



MUNITION BIKE BOX

SA's first and only subscription box for cycling gear

Learn more about us and your great gear

***Vying
for
Podium***

What's this all about?

Who do we think we are?

We are South Africa's first and only subscription box service for cycling and cycling-related gear.

What is a subscription box? –They are a recurring delivery of cool gear to our members with an easy-pay subscription.

How do we get it done?

Our members pay a monthly fee and every 3 months we send a themed box with amazing cycling gear. We connect you with the absolute coolest cycling gear we can find across South Africa.

What's tasty in it for you?

This is a unique and exciting way of introducing you to the delicious and sometimes overwhelming range of cycling gear. We make sure that we provide you with niche, cool and desirable cycling gear that can be used on every ride.

So how do you get this?

Boxes are sent every 3 months and 3 successful payments get you clicked in for the next box. You log in to your profile and add your delivery details and preferences for sizes.

Just before the next box is sent, we will chat to you so you can select your **Podium Product**. The Podium Product is a high value box item and there are 3 choices –you can choose the one you like best.

And who exactly is doing this?

Devon van Onselen
The Deal Maker



S&C coach with a dirty love for bikes

Bernard Naude
The Admin Monster



"I don't like admin, I also don't like cycling.
When's the next ride?"

The Podium Product




For those who ride, those who race, and for those who #RideOn.

Vye Cycle kit has been manufacturing high quality custom cycling apparel for the last 10 years, with some of South Africa's finest athletes putting it to the test locally and abroad. The entire manufacturing process is done in-house, allowing us to truly customize your order. We have a wide range of print, cut and material options on offer. We focus on attention to detail, personalization and customer service, making it as easy as possible for you to get in touch, customize and #RideOn.

Like what you see? Get in touch with them at:

www.cyecyclekit.cc

 /vyecyclekit

 @vyecyclekit



Vye Gilet



Vye OG Blanco cycle shirt



Vye base layer



Vye BOB trail shirt

The Domestique

FORZA BICYCLE ACCESSORIES

Live. Breathe. Ride.

Born in Cape Town - The cycling capital of South Africa, Forza Accessories brings you premium cycling products that are a cut above the rest. Innovation drives us to create accessories that will take your ride to the next level. Whether you're on the road or the mountain, our range of products has got you covered. As cyclists we realize the need for practical and safe cycling accessories, and we continuously strive to bring you the best. Welcome to the future of premium cycling accessories.

Like what you see? Get in touch with them at:

www.forzatrading.co.za

[f](#) /forzaaccessories

[i](#) @forzatrading



Forza Phone Sleeve

The Forza Sleeve is designed to keep your cell phone protected from the elements, as well as your own sweat.

The anti-slip neoprene backing ensures your phone remains in your pocket at all times, and also acts as a barrier between you and your sweaty lower back. No zip means easy access to your phone while its inside your pockets.

The front compartment is built to keep your cards and cash safe while you ride. The front pocket features anti-slip neoprene on the inside of the pocket, ensuring that your cash and cards remain within the pouch until you've reached your coffee stop.



Forza Pouch

Perfect to store all your valuables safe and dry during your activity.

The pouch accommodates all of your personal essentials. Car keys, credit cards, cellphone, money, cycling permit cards- The Forza pouch has got you covered.

The rear side of the pouch is made from a non-slip textured material ensuring it doesn't slide around in your jersey pocket. Made in South Africa from light weight IP53 water-resistant material.

The inside dimensions of the pouch are 15cm x 8cm. Do keep in mind the neoprene does stretch a bit if your phone is slightly bigger.

Look out for the discount voucher in your box!

The Raffle Bag




Hydrate. Dominate. Nothing but Raw energy.

In mid-2011 there would come about a meeting of three great minds; three young men sat around a table in a dimly lit office park in Port Elizabeth and came to an agreement that would forever change the landscape of sports nutrition in South Africa. This would be the establishment of NUTRITECH®.

Like what you see? Get in touch with them at:

www.nutritechfit.com

 /nutritech

 @nutritech



EnduraDE Energy

ENERGY+ is the advanced ENDURADE energy formula our sports focused team has included into ENDURADE ENERGY.

ENDURADE ENERGY contains stimulant compounds and is marketed as providing mental and physical stimulation or “energy” which lead to increased cognitive function and reaction speeds.

- Caffeine: Increases performance, alertness and reaction speeds
 - B-Vitamins: Converts dietary energy into ATP
 - Taurine: Improves mental and athletic capacity
 - Sodium: Maintains fluids balance



EnduraDE Raw Bar

ENDURADE™ RAW ENERGY BAR combines real raw ingredients, including Coconut Oil, Honey, Almonds, Cranberries and Oats with zero preservatives or colorants. It consists of anti-oxidants that assist in the breakdown and removal of any possible damaging oxidizing agents that will ultimately inhibit your performance. Fuel Right. Raw Energy.



EnduraDE Sport

ION E + is the advanced ENDURADE electrolyte formula our sports focused team has included into ENDURADE SPORT.

Electrolytes are electronically charged particles that are lost through sweat: Sodium, Potassium, Calcium, Magnesium and Phosphorus.

- Sodium: Maintains fluids balance
- Potassium: Prevents muscle cramps
 - Magnesium: Relaxes muscles
- Calcium: Required for muscle function
- Phosphorus: Assists oxygen delivery to muscles



Nuke Energy Shot

High Stimulant. For those that have used pre-workouts for years.

If you enjoy an energy drink as a thirst quencher and an Americano as a night-cap.

The No-Bonk Bonus



Hoffman Kellerman Physiotherapists

hoffmankellerman@gmail.com

Functional MTB Explosive Workout 1

Warm-up:

5 – 10 – 5

Air Squat

Box Jumps

Then:

5 Split Squat to Forward Bound

10 Resisted Step- Ups

10 Stability Ball Passes

6 Rounds (3 per Leg)

Then:

30 Sec Mountain Climbers, 30 Sec FLR

5 Rounds

Then:

Bosu- Ball Taps x 10

Bosu-Ball rotations x 10

Rounds: 3

Functional MTB Explosive Workout 2

Warm-up:

1-6-1

Ladies Push Ups

Sharapovas

4-Point Kneeling Lateral Arm Clocks

Then:

30/30

Flutter Kicks

Psoas March

FLR

Shoulder TAPS

3 Rounds

Then:

SHOULDER REHAB:

Eccentric Walk-Outs

YTW

Then:

30/30

Up down Planks

Plank

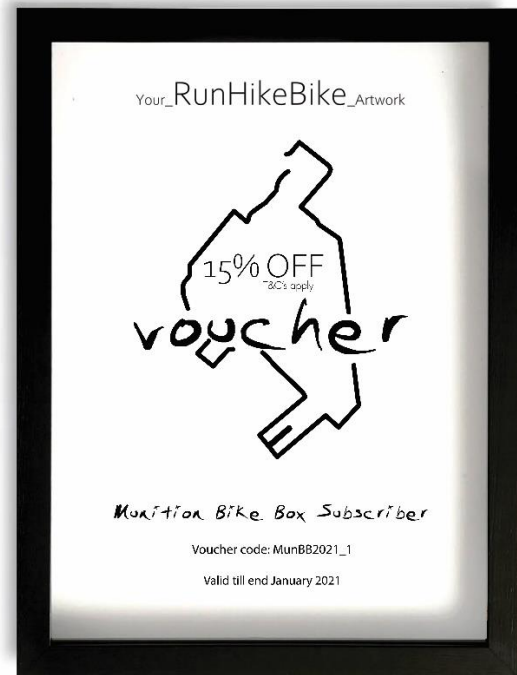
Plank Rotations

4 Rounds

Your_RunHikeBike_Artwork

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Turn your pain and pleasure into art. Run, bike, hike trips transformed into abstract contemporary artworks using a screenshot from your tracking app.

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MunBB2021_1**

And the extra stuff

Shout out to Munition Bike Box Member – Pieter Jordaan

Our boy thought that The 36One MTB Challenge is easy and decided to podium, getting 3rd overall. We dig the baggies. Cheeky bugger.



**Post your stories on our FB and tag us
in your IG using the hashtag
#MunitionBB. Let's get the word out
there. More members mean better
gear for you.**