

New Product

Marc Pro

As you likely know, many CrossFitters are learning more about the importance of active recovery—and this device is designed to help you actively recover better. Research shows that there are 4 key elements of recovery and **Marc Pro** provides all 4:

- Bringing in nourishment (oxygenated blood) to the muscles and cells
 - The removal of waste (ie. Lactic acid)
 - The production and release of myokines
 - The remodeling of the repaired tissue

In addition, recent statistics from a **Marc Pro** survey indicate just how beneficial the product can be for muscle recovery, as 92.6% experienced better recovery with the **Marc Pro** device, and 85.7% would likely refer the device to others. **Marc Pro** is an investment, but it is similar in price to other sports tech gadgets (Garmin, high end wetsuits, etc.) and less expensive than a new pair of bicycle wheels, or piling visits to the masseuse, chiropractor, and acupuncturist on a regular basis. They do have a monthly payment plan which is great.

Marc Pro and Marc Pro Plus

It's an electrical muscle stimulation machine that is intended to improve and facilitate muscle performance by decreasing recovery time, soreness, and fatigue. It creates unique, strong, but completely non-fatiguing muscle contractions that set off a cascading series of physiologic events leading to the normalization of tissue through the movement of nourishment and waste.

Marc Pro \$650.00

Marc Pro Plus \$950.00
(addresses pain)

Kelly Starrett, Ben Greenfield and Scott Panchik are big users.

marcpro.com



New Product

Clean Energy Patch



These energy patches are all natural, easy to use, and provide a long lasting “hum” that can be sustained for up to 8 hours. You simply peel off the patch, stick it almost anywhere, and feel the results. With **Clean Energy Patch**, athletes do not have to drink their energy with products that are high in sugar and caffeine. As the stomach is not designed to process caffeine while engaged in endurance activities, the **Clean Energy Patch** allows for caffeine to be processed without cramps, nausea, or jitters. Why Clean? The patches contain natural caffeine ingredients that are applied to kinesiology tape to allow for maximal absorption and comfort while engaged in sport. At only 35mg per patch (a cup of coffee is about 90mg), the caffeine is mild (hence a sustained “hum” and not a “jolt”) and the user can decide how many patches they want. No highs, no lows, no calories, no crashes, just... Clean Energy.



\$9.99 for 3-pack

cleanenergypatch.com