

Extreme HIIT

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

2-3 Sets		
55 Seconds Perform / 5 Seconds Rest		
Round 1	Round 2	Round 3
Pivot Lateral Lunges	Narrow Pulse Squats	Prayer Russian Twist
Jumping X Squats	Alternating Curtsy Lunges	Feet Up Diamond Sit-Ups
Stationary Shuffle Center Taps	Burpees	Windshield Wipers
Alternating Crab Kicks	Mountain Climbers	Alternating Toe Taps
Pike Push Ups	Plank Jacks	Alternating Clapping 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