

Mighty Bell

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

2-3 Sets		
1:00 Minute Perform / 15 Seconds Rest		
Round 1	Round 2	Round 3
Kettlebell Goblet	Kettlebell Swings	Kettlebell Front Raises
Kettlebell Rows(Right Side)	Kettlebell Snatches(Right Side)	Kettlebell Upright Rows
Kettlebell Lunges w/ Shoulder Press	Kettlebell Hold Up Curtsy Lunges	Kettlebell Curls
Kettlebell Rows(Left Side)	Kettlebell Snatches(Left Side)	Kettlebell Triceps

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