

Gym: Home, Mukilteo
Trainer: Me

1. Fitness Plan

We are starting small, with a focus on consistency and routine. For now until established –

Form Daily, **30+ min Bowflex MAX + (10) Bosu knee push-up splits (3-4min typ)**

Target Establishing routine, balancing cardio & strength

Idea Daily alt cardio session, 10+ min Bowflex MAX (e.g. 10+ AM, 30+ PM)

Starting small, the goal here is to establish routine, integrate this into my lifestyle

Equipment:

- Bowflex MAX
- Bosu Ball

Notes:

- Splitting the MAX with Bosu activity is very balanced, has a great feel to it

2. Establishment

Moses has recommended integration of Branden Vaughn's help for success. Branden is busy right now but very interested in collaboration & feedback, generally; here is an idea.

Justin is excited to share an update & sync with Branden, and to give Moses a chance to meet and wants to prepare for this to be successful. Justin plans to follow the above plan for 30 days, see where it gets him and then share this with Branden.

At the 30 day mark (4/4), Justin will reach out for a meet & greet to catch up, with an introduction to Moses and see what is possible. Justin's fitness targets & plan will be reviewed, with Branden's penchant to increase consistency and weights expected.