

Gym: Emerald City, Monroe, WA

(12/21/16)

Trainer: Caitlin

Fitness Plan

Prev (2014):	183.0 lbs (10%)	164.7 lbs / 18.3 lbs
Start (10/16):	186.6 lbs (16.4%)	156.0 lbs / 30.6 lbs
Today (12/7):	180.6 lbs (15.3%)	153.0 lbs / 27.6 lbs
Goal:	180.0 lbs (8.0%)	165.6 lbs / 14.4 lbs

+10 lbs / -16 lbs

Time Target: 1 year
Start: 11/10/16
Complete: 11/10/17

Weight	BF %	Muscle	Body Fat	Stage	
186.6	16.4	156.0	30.6	Start	
177.6	12.7%	155.0	22.6	Drop	Routine + Low Food
191.0	13.1%	166.0	25.0	Grow	Routine + Full Food
192.0	14.1%	165.0	27.0	Back to Work	Routine + Full Food
180.0	9.4%	163.0	17.0	Loss	Routine + Low Food
180.4	8.0%	166.0	14.4	Final	Mix, multiple iterations

Activity Keypoints

- plan – build up a routine that is pointed towards longer term and establishment of habit
 - You can do extra if desired, no problem (e.g. 6 days per week)
 - Typical high-endurance routine is 4-5 days/wk
- target - 300 minutes over 4 days/wk
- The average healthy weight loss pace is 1 lbs/month
 - Your plan calls for at least one year
- Gain muscle first, don't emphasize weight loss until after
 - "Convert your weight, it's not a Lose/Grow game you see"
 - This minimizes number of cycles and time taken dramatically
 - There will be several rounds to final achieved goals
- Diet and diet-balance are one of the most important long term components of your plan.
 - A primary goal is healthy lifestyle balance, ensure you target something that you can maintain

Note:

Consider supplementing your diet with a Probiotic and an Amino Acid

Supplemental Nutrients Plan

Protein (after workout) – 1 Scoops w/Almond Milk

Aminos (after workout) – 1 Scoop

GNC Meal (lunch replace) – 3 Scoops w/Almond Milk

Water (daily) – 10 bottles daily (carried alongside)

Routine Plan

Justin will follow the plan delivered by Caitlin on 12/7/16 until further notice, targeting lifting every day, with one break day every 8-12 lifting days. Cardio-only days are omitted currently. This yields 8-12 lifting, 1 rest day as follows:

4 lift days and 1 cardio days per 5 days, with one day remaining for rest:

L / L / L / L / L / L / L / L / L / L / L / L / R

Training Plan 1.0

Plan 4 Days Lift, 1 Day Cardio, 1 Day Rest
Start 12/7/2016
Pre 10 min warm-up walk or run, 2 min gait train

Goal Get started with trainer's routine
Style Super-sets of two-lifts
Post 15 min Elliptical (15/15) or Stairs

Day 1	Back/Biceps ()	
	Lateral Pulldown	4x15
	Seated Hammer Strength Rows	4x15 ea.
	*(Wide, Overhand, Narrow)	
	Close Grip Pulldown	4x12
	Seated Individual Single Arm Cable Rows	4x10
	Alternating Individual Dumbbell Bicep Curls	4x10
	Barbell Preacher Curls	4x12
	Individual Incline Dumbbell Curls	4x8

Day 2	Chest/Abs ()	
	Incline Dumbbell Press <i>(last set drop-set)</i>	4x12
	Flat Bench Dumbbell Press	4x10
	Cable Crossover Fly <i>(1s hold)</i>	4x15
	Machine Butterfly <i>(last set drop-set)</i>	4x10
	Ab Circuit	5
	Crunches	20
	Leg Lifts	20
	Plank	1 min
	Russian Twists	40
	Flutter Kicks	40

Day 3	Legs ()	Always use weak leg's strength
	Individual Single Leg Extension	3x12
	Individual Weighted Step-Ups	3x10
	Seated Hamstring Curls	4x15
	Individual Leg Hamstring Curls	3x8
	Lunges	3x16
	Single Leg No-Weight Calf Raise	3x12

Day 4	Shoulders/Triceps ()	
	Dumbbell Front Raise	4x10
	Lateral Raise	4xFail
	Seated Dumbbell Shoulder Press	4x8
	Cable Face Pulls	4x15
	Cable Rope Pushdowns	4x12
	Close-Grip Bench Push-Ups	4xFail
	Seated Dip Machine	4x15

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
- Rotate on entry and on exit from standing curls

Key

- **Drop-Set:** When you are done with your last set, immediately grab weights that are 5lbs. lighter (if using dumbbells) or drop the weight one plate (if using a machine or cables) and do as many reps as you can, when you no longer can perform the exercise without maintaining form, drop the weight an additional 5lbs./1 plate, and repeat the reps to failure
- **Failure:** performing an exercise to complete exhaustion, while maintaining perfect form. When your form breaks, you have failed.

Present Nutrition Plan

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Mills	12 oz
	Scrambled Eggs	2 Large
Lunch	GNC Total Lean	3 Scoops
	Almond Milk	16 oz
	Banana	Medium

Meal	Item	Qty
Workout	Protein Shake	1 Scoop
	Amino Acids	1 Scoop
	Almond Milk	8 oz
Dinner	Lean Pocket	1 Unit
	Cheez-its	1 Serving
	Yogurt	1 Container

	RB(2)	Mi(1.5)	Eggs	TL	Am	Protein	Amino	Am	Banana	LeanP	Cheez-it	Yogurt	Total	Target	Standard	
Calories	220	183	202	300	60	125	5	30	105	270	130	80	1745	1700	2000	103%
Calories from Fat	0	64.5	134	45	50	17.5	0	25	3	60	40	0	464	-	-	
Total Fat [g]	0	7.5	15	4.5	5	1.5	0	2.5	0	7	4.5	0	50	65	65	78%
Sat Fat [g]	0	4.5	4	1.5	0	0.5	0	0	0	4	1	0	17	20	20	
Trans Fat [g]	0	0	0	0	0	0	0	0	0	0	0	0	1	-	-	
Poly Fat [g]	0	0	3	0	1	27.5	0	0.5	0	0	2	0	34	-	-	
Mono Fat [g]	0	0	6	0	3	0	0	1.5	0	0	1	0	11	-	-	
Cholesterol [mg]	0	30	430	90	0	27.5	0	0	0	25	0	10	638	300	300	
Sodium [mg]	380	150	342	180	320	85	90	160	1	480	250	55	2493	2400	2400	
Potassium [mg]	140	0	336	375	70	0	0	35	0	0	0	160	1223	3500	3500	
Total Carbs [g]	54	18	3	25.5	2	17.5	1	1	27	41	20	8	219	300	300	73%
Dietary Fiber [g]	6	0	0	12	2	1	0	1	3	1	1	0	27	25	25	
Sugars [g]	18	18	2	4.5	0	1.5	0	0	14	5	0	6	69	-	-	
Protein [g]	4	12	14	37.5	2	10	0	1	1	12	4	12	109	50	50	218%
														0		
Vitamin A [%]	20	13.5	12	30	20	0	0	10	2	4	2	0	184	100	100	
Vitamin C [%]	70	1.5	0	90	0	0	0	0	17	2	0	0	281	100	100	
Calcium [%]	0	43.5	8	75	90	7.5	0	45	1	20	4	15	329	100	100	
Iron [%]	90	0	8	30	4	5	0	2	2	10	6	0	257	100	100	
Vitamin D [%]	20	39	0	0	50	0	0	25	0	0	0	0	384	100	100	
Vitamin E [%]	0	0	0	30	40	0	0	20	0	0	0	0	190	100	100	
Vitamin K [%]	0	1.5	0	0	0	0	0	0	0	0	0	0	33	100	100	
Thiamine [%]	70	9	0	30	0	0	0	0	1	0	0	0	210	100	100	
Riboflavin [%]	70	40.5	0	30	8	0	0	4	0	0	0	0	253	100	100	
Niacin [%]	70	1.5	0	30	0	0	0	0	0	0	0	0	202	100	100	
Vitamin B6 [%]	70	7.5	0	30	0	0	0	0	0	0	0	0	208	100	100	
Folate [%]	0	4.5	0	30	0	0	0	0	0	0	0	0	35	100	100	
Vitamin B12 [%]	70	28.5	0	30	0	0	0	0	0	0	0	0	229	100	100	
Biotin [%]	0	0	0	30	0	0	0	0	0	0	0	0	30	100	100	
Panthenate [%]	0	13.5	0	30	0	0	0	0	0	0	0	0	144	100	100	
Phosphorous [%]	0	34.5	0	30	0	0	0	0	0	0	0	0	67	100	100	
Iodine [%]	0	0	0	60	0	0	0	0	0	0	0	0	160	100	100	
Magnesium [%]	0	10.5	0	30	8	0	0	4	0	0	0	0	128	100	100	
Selenium [%]	0	13.5	0	30	0	0	0	0	0	0	0	0	123	100	100	
(Macro-Nutrients)																

Configuration

Caitlin → Macros

Justin → Micros

Notes

(pre-gym) Protein Shake, (post-gym) Banana

Calories are 70% recommended, all other fields are at 100% of the 2,000 std. diet (ex - Fat, Carbs, Vit A)

Daily Vitamins included, including multi-vitamin

TDEE – Total Daily Expenditure

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

TDEE Factors

- Body Physique
- Level of Physical Activity
- Dietary Intake
- Genetics

TDEE Components

- (80%) Basal Metabolic Rate
 - Resting (core body components, like lungs & liver) (70%)
 - Thermo-genesis, the thermic effect of food (10%)
- (20%) Activity Energy Expenditure (wide range)

TDEE Effects

- 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 Excercise 6-7 days/wk, 90 min excercise/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)

(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)

note – current plan calls for 1750 per day given holiday season, but my calcs here state 1900 is min, even for short-term. But given my dietary outcomes of the holidays, there is always surprise foods & meals and I rarely hit my target meal plan, generally easily exceeding my 1750 target.