7. Aggressive Strength Product Recommendations

O.N.E Coconut Water

Many of my clients ask me what sports drinks I recommend. I used to say that I do not recommend any sports drinks such as Gatorde as they are loaded with sugar and artificial ingredients. Fortunately there is an alternative that I recommend highly and it is coconut water! A company called "O.N.E" has put out a great coconut water product that I use daily. It is loaded with magnesium and potassium. In fact it has way more of both than gatorade. Coconut water is great to have during workouts and definitely after each workout. I put it in my post workout protein shake for recovery. Some of you may be asking why not buy a bunch of coconuts for the water. You could certainly do that and honestly the coconut water does taste better straight from a coconut. However, you will have to buy a lot of coconuts to get the coconut water that you need for a weeks worth of workouts and the cost will add up fast. Moreover, it is simply not convenient. O.N.E's coconut water is certainly not cheap. However, it is a high quality product that is a great alternative to all of the artificial sports drinks on the market. Buy a few containers and give it a shot. Let me know what you think. For more info on O.N.E and coconut water, go to:

Coconut Water Info

You can also find O.N.E coconut water at "Whole Foods" and other health food stores.