

WSF - NO EXCUSES... Grab what your body needs from our cooler.

PRE-WORKOUT DIET & ENERGY DRINKS

Adrenalyn Stack®\$2.50 (MUST BE 18 TO PURCHASE)

A supercharged combination of activating ingredients for energy, just 4 grams of sugar per bottle, and 4 high-intensity flavors to choose from, it's the power surge you've been looking for.

• 1,025 mg AME exclusive Adreno-Methyl-Epicatechin THERMOGENIC and ENERGY STACK • 2 GRAMS FRACTIONATED RICE OLIGODEXTRINS (ABB exclusive absorption technology)

• ONLY 25 CALORIES

Ripped Force®\$2.50 (MUST BE 18 TO PURCHASE)

A proprietary Adrenergic Catalyst Technology (ACT) enhances your body's natural thermogenic capacities, answering your call for a great-tasting drink to support fat oxidation and pre-workout energy levels.

• Contains 350 mg of ABB's proprietary ADRENERGIC CATALYST TECHNOLOGY (ACT) to ENHANCE ALERTNESS and THERMOGENESIS • 200 mg of CAFFEINE • 150 mg of L-TYROSINE • 22-23 GRAMS of STACKED CARBS for ENERGY and GLYCOGEN REPLENISHMENT

Speed Stack®\$2.75 (MUST BE 18 TO PURCHASE)

A high-energy stack packed with caffeine, synephrine, yerba mate, octopamine, and other compounds sure to turn your energy dial up high. One drink, one stack. Speed Stack.

• ONLY 5 CALORIES per bottle • 250 mg of CAFFEINE • Exclusive METHXANTH STACK with CAFFEINE, THEOBROMINE, YERBA MATE, and GUARANA to enhance THERMOGENESIS and ENERGY LEVELS • NO SUGAR and GLYCOGEN REPLENISHMENT

CONCENTRATED PRE-WORKOUT SHOTS

5-hour Energy®\$2.50

Contains zero sugar, zero net carbs, and less caffeine than a cup of coffee. Packed with B-vitamins, enzymes and amino acids. Convenient 2-ounce size.

Speed Shot®\$3.00

Powered by ABB's exclusive Thermotach™ blend of neuro-precursors, methylxanthines, and powerful botanicals, it is a truckload of intensity packed into an 8 fl. oz. SHOT. • 900 mg of ABB's proprietary THERMOTACH™ blend of performance accelerants including CAFFEINE, EVODIA, YERBA MATE, YOHIMBE, and GUARANA • ONLY 5 CALORIES • ZERO SUGAR

Extreme Ripped Force®\$3.00 (MUST BE 18 TO PURCHASE)

A potent combination of high-energy and fat-oxidizing compounds.

• 500 mg of ABB's ADRENERGIC CATALYST TECHNOLOGY (ACT) EXTREME with several ingredients including KOLA NUT, COLEUS FORSKOHLII, GUARANA, and CAFFEINE to BOOST ENERGY LEVELS and produce a THERMOGENIC EFFECT • 250 mg of CAFFEINE • 24g of STACKED CARBS for ENERGY Speed Stack

Extreme Speed Stack®\$3.25

Pure, raw, unadulterated energy. That's what you're looking for. 22 fluid ounces of high-voltage, downed-power-line intensity.

• 300 mg of CAFFEINE from GREEN TEA, GUARANA, YERBA MATE, and other sources to enhance ALERTNESS and ENERGY LEVELS • 1 gram each of TAURINE, GDL, and GARCINIA EXTRACT • NO SUGAR

Nuspeed®\$4.00 (MUST BE 18 TO PURCHASE)

1 bottle contains 2 full servings. The Nuspeed Energy Matrix is a proprietary blend of 10 aggressive ingredients, scientifically engineered to pack 1,095mg of actives per serving!

Taurine, Caffeine anhydrous, Betaine anhydrous, N-acetyl-L-Tyrosine, Green tea extract (Threa sinensis) (leaf) 60% EGCG, Evodiamine (Evodia rutaecarpa) (herp) Norsynephrine, Octopamine HCL, QUERCETIN, Yohimbine HCL

Speed Freak®\$3.25 (MUST BE 18 TO PURCHASE)

Speed Freak's special proprietary formula enhances athletic performance and gives you an unbeatable competitive advantage in fat loss, energy and intensity. Contains: • No Sugar • Yohimbe HCL • Synephrine HCL • Glycerol • Non-carbonated • It comes in gourmet flavors.

POST-WORKOUT HI-PROTEIN

Pure Pro® Shake.....\$2.50

High-protein, low-carb, almost zero fat.

• 35 GRAMS of BLENDED PROTEIN • ZERO fat • HIGH in CALCIUM • ONLY 3-5 g of carbs • NO SUGAR ADDED

Extreme Body® RTD 50\$3.50

You need about a gram of protein per pound of body weight per day. Contains 50 grams of high-quality protein per can.

• 50 GRAMS of PROTEIN from MILK and WHEY • 26 VITAMINS & ESSENTIAL MINERALS • LOADED with BCAAs • ONLY 1.5 grams of fat and 4-8 grams of carbs per serving

Isopure®\$3.50

The purest, fastest, clearest whey. No lactose, no aspartame. One Bottle (20 fl. oz/591ml)

• Calories 160 • Total Fat 0g 0% • Total Carbohydrates 0g 0% • Sugars 0g • Protein 40g 80% • Calcium 55mg 6% • Sodium (as citrate) 80mg 3% • Potassium 45mg 1%

Muscle Milk®\$3.50

Muscle Milk is the perfect and complete protein supplement for your nutritional needs. More than seven flavors to choose from. Contains no lactose. One serving 45 minutes to one hour prior to training provides the caloric energy needed for intense workouts while flooding nutrients to hungry muscles. Take immediately after workouts to shift the body from catabolic to anabolic – provides nutrients to kick start the recovery process.

Pure Pro® Punch\$3.50

Protein. You know you need it; but with your schedule, it's a question of when. Post-workout nutrition amounts to whatever you drink while you're driving to the next thing on the agenda. What to do? Grab a Pure Pro®. With 40 grams of whey protein isolate, it works as fast as you need it to.

• 40 GRAMS of WHEY PROTEIN ISOLATE • ABB® EXCLUSIVE ABSORPTION TECHNOLOGY to help maximize PROTEIN ABSORPTION • LOADED with BCAAs

POWER & RECOVERY

MegaSport® Vitamin Water.....99¢

Non-carbonated sports drink that provides rehydration and electrolytes in a pleasant, fruit-flavored, thirst-quenching drink.

Carbo Force®\$2.50

Glycogen replenishment – you need carbs before, during, and after training to compensate for the carbs burned off. 110 grams of Stacked Carbs® per bottle, it meets your intensity head-on with plenty of immediate muscle fuel.

• 110 GRAMS of STACKED CARBS® for maximum POST-WORKOUT RECOVERY • CARBOMET BLEND includes GLYCOCYAMINE, Fisetin, VANADYL SULFATE, and TRIMETHYLGLYCINE (TMG) • ABB® EXCLUSIVE ABSORPTION TECHNOLOGY and GLYCERIN to help MAXIMIZE ABSORPTION and SUPPORT PROPER HYDRATION

We also carry a wide variety of nutritional snacks, supplements, and bars!

**SHAKES
&
DRINKS
WESTSIDE MENU
FITNESS™**

SEE REVERSE SIDE FOR OUR "MADE JUST FOR YOU" SHAKE MENU

SHAKES & DRINKS

WESTSIDE FITNESS MENU

SEE REVERSE SIDE FOR OUR COOLER DRINK MENU

At Westside Fitness, we are dedicated to your health and fitness. We want to provide you with the best workout experience you could hope for. We want to bring you total fitness. But exercise is only part of the equation. Nutrition is just as, if not more, important than exercise.

Whether your goals are fat loss, muscle gain or just maintaining, your body still needs to recover quickly following a workout. To achieve your goals, the first step is always, always, always recovering within the first 45 minutes of a workout.

Westside Health Bar can provide you with the shake that best fits your body's needs. In addition to the delicious and healthy ingredients in our shakes, we can add protein, energy boost, creatine, vitamins, or antioxidants. Speak with our staff for more tips on complimenting your workout with a nutritious shake or drink.

We also carry a wide variety of nutritional snacks, supplements, and bars!

SPECIALTY SHAKES

Made while-you-wait to enjoy here or to-go. Shakes are blended with ice and water.

Upon request, skim or soy milk can be used instead of water for 50¢ extra.

Hoch.....\$5.00
Whey Protein, Choc. Egg Protein, Met II, Peanut Butter, Frozen Banana, Oatmeal, Oreo cookies

Adam Sandler\$4.00
Chocolate Met II, Chocolate Whey Protein, Peanut Butter, Frozen Banana, Oreo cookies

McConnell.....\$3.50
Chocolate Met II, Chocolate Whey Protein, Peanut Butter, Reese's Peanut Butter Mini's

Banana-Rama.....\$3.00
Vanilla Whey Protein, Frozen Strawberries, Frozen Banana

Good Morning.....\$3.00
Chocolate Whey Protein, Oatmeal, Peanut Butter

Westsider\$3.00
Chocolate Whey Protein, Frozen Banana, Peanut Butter

Ron's Specialty\$3.00
Vanilla Whey Protein, Frozen Banana, Peanut Butter

Berry Delicious\$2.50
Vanilla Whey Protein, Frozen Mixed Berries

Paradise Protein\$2.50
Vanilla Whey Protein, Frozen Tropical Fruit

Reese's\$2.50
Vanilla Whey Protein, Reese's Peanut Butter Mini's

Ultra.....\$2.50
Met II, Frozen Strawberries

WSF Special.....\$2.00
Vanilla Whey Protein, Frozen Strawberries

Joey\$2.00
Chocolate Egg Protein

Cathy's Go Shake\$1.50
Café Mocha Whey Protein, Coffee

Fruit & Yogurt Smoothie\$2.50
Your Choice of Frozen Strawberries, Frozen Banana, Frozen Berries or Frozen Tropical Fruit, Skim or Soy Milk, Lowfat Vanilla Yogurt

Bottled Water
25 oz. \$1.00 1 liter \$1.25

Crystal Light On-the-Go
Assorted Flavors
50¢

DESIGN YOUR OWN SHAKE

Lean Body Meal Replacement ..\$3.00 per Pkg.
(Blueberry/Cream, Chocolate/Peanut Butter, Vanilla Ice Cream, Chocolate Ice Cream)

Egg Protein (Chocolate)\$1.25 per Scoop
Met II.....\$1.25 per Scoop
Soy Protein\$1.00 per Scoop
(Chocolate or Strawberry)

Whey Protein.....\$1.00 per Scoop
(Vanilla, Chocolate, Café Mocha, Butter Toffee)

Peanut Butter.....50¢ per 2 Tbsp

Lipodrene**\$1.00 per Scoop

N.O.-Xplode*\$1.00 per Scoop

Ripped Juice\$1.00 per 3 ML

Xpand*\$1.00 per Scoop

Carb Component.....50¢ per Scoop

Creatine50¢ per 5 Grams

Glutamine50¢ per 5 Grams

Skim Milk.....50¢ per Cup

Frozen Banana50¢ Each

Frozen Mixed Berries.....50¢ per 1/2 Cup

Frozen Strawberries.....50¢ per 1/2 Cup

Frozen Tropical Fruit.....50¢ per 1/2 Cup

Granola50¢ per 1/2 Cup

Metamucel.....50¢ per Tbsp

Oatmeal.....50¢ per 1/2 Cup

Oreo cookies (2).....50¢

Vanilla Wafers (2)50¢

Reese's Peanut Butter Mini's (3)50¢

*contains caffeine ** Must Be 18 To Purchase