

Strictly Dumbbells

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

2-3 Sets		
50 Seconds Perform / 10 Seconds Rest		
Round 1	Round 2	Round 3
DB Uppercut Punches	Pivot DB Arnold Thrusters	Sitting Overhead High Knees
Alt Lunge Twist w/ Full Hammer Lateral Raises	Holding Lateral Raises to Close	DB Russian Twist
Sumo Deadlifts	Rows w/ Rear Flies	DB Hands To Heaven
Curl & Press	DB Push Ups	DB Chest Flies
Alt. Lunges w/ Full Front Raises	DB High Plank Side Steps	DB Skull Crushers

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