



<http://www.lambertwrestling.com/>

Important guidelines.

### **Two days prior**

- Cut out sodas and caffienated drinks beginning Thursday. This includes Monster, Rockstar, etc;
- Drink Plenty of Water. Constant water consumption;
- Urine output should be frequent and clear. 8-10 glasses a day;
- Remove thick calluses from feet;
- Stay away from fatty foods & fried foods;
- Eat more fiber: salad, cereal, veggies;
- Avoid salty foods;
- Do not exercise the day of testing or late friday night;
- Football players need to consume lots of water after the game and the next morning;
- Drink a sports drink the night before. After 10:00am Saturday you should not have to drink anymore.