

Ball To The Wall

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
Centered Rotational Wall Squats	Held Against Wall Alt Lunges	Wall Ball Sit Ups
Medicine Clean & Press	Medicine Slams	Overhead High Knees
Against Chest Twisting Lunges	Wall Balls	Russian Twist
Backward Pushover Wall Hits	Ball Climbers	Overhead lying Leg Raises
Alt. Single Arm Push Ups	Ball Jacks	Overhead lying 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