

CURE HIIT

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

2-3 Sets		
60 Seconds Perform / 10 Seconds Rest		
Round 1	Round 2	Round 3
Jump Squats	Jump Lunges	Single Leg Suit Cases
Low Squat Hold Alternating Adduction	Alternating Curtsy Lunges	Feet Up Russian Twist
Low Squat Burpees(Thigh Touch)	Alternating Lateral Lunges	Straight Leg Sit Ups
Plank Push Ups	Pivot Push Ups	Clap Crunches
Plank Side To Side Jumps	High Plank Jacks w/ Pike	Toe Tapping 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