

Gym: AnyTime Fitness, Snohomish, WA ([web](#))

(5/5/17)

Trainer: Justin!

Fitness Plan

Prev (2014):	183.0 lbs (10%)	164.7 lbs / 18.3 lbs	
Start (*):	? (?)	? / ?	
Today (*):	? (?)	? / ?	(+?) / (+?)
Phase Goal:	? (?)	? / ?	(+?) / (+?)
-0 lbs / -6 lbs			

Present Phase – Trim to Grow

My plan developed with Caitlin has worked, my form and structure is back! That is the good news, but it has come with a little extra, my body fat is present. At a completely acceptable level in normal circumstances, but distracting and discouraging for me in my current state, and a large distraction for me on my return to work.

The current phase mitigates this, trim the fat down, trim it the proper way. Opportunities to learn how this works, and to gain confidence along the way.

Phase Goals

- Body Fat – 12% (first checkpoint is 14%, re-assess goals once achieved)
- Routine – 6-7 days per week

Targets

- Respect, Confidence

Schedule

- 14 days On (4-day routine plan)
- 1 day Off (rest) (as an option ☺)

Routine Plan

Each session will include the following:

- Pre:
 - 30m Treadmill
- Post:
 - 15m Stairs
 - Stretching (see section in doc, each day has a target set)

Supplemental Nutrients Plan

- Protein (pre/post workout) – 3 Scoops w/Whole Milk [Nitro Tech Whey Gold]
- Aminos (pre/post workout) – 3mg Glutamine (pre), 3mg Glutamine (post)
- Water (daily) – 10 bottles daily (carried alongside, at gym, in car and at office)
- Vitamins (daily) – Centrum, Magnesium, Potassium, Vitamin D, Fish Oil, Glucosamine Vitamin B6/B12

Phase Description

The key is to maximally align and prepare your bodies' condition, diet and activities for it to then burn fat, while maintaining muscle. Losing fat is not losing weight, this is key!

Key Points

- Lift with correct quantities and target
 - Maintain strength levels, this signals your body to maintain the muscle!
 - Decrease or moderate weight training volume, don't get ambitious
- Nutrition is key now
 - A key is protein intake, eat enough!
- Avoid excessive amounts of cardio
 - Treadmill is not to burn out
 - Keep Heart Rate around 160bpm, max
 - Justin wants a little treadmill, simply for rehab

This plan will be enacted 6-7 days per week, with 1.5hrs of floor time per session. This will operate on a 4-day routine and avoids strength training, focusing of muscular maintenance and fat loss. Each session will go as follows:

- 30 min treadmill (moderate intensity)
- 45 min weight training (moderate intensity)
- 15 min stairs (moderate intensity)

Each day will target a muscle group, with a specific torso emphasis and target 4 primary lifts, 2 torso lifts, with each at 3 sets¹.

Training Plan – Trim

Plan 4 day routine, rest every 7-14 days
Start 5/5/2017
Pre 30 min moderate cardio

Goal Trim
Style Super-sets of two-lifts
Post 15 min of stairs

Day 1 Back & Bi's		
Wide Grip Lat Pulldown		10/12/12
Dumbbell Curls		10/10/10
Reverse Flys		12/12/8
Assisted Pull-ups		12/12/99
Decline Weighted Sit-ups		20/20/20
Russian Twists w/Medicine Ball		20/20/20
[Cardio] Treadmill + Stairs		

Day 3 Legs		
Plate Loaded Leg Press		10/12/12
Dumbbell Lunges		16/16/16
Smith Squat		10/10/10
Leg Curls		10/10/12
Decline Weighted Sit-ups		20/20/20
Bosu Leg Raises		15/15/15
[Cardio] Treadmill + Stairs		

Day 2 Chest & Tri's		
Dumbbell Bench Press		10/10/10
Assisted Dips		15/20/20
Dumbbell Flys		8/10/10
Medicine Ball Push-ups		15/15/15
Machine Weighted Crunches		20/20/99
Bosu Leg Raises		20/20/99
[Cardio] Row + Stairs		

Day 4 Shoulders & Traps		
Dumbbell Shoulder Press		10/10/10
Lateral Raise		12/10/10
Cable Shrugs		12/12/12
Deltoid Raise		10/12/12
Bosu Weighted Crunches		20/20/20
Burpee's		10/10/10
[Cardio] Row+ Stairs		

Lifting Tempo & Style

- Squeeze w/Tempo, your previous deliberate pace with focus is on hold!
- For grip-centered lifts, like deadlifts, use Mark Straps to maximize grip strength

Pre-Workout Routine

- 30 minutes moderate cardio – Treadmill or Row

Post-Workout Routine

- 15 minutes stairs
- Stretching (follow daily routine, listed below)

Side Goals

- Visible abdomen (six-pack!)
- Two-Mile run in 14 min (7min mile)
- Torso fitness & aesthetic

Stretching – Daily Routine & Plan

The best stretching occurs on days exercising the antagonist or opposing muscles, e.g. stretch your quads on the days you lift hamstrings. It is important to stretch at the correct times, incorrect timing can actually cause more damage than benefit.

With this in mind we will pair D1/D2 and D3/D4, stretching the opposite on a given lift day (e.g. stretch D2 items on D1 lifting).

- Chest & Tri's paired with Back & Bi's
- Shoulders paired with Legs

Each stretch will be held for one of the following holds, selected during the routine. The selected order will not be maintained, but is suggested as listed.

- 4 breaths per hold, 4 holds
- 10-30 seconds, 3-4 holds

On the rest day, which occurs about once per lift cycle all stretches will occur, if possible.

Stretch 1 (on Day 2) - Back

- Hamstring Back Extension
- Kneeling High-Pulley Row
- Floating TROW

Stretch 2 (on Day 1) – Chest & Tri's

- On-Wall Pec Stretch
- Chest And Front Of Shoulder Stretch (Bar overhead)
- Smooth Foam Rolls – Front, Back
- Bumpy Foam Rolls - Side

Stretch 3 (on Day 4) - Legs

- Seated Hamstring Stretches
- Gross-Glute Stretch
- Hip Flexor Stretch
- Wide Hamstring Stretch
- Wall Calf & Leg Extension (Fridge Stretch)

Stretch 4 (on Day 3) - Shoulders

- Shoulder Stretch (hold across pecs)
- Over the Head (hand down spine)
- Wall Shoulder Stretch (hands against wall and lean forward)
- Chin to Chest Stretch

Stretch 5 (on rest day, and when possible)

- Bent-over Pole Squat Stretch (Bring around, all the way down)
- Pole Good Mornings (Raised High)
- Pole behind the back

Plan Goals

- Short-term: (primary: drop body fat) (secondary: balance & control)
- Long-term: (primary: fitness) (secondary: shape, strength)

Central Lift Style Points

- Always squeeze the shit on grips **during** a lift. Grip strength & muscle activation bloom here!
- Always squeeze on **entry** into a lift and on **exit**. Muscle engagement and activation grow here

Important Points

- Your body style is Mesomorph, train with alignment for this
- You should feel **full** when you go into lifting!
- Don't lift like a body-builder, 3 sets of 10 is dangerous and generally weak in benefit
- Changing lift sets and rep counts is important!
- Power generation, e.g. jumping or throwing is one of the greatest muscle growth activities

Key & Vocab

- *Failure*: performing an exercise to complete exhaustion while maintaining perfect form. When your form breaks, you have failed

Leg Lift Notes

- 20 in a row, above 90 degrees with legs straight. Place left leg over right to emphasis symmetry!

Nutrition Plan <open>

Breakfast [6 am]

Workout [7 am]

Post-Workout [8 am]

Snack [10:30 am]

Lunch [11 am]

Dinner (8pm)

Appendix A - Past Stages and Goals

Stage (1/17 – 4/17): Returning to Growth

Gained 7 lbs muscle

Stage (1/16 – 1/17): Weight Loss

Lost about 30 lbs (210 -> 177), with the end target the whole time of 177 lbs or 13% BF, whichever came first ;)

Goal (start: 1/16, hit: 1/17)

Do One Pull-up

Appendix B – TDEE, Total Daily Expenditure Estimate

How much energy your body expends in a day, in caloric expression. Stated simply, the calories your body needs in a given day.

<u>TDEE Factors</u>	<u>TDEE Components</u>	<u>TDEE Effects</u>
<ul style="list-style-type: none">• Body Physique• Level of Physical Activity• Dietary Intake• Genetics	<ul style="list-style-type: none">• (80%) Basal Metabolic Rate<ul style="list-style-type: none">○ Resting (core body components, like lungs & liver) (70%)○ Thermo-genesis, the thermic effect of food (10%)• (20%) Activity Energy Expenditure (wide range)	<ul style="list-style-type: none">• Height: Up• Weight: Up• Age: Down

There are plenty of online calculators and you should use this tooling to establish your state, in different levels (normal, weight-loss, muscle gain).

Justin Calc (12/23/16, 5'11", 180 lbs., Heavy Exercise 6-7 days/wk, 90 min exercise/day)

[SailRabbit](#) (2133 calories per day - for losing 1lb per week)

[MuscleForLife](#) (2715 calories per day)

[TDEECalculator](#) (3067 calories per day)

[MyTDEE](#) (2578 calories per day - recommended), (1934 calories per day - reckless)

[Fitness Frog](#) (3217 calories per day)

My Personal Conclusion (for current 7 days/wk lifting plan)

(3200 calories per day – moderate weight gain (1.0 lbs / month muscle)

(1900 calories per day - short-term reckless weight loss (1.5 months max)

(2200 calories per day - minimum weight loss general (no limits)

(3100 calories per day - general sustain level) (no limits)

Appendix C – Losing Fat is not Losing Weight! ([How To Lose Fat Without Losing Muscle – Burn Fat, NOT Muscle](#))

People often say they want to lose weight, meaning they want to be in better shape, and to look better. This in essence means losing fat not weight, dropping the body fat percentage and increasing the muscle mass. This is not aligned with “weight” loss at all, which includes all of you (water, glycogen, muscle, fat, etc.). Well can you lose your muscle mass while only trying to lose body fat? Heck yes, but this takes focused, consistent effort and intent, and this takes time.

The primary and perhaps semi-apparent component then of fat loss is caloric deficit, consuming less than your body needs to perform its tasks for the day. It is important to note then, as described earlier, that simply minimizing this consumption is only the first step. See it turns out your body kind of doesn’t give a shit about what it burns to survive, it burns what is available, and what works given the current conditions and state. And here then is your key.

Your key is to maximally align and prepare your bodies’ condition, diet and activities for it to then burn fat, while maintaining muscle.

Here are some keys to this goal.

1. Eat enough Protein

- A sufficient daily protein intake is the single most important dietary requirement for maintaining muscle

2. Maintain Strength/Intensity/Weight On The Bar

- the primary training stimulus required for maintaining muscle is maintaining your current levels of strength
- On a fat loss diet just maintaining your current levels of strength (aka intensity, aka the weight on the bar) is what now signals your body to maintain muscle
- If that signal goes away, your body’s need to keep your pretty muscle tissue around goes away right along with it
 - That’s why the insanely stupid myth of lifting heavier weights to build muscle but then lifting lighter weights (for higher reps) when you want to lose fat, get lean and get toned is the absolute WORST thing you could possibly believe when you’re trying to avoid losing muscle
 - In reality, you lift heavy weight to build muscle, and then lift that same heavy weight if you want to actually maintain that muscle
- Sure you can continue trying to get stronger and continue trying to make progressive overload happen while losing fat. It can and does happen (especially for beginners, who should still be progressing consistently even in a deficit)

3. Reduce Weight Training Volume and/or Frequency

- A caloric deficit is really an energy deficit, and while this is fantastic (and required) for losing any amount of body fat, it eliminates energy for the rest of your time and life
- If not reduced, this regimen can actually lead to strength loss (lifting a lot with insufficient energy available!)

4. Get Pre & Post Workout Nutrition Right... Still

- Pre and Post workout nutrition is centered on the maximization of effect in training and recovery from training periods, which is directly aligned with your weight loss plan's point of exercise - maximizing effect of this time spent!

5. Don’t Reduce Calories By TOO Much

- A moderate deficit of about 20% below maintenance level is what ends up being most ideal in most cases
- Reducing your calorie intake by TOO much will increase the potential for strength and muscle loss

6. Avoid Excessive Amounts of Cardio (Or Just Don’t Do ANY at All)