

**Gym:** Emerald City Athletics, Everett  
**Trainer:** Calum

(10/29/20)

## Fitness Plan

Form 5 days/week lift & cardio, daily fitness if possible

Idea Establish motion & begin routine, grow strength

Flow 45min lift, 30min cardio

Sched Mon Full Body

Wed Legs

Thurs Upper Body

Fri Full Body

Sat Isolation Focus, legs/abs/etc. – “Fun day”

@plan Supersets 7 lifts (2/3/2) @ 3x15 lifts, to start (drop if too long)

### Monday – Full Body

1. Burpee / BB Lunges x
2. Deadlift / Face Pulls / Kettlebell swings x
3. Kettlebell Squat / Overhead Press x

### Wednesday – Legs

1. Machine Leg Press / Bulgarian Split Squat x
2. BB Lunge / Kettlebell Press Out / Skater Squat x
3. Machine Leg Extensions / Single Leg Romanian Deadlift x

### Thursday – Upper Body

1. Machine Chest Press / Cable Triceps Pushdown x
2. Renegade Row / Machine Lateral Raise / Bosu Russian Twist x
3. Dumbbell Biceps Curl / Kettlebell Incline Fly x

## **Friday – Full Body** (Torso & Back, Balance Focus)

- Clean & Jerk / Side Plank Row x
- Dips / Crab Walk /Wall Ball x
- Raised Knee Pullups<sup>1</sup> / Lunge to Press x

## **Saturday**

- ...
- Includes one rotating “Recovery” Exercise

## **Ideas:**

- Pike Roll-Out?
- Lying Dumbbell Hamstring Curls
- Weighted Sit Ups
- Swiss Ball Squat
- Towel Pull-Ups
- Planks
- Inverted Bar Rows
- Incline Reverse Crunch

## **Recovery Exercises:**

- Incline Treadmill – Reverse Walk
- Treadmill – Knee Drops
- Treadmill – Crawls
- ...

## Notes:

1. Start with basic pullups until established

## **Reference:**

1. [7 Moves You Should Avoid in Your Arm Workouts](#) - Muscle & Fitness

## Fitness Plan <LAST>

Targets	–	Self respect, balance & tune, partnership prep
Investment	–	1 hour floor time daily, 15-min pre/post
Timing	–	Starts the day, 7-8am tgt

### Stages:

1. Daily Routine	Establish regimen	(Now)	12% / 1,800
2. Traditional	Gain Traction	(3 mo.)	10% / 2,100
3. HIT	Explore Ideas	(3 mo.)	8% / 2,400
4. Routine	Setup for success	(...)	7% / tbd

### Components:

- Floor time w/Balance
- Diet
- Dental Plan in Motions

### Rules:

- Meals are packed, no fast-food w/o invite
- One mocha per day
- Fitness starts the day, 7-8am @ Canyon Park LA Fitness
- Plan starts simple, diversity of cardio [S1]

### Setting a Target:

- Self-respect (12% BFU)
- High-energy, one-hour daily floor time
- Pre/post stretching (10/5)
- Entry/Exit Cardio (5/5)
- Nutrient Shake
- 2,500 calorie target
- Sleep routine established (9:30pm, 7 hours average)