

Ball Up

Warm Up	
30 Seconds Each No Break	
Fly Jacks	Jumping Jacks
High Knees	Heel Tap High Knees
Squats	Push Ups

2-3 Sets		
50 Seconds Perform / 10 Seconds Rest		
Round 1	Round 2	Round 3
Low Squat Figure 8's	Stepback Under Leg Lunges	Overhead Leg Lifts
Held Out Squats	Overhead High knees	Russian Press Outs
Pivot Middle Hold Lateral Lunges	Squats w/ Press	Medicine Ball Sit Ups
Overhead Twist Lunges	Rotations Over & Under Knees	Overhead Flutter Kicks
Medicine Ball Mountain Climbers	Medicine Ball Push	Feet Up Medicine Ball Toe Taps

Stretch
Daily Stretches

Nutritional Experience

While training for strength your nutritional plan will have a major role for recovery, development and performance.

- Explore Plans
- Standard 2,000 Calorie Plan(recommend)
- Intermediate Fasting(highly recommend)
 - Plan 1
 - Plan 2
 - Plan 3

Nutritional Tips

It is very common as you train to forget the essentials of keeping the body fully functional.

- Explore Tips
- Healthy foods may be junk
- All Greens Matter
- Hidden Sugars
- Nutritional Timing
 - Reducing Body Fat(Lose Weight)???
 - Gaining Muscle Mass???

Supplement advice

If you are able to get most of the supplements from your foods it is highly encourage. If not, here are some recommendations.

- Medicine can help but....Exercise
- Protein
 - Whey Protein
 - Casein Protein
- Vitamins
 - All vitamins