link/ZMO>
- ◆ **Melatonin** - *a natural hormone that often declines as we age & the lack prevents us from getting to sleep & staying asleep with a healthy rhythm... gets worse for those of us getting up in the night for work or family*  
<http://blsfit.link/Melatonin>

- ◆ **AM/PM Weekly Vitamin Organizer** - *save time & effort, while easily remembering to take your vitamins, supplements, or medication by setting it up once a week instead of multiple times per day... it's, changed & simplified our lives for sure*  
[http://blsfit.link/Vitamin\\_Organizer](http://blsfit.link/Vitamin_Organizer)

## Workout/Recovery Supplements

### *Pre Workout*

- ◆ **Creatine Monohydrate** - *keeps your muscles stocked of this energy source for heavy or short intense bursts of activity to perform better & get more fit*  
<http://blsfit.link/Creatine>
- ◆ **Pre Workout Supplements** - *a great way to prime yourself for the workout, once you take it you tend to stick to doing the workout, then perform & recover better which allow the adaptation & improvement you see from the workouts*

#### **Pre-Workout with Caffeine**

<http://blsfit.link/PreWorkout>

#### **Pre-Workout - No Caffeine**

[http://blsfit.link/PreWorkout\\_NoCaffeine](http://blsfit.link/PreWorkout_NoCaffeine)

### *Post Workout*

- ◆ **Creatine Monohydrate** - *refilling/refueling your muscles for next time*  
<http://blsfit.link/Creatine>
- ◆ **Electrolytes** - *replenish what you use to be ready for more & stay off any issues such as cramping later*  
<http://blsfit.link/Electrolytes>



# Nutrition - On-the-Go & Delicious Help

- ◆ **Healthy Full-Meal Delivery** - *if you don't have the time for or interest cooking, then choose to pay someone to do it for your in a healthy way like this...*

<http://blsfit.link/MealDelivery>

- ◆ **Healthy Meat-Only Delivery** - *because sometimes our stores don't stock healthy meat & your may not have a meat freezer for a whole animal at once*

## Option #1

<http://blsfit.link/Butcherbox>

## Option #2

<http://blsfit.link/USWellness>

## Option #3 - Most Economical + Many other Great Products

<http://blsfit.link/Thrive>

- ◆ **Macadamia Nut Oil** - *a great tasting healthy oil option for cooking or smoothies & shakes*

<http://blsfit.link/MacNut>



- ◆ **Coconut Oil: Certified Organic • Cold-Pressed and Unrefined** - *tons of health benefits, from anti-fungal to body fat releasing, brain fueling MCTs*

<http://blsfit.link/CoconutOil>

- ◆ **Avocado Oil (High-Heat, Non-GMO, 1st Cold Expeller Pressed, Minimally Refined)** - *a great everyday staple for cooking with healthy fats/oils*

Option #1 [http://blsfit.link/PrimalKit\\_AvocadoOil](http://blsfit.link/PrimalKit_AvocadoOil)

Option #2 [http://blsfit.link/Chosen\\_AvocadoOil](http://blsfit.link/Chosen_AvocadoOil)

- ◆ **Sauces & Ketchup (Low or No Sugar Added)** - *clean up your condiments so you can enjoy your food more*

BBQ and Steak Sauces <http://blsfit.link/BBQSauce>

Organic and Unsweetened Ketchup <http://blsfit.link/Ketchup>

- ◆ **Mayonnaise (Avocado Oil Mayo)** - *a great indulgence the healthy way*

<http://blsfit.link/Mayo>

- ◆ **Salad Dressing** - *escape the treacherous, rancid, contaminated, processed, standard oils & ingredients from the average grocery store dressing... insist on better for you*

**Avocado Oil Vinaigrette Dressing & Marinade** <http://blsfit.link/SaladDressing>

**High Oleic Sunflower Oil Salad Dressings** [http://blsfit.link/Tessemaes\\_SaladDressing](http://blsfit.link/Tessemaes_SaladDressing)

- ◆ **ACV (Organic Raw Apple Cider Vinegar)** - *the healthy old school elixir or health*  
<http://blsfit.link/ACV>

- ◆ **Healthy Versions of Cooking Spray**  
*- great healthy way to make lean meals without the sticky, messy clean up after*

**Organic Avocado Oil Cooking Spray**  
[http://blsfit.link/CookSpray\\_Avocado](http://blsfit.link/CookSpray_Avocado)

**Coconut Oil Cooking Spray**  
[http://blsfit.link/CookSpray\\_Coconut](http://blsfit.link/CookSpray_Coconut)

- ◆ **Organic Coffee** - *get this 1 so you Avoid ingesting the standard versions which can be one of the most contaminated, toxin filled food products. Choose a better & healthier option*  
<http://blsfit.link/Coffee>



- ◆ **Decaf Organic Coffee: Swiss-Water Processed** - *get this 1 so you Avoid ingesting the standard versions which can be one of the most contaminated, toxin filled food products. Choose a better & healthier option here & avoid the standard chemical decaf process for this more healthy way*  
[http://blsfit.link/Decaf\\_Coffee](http://blsfit.link/Decaf_Coffee)

- ◆ **Green Tea** - *get your Nootropic caffeine & L-Theanine here for your brain boost, & polyphenols/antioxidants to prevent cell damage too*  
<http://blsfit.link/GreenTea>

- ◆ **Organic Spices & Spice Blends** - *get rid of the unhealthy toxic non-organic spices to improve your health with these better versions*

**Organic Option #1**  
[http://blsfit.link/Spices\\_Frontier](http://blsfit.link/Spices_Frontier)

**Organic Option #2**  
[http://blsfit.link/Spices\\_SimplyOrganic](http://blsfit.link/Spices_SimplyOrganic)

**Non-Organic Option #3** (lower cost than organic, but not as healthy, is lower in Sodium)  
[http://blsfit.link/Spices\\_MrsDash](http://blsfit.link/Spices_MrsDash)

- ◆ **Lemon & Lime Juice** - *add a little for great taste to make mock-tails to stave off your booze cravings with this & seltzer, or enjoy with your tea, ACV, or other morning ritual elixir while helping your body alkalinize for a healthier you*

**Organic 100% Lime Juice**

<http://blsfit.link/LimeJuice>

**Organic 100% Lemon Juice**

<http://blsfit.link/LemonJuice>

- ◆ **Healthy Zero Calorie Soda** - *for those times when you want a great tasting soda without the sugar to keep you on track with your health & fitness goals*

[http://blsfit.link/ZeroCal\\_Soda](http://blsfit.link/ZeroCal_Soda)

- ◆ **85-90% Dark Chocolate Bar** - *have a square or 2 for a healthy way to feel like you can indulge*

<http://blsfit.link/DarkChocolate>



## Nutrition Post Workout

- ◆ **Nutrition Bars** - *a better than a cookie option to indulge a little, an occasional On-the-Go snack, food during activity like biking/hiking, etc., or a quick occasional post workout fuel up*

### Real Food Protein Bars

<http://blsfit.link/RxBar>

### Real Food Gluten Free & Dairy Free

<http://blsfit.link/Larabar>

### Protein Brownies

<http://blsfit.link/ProteinBrownies>

- ◆ **Protein Shake** - *tastes great, healthy, muscle building/preserving, On-the-Go option*

### Low Carb Protein Powder Blend

[http://blsfit.link/LowCarb\\_ProteinPowder](http://blsfit.link/LowCarb_ProteinPowder)

### Collagen Peptide Drink Mix

[http://blsfit.link/Collagen\\_Protein](http://blsfit.link/Collagen_Protein)

### Low Carb Whey Protein Powder Meal Replacement

[http://blsfit.link/PrimalFuel\\_ProteinPowder](http://blsfit.link/PrimalFuel_ProteinPowder)

### Vegan/Vegetable Protein Powder

[http://blsfit.link/Veg\\_ProteinPowder](http://blsfit.link/Veg_ProteinPowder)



## Kitchen - On-the-Go - Easy & Time Saving

- ◆ **Multi-Cooker & Pressure Cooker** - *make great tasting healthy meals, that use to take hours in a slow cooker, much faster in a hands-off fashion so you save time...*  
[https://blsfit.link/Zavor\\_MultiCooker](https://blsfit.link/Zavor_MultiCooker)
- ◆ **Rice Cooker/Vegetable Steamer** - *save time & get it right the 1st time with no hassle cooking here... just follow the simple guidelines, put the food in, push a button, & come back a little later to enjoy*  
<http://blsfit.link/RiceCooker>
- ◆ **Small Drink/Shake/Smoothie Blender** - *an inexpensive time saver for smoothies (30 seconds to blend then the mixing container is your cup, or quick grinding, chopping in small amounts without taking the space of a larger appliance*  
<http://blsfit.link/MagicBullet>

◆ **Slow Cooker** - *throw in the food in the morning, go do your thing for the day, & come home to enjoy a meal, with less hassle & clean up which leaves you time for you & for those important to you*

<http://blsfit.link/SlowCooker>

◆ **Blender - Larger Do All** - *want to quickly make & enjoy frothy coffees, perfect smoothies, or even make your own nut butters to enjoy right now... then this invention will change your life & make your day like it did ours with so many fast capabilities to have fun with food & drink... did I mention fast frozen adult beverages?*

<http://blsfit.link/Blender>

◆ **Food Storage Containers** - *so you can actually stick to your plan this time as you save time, energy & effort by bulk cooking, portioning, storing & enjoying meals at your leisure*

**Glass Storage Containers** - *glass dish is multi purpose, pre-portion your meals*

<http://blsfit.link/GlassStorage>

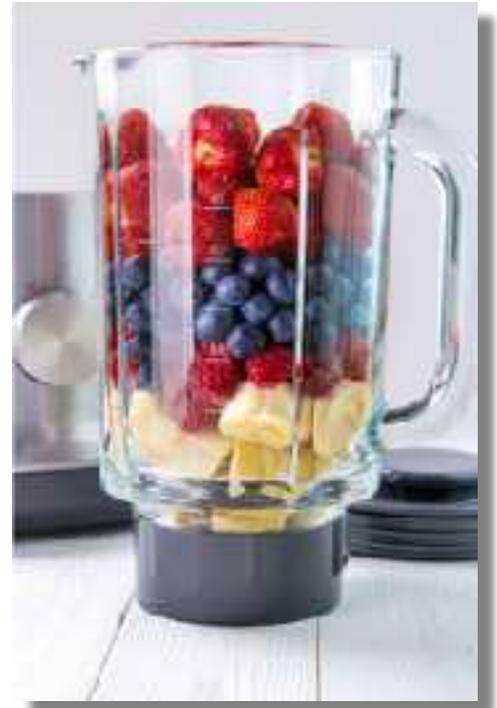
**Large Round Plastic Containers** - *actually get dressing on all your salad by putting on the lid & shaking the ingredients in the dressing for a bit*

<http://blsfit.link/RoundPlasticStorage>

**Easy to Find Lids Food Storage Containers**

- *great to keep your On-the-Go Veggies or other food fresh & ready plus easy to eat anytime*

[http://blsfit.link/Rubbermaid\\_FoodStorage](http://blsfit.link/Rubbermaid_FoodStorage)



◆ **Large Versatile Baking Pan** - *great for baking any meats, veggies, or treats... makes perfect bacon (my favorite) & renders the fat that you can save to cook with (save \$ on oils)*

<http://blsfit.link/SheetPan>

◆ **Indoor Searing Grill** - *another tool in the tool box for easy cooking especially if you don't have or can't have a grill where you are*

<http://blsfit.link/IndoorGrill>

◆ **12 Inch Cast Iron Grill Pan** - *get a little extra iron in your diet with these bullet proof pans that will last you for life... barring some pretty extreme unforeseen cooking habits LOL*

<http://blsfit.link/GrillPan>

◆ **Shaker Bottle for Protein Shakes & Supplement Drinks** - *in case you missed it this little tool will save to time while keeping you on track with nutrition so you hit your goals & gain your prize*

<http://blsfit.link/ShakerBottle>

◆ **Instant Hot Water Dispenser System** - *OK so this is another invention that changed our lives & added efficiency... imagine walking into your kitchen, up to your counter/sink area, & instantly having near-boiling water for coffee, tea, cooking, blanching, cleaning, or whatever you can come up with to use it for at any given moment... no more waiting on the kettle, the microwave, the coffee maker, etc., great for the french coffee press too...*  
*P.S. I love the flavor of french press pure organic coffee!*  
<http://blsfit.link/InstaHot>

\* **We hope you found some items in The Trusted Products Pages to help get you & keep you on track with your health & fitness lifestyle!**

**As with anything in our Plans, it is our hope to provide you some short-cuts while saving you time, energy, money, & effort by sharing the things that have helped us along the way!**

**Thanks Again & Enjoy!**



# ***Thank You!***

**And...**

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