

# BIG HIITS

Warm Up	
30 Seconds Each No Break	
Fly Jacks	Jumping Jacks
Butt Kicks	High Knees
Squats	Push Ups

2-3 Sets		
50 Seconds Perform / 10 Seconds Rest		
Round 1	Round 2	Round 3
Alternating Jump Punch Lunges	High Kick Squats	Suit Cases
Jump Tucks	Single Am Burpees	Russian Twist Punches
Alternating Butt Kick Squats	Lateral Lunges	Knee Up Heel Taps Crunches
High Plank Triangle Jumps	Punch Push Ups	90 Degree Alternating Toe Taps
Plank Jack	Mountain Climbers	Pikes

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