

Dumbbells Plus +

Warm Up	
30 Seconds Each No Break	
Fly Jacks	In & Out Jacks
Butt Kicks	Heel Tap High Knees
Squats	Push Ups

2-3 Sets		
45 Seconds Perform / 15 Seconds Rest		
Round 1	Round 2	Round 3
Low Hanging Dumbbell Jack Squats	Lateral Raises Toward Middle	Sitting Overhead High Knees
Overhead High Knees	Burpees w/ Dumbbells	Straight Punches
Overhead Backward Lunges	Front Raises Outward	Dumbbell Sit-Ups
Dumbbell Arnold Press	Rows w/ Rear Flies	Alternating Toe Taps
Alt RDLs	Dumbbell Push Ups	Flutter Kicks

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