

# Hard HIIT

Warm Up	
30 Seconds Each No Break	
Press 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
Double Jump Tap Squats	Alternating Jump Lunges	Pull Ins - Suitcases
Holding Squats w/ alt. adducting knee	High ladder	Upright Leg Raises
Jumping Floor Taps	Low Jump Squats	Fly Crunches
Spider Planks	Close Push Ups	Side to Side Heel Taps
Push Ups w/ Jack	Cross Climbers	Single Leg Raises w/ Pike

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