

# Controlling Resistance

Warm Up	
<b>30 Seconds Each No Break</b>	
Fly Jacks	Jumping Jacks
Scissors w/ crossover hands	High Knees
Squats	Push Ups

2-3 Sets		
<b>60 Seconds Perform / 15 Seconds Rest</b>		
Round 1	Round 2	Round 3: Sitting
Overhead Pull Squats	Alt One Up Shoulder Press	Overhead Bicycles
Overhead Pull Side to Side	Crossover Lateral Raises w/ Upright Rows	Lying Flutter Kicks
Straight Pull Alt Lateral Lunges	Alt. one Up Front Raises	Pulling Sit Ups
Straight Pull Rear Flies	High High Flies	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