

Body To The Weights

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

3-4 Sets		
10 - 15 Repetitions		
Round 1: Body Weight	Round 2: Dumbbell	Round 3: Dumbbell
Ceiling Tap Burpees	Dumbbell OverHead Lunges	Dumbbell OverHead Sit Ups
Inch Worm WalkOuts	Dumbbell Sumo Deadlifts	Dumbbell PullOver w/ Leg Raises
Plank Push Ups	Dumbbell Single Leg RDLs	Dumbbell Holding Flutter Kicks
Plank Hip Taps		

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