

**Gym:** Emerald City, Monroe, WA

**Trainer:** Robb Arnold

## Fitness Plan

**Prev:** 183.0 lbs (10%) 164.7 lbs / 18.3 lbs

**Now:** 186.6 lbs (16.4%) 156.0 lbs / 30.6 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
181.0	9.4%	164.0	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
  - 120 min training / motion (e.g. lifts)
  - 130 min exercise / cardio & fitness (e.g. running)
  - 130 min recreation activity (e.g. walk the lake)
- 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.
  - Especially in Protein/Carb/Fat distribution. Healthy Fats are a strong replacement for Carbs
  - 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

## Fitness History

**Prev:** 5-6 days/wk lifting  
5-6 days/wk treadmill  
2-4 days/wk basketball (1hr)

**Now:** 2-4 days/wk treadmill (5mph max)

**Goal:** 4 days/wk lifting (45m target, plan to be established with Robb)  
4 days/wk treadmill (10m warm-up, 30m post-workout) (8mph max, 7mph 10m min)

## Routine Plan

This is deferred to planning with Robb starting 11/15.