

# HYDRATE



## DAILY

**1/2 - 1 oz**  
**OF WATER PER POUND**  
**OF BODY WEIGHT**  
(EX. 180 lbs = 90 - 180 oz)

## PRE-EXERCISE

**12 - 20 oz**  
**OF WATER PER POUND OF**  
**BODY WEIGHT 1 - 2 HOURS**  
**BEFORE EXERCISE**

## POST-EXERCISE

**20 oz**  
**OF WATER PER POUND OF**  
**BODY WEIGHT LOST AFTER**  
**EXERCISE**

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