

Concrete 1

| Warm Up | |
|--------------------------|---------------|
| 30 Seconds Each No Break | |
| Press 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 |
| Alternating Floor Tapping Jack Squats | Side To side Double Tap Lunges | Russian Twist |
| Twist Lunges | Duck Squats | Pull Ins |
| High Ladder - Suicide Sprints | Jump Burpees No Thigh Touch To Floor | Sit - Ups |
| High Plank To Squat | Pike Push Ups | Leg Raises |
| High Plank | Mountain Climbers | 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