



**“It’s all about powering up my game!
Having appreciated Herbalife® nutrition products
for a long time, they are of great use in preparing
for significant competitions.”**

HERBALIFE-SPONSORED ATHLETE



SERGEY KONYUSHOK

STRONGMAN COMPETITION (WEIGHT LIFTING EXTREME) – UKRAINE

BIO:

Having trained as a power lifter since age 14, Ukraine’s Sergey Konyushok was a former member of the national power lifting team and a winner of several national tournaments. Since 2003, Sergey has taken part in numerous Strongman program world championships on his path to becoming a famous, media-recognized athlete in his home country. He even took part in four popular TV projects Patriots’ Games and worked as a host in Fitness with Konyushok. At present, Sergey is a graduate student at the University of Physical Studies and Sports (Kiev), is writing a dissertation and is devoted to nutrition supplements.

ACHIEVEMENTS:

- 2000** Ukrainian Power Lifting Championship – 3rd place
- 2001** Became a new member of the Nation power lifting team
- 2005–2007** World Championships – Winner of the Strongman program
- 2007** Set the world record in log lift discipline
- 2009** Set four world records in four Strongman disciplines

FAVORITE PRODUCTS*:

Formula 2 Multivitamin Complex, Xtra-Cal® and Schizandra Plus.

* Some Herbalife® products are only available in some countries.
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Nutrition for a better life.

