

# Floor Full Of Bells

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

| 2-3 Sets                             |  |                              |
|--------------------------------------|--|------------------------------|
| 45 Seconds Perform / 15 Seconds Rest |  |                              |
| Round 1                              | Round 2                                | Round 3                      |
| Push Ups w/ Jacks                    | Low Burpees                            | Kettlebell Russian Twist     |
| Plank Mountain Climbers              | High Plank Alternating Crossover Knees | Half Turkish Get Up(R)       |
| Kettlebell Side To Side Swings       | Cleans w/ Lateral Lunge(R)             | Kettlebell Tricep Extensions |
| Kettlebell Pivot Squats              | Thrusters(Squat & Press)               | Half Turkish Get Up(L)       |
| Alternating Kettlebell Swings        | Cleans w/ Lateral lunge(L)             | Kettlebell Leg Raises        |

| 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