**Goals:**

1. Body composition: Reduce my BMI to 26 by reducing my body weight to 190lb by my birthday June 10, 2014.
2. Cardio: Gain above average Minute HR recovery by my birthday June 10, 2014.
3. Flexibility: Increase my yardstick sit and reach to 20 by my birthday June 10, 2014.
4. Muscle strength: Do 20 unassisted pull ups by my birthday June 10, 2014.

**Plan:**

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| --- | --- | --- | --- |
|  | CARDIO | WEIGHT TRAINING | FLEXABILITY |
| Mon | Gym elliptical 30 min | Pull ups & dips & squat  Superset 10X10 | 15 min Static stretch \* |
| Tue | Gym rowing 30 min | Hip abduction (90lb) & Hip adduction (90lb)  Superset 3X10 | 15 min Static stretch \* |
| Wed | Gym spin 30 min | Chest press (90lb) & one hand row (45lb)  Superset 3X10 | 15 min Static stretch \* |
| Thu | Gym elliptical 30 min | Planks & revers curl & back extension  Superset 10X10 | 15 min Static stretch \* |
| Fri | Gym rowing 30 min | Leg press 180lb 3X10  Dead lift machine 18lb 3X10 | 15 min Static stretch \* |
| Sat | Gym spin 60 min | Pull ups & dips & squat  Superset 10X10 | 15 min Static stretch \* |
| Sun | Yard work and house chores. Maintain good form and timed. | | 15 min Static stretch \* |

**15 Minute Static Stretch:**

Perform each of the following movements for 10 seconds & repeat the process 3 times: \*

Stand: Open chest Rag doll Warrior

Sit: Cat Stretch Child Pose Arm/Leg Extension

Lie: Pelvic Lift Back Bridge Arch Back

**Reflection Questions:**

1. How did you go about selecting which activities to include in your plan? Do you think that you will continue to complete these activities over a long period of time? What other activities/exercises might you include in the future?

I chose my activities based on what I can perform safely and with good form. Based on my past experience it will take a while to hit a plateau at first but after that each 30 day interval I will switch up activities. Rowing is the only constant in my program because I look forward to it. Future candidates are: heavy ropes, burglar pull ups, bum bell squat and overhead combinations, crucifix.

1. How did you go about selecting your fitness goals? How will you alter your goals once you meet them?

I am generally fit. During the last experimental treatment for my CMT I gained a lot of weight. My current plan is focused on eliminating the extra weight. Based what I have learned so far I plan on starting an intermediate level yoga after I reach my current goal.

1. What was the easiest/most difficult part of putting together your personalized fitness plan?

The easiest part was formulating the plan and the toughest is the implementation because of time management. I have acquired 24 hour access gym membership to help with time restrictions. Adjusting to future unexpected work and school loads will be critical.

1. How will this plan actually fit into your daily schedule? Do you foresee any problems arising with scheduling or other time commitments? How will you overcome these obstacles?

I have done this plan before but not while in school and working full time. My wife and I have decided not to take a vacation this year. I will reserve the vacation days so that I can take off from work if I need time for school so that I don’t have to cut from my workouts. The 24 hour access gym also adds more flexibility. My wife is very supportive of my goal.

1. Identify and discuss at least two positive and/or negative sources that may influence your fitness plan. How will these sources impact your success?

The most positive thing that I always try to keep in mind is how quickly our body adapts and improves. Every workout when I hit a tough patch I remind myself that next time it will not be as tough as this. The toughness of the exercise proves that I am advancing and not marching in place.

At the same time and to guard against injuries I have to keep my enthusiasm in check. There have been episodes in the past that an extra 5% additional overload during one workout caused pain and problems that prevented the next few workouts. Slow and steady will always win the race.