

Band-Age-It

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

2-3 Sets		
60 Seconds Perform / 15 Seconds Rest		
Round 1	Round 2	Round 3
Underhand hold squats w/ alt lateral lift	Crossover Band Snatches	Double Diagonal Crossover Press(R)
Crossover Lateral Raises	Holding press Lunges	CrossOver curls
Arnold Press	Front Raises	Double Diagonal Crossover Press(L)
Crossover Upright Row	Alt. Uppercuts	Overhead Tricep Extensions

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