

Gym: Thrive Fitness, Monroe, WA ([web](#))

(3/14/17)

Trainer: Caitlin

Fitness Plan

| | | | |
|----------------------|-------------------|-----------------------|------------------|
| Prev (2014): | 183.0 lbs (10%) | 164.7 lbs / 18.3 lbs | |
| Start (1/28): | 177.4 lbs (14.4%) | 151.9 lbs / 25.5 lbs | |
| Today (3/9): | 192.0 lbs (17.7%) | 158.0 lbs / 34.0 lbs | (+6.1) / (+8.5) |
| Phase Goal: | 191.0 lbs (*) | 162.2 lbs / 28.8 lbs | |
| | | +10 lbs / D.C. | |

Present Phase – Getting Back Shape & Size

Get back the muscle, the form and the fitness that you had prior to 2014. The primary targets here are routine, 6-7 days per week if needed and size, with a target of 164 lbs of muscle mass, independent of body fat.

Phase Goals

- Muscle Mass – 164 lbs
- Routine – 6-7 days per week

Targets

- Fitness
- Health
- Respect

Schedule

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

Routine Plan

Each session will include the following:

- Pre: 5 minutes of treadmill (any, just a warmup)
- Pre: Hanging Knee Raises to fail
- Pre: Rope Pull (60 sec)
- Pre: 15 Sliding Knee Crunches
- Post: 15 minutes elliptical
- Post: Completion of the Stretching Routine

Supplemental Nutrients Plan

- Protein (pre/post workout) – 3 Scoops w/Almond Milk [Nitro Tech Whey Gold]
- Aminos (pre/post workout) – 1 Scoop, Glutamine
- Water (daily) – 10 bottles daily (carried alongside, at gym, in car and at office)
- Vitamins (daily) – Centrum, Magnesium, Potassium, Vitamin D, Fish Oil, Glucosamine

Training Plan - Round Two

Plan 4 day routine, rest every 7-14 days
Start 2/27/2017
Pre 10-15 min warm-up walk or run, 2 min gait train

Goal Phase Two, Growth!
Style Super-sets of two-lifts
Post 15 min elliptical

| Day 1 | Back & Bi's | |
|-------|--------------------------------|-------------|
| | Dumbbell Curls | 10/10/10 |
| | Dumbbell Flys | 8/10/10 |
| | Seated Hammer Curls | 8/12/12 |
| | Wide Grip Lat Pulldowns, Slow | 10/12/12 |
| | Russian Twists w/Medicine Ball | 20/20/20 |
| | Decline Situps | 20/20/20 |
| | Preacher Curl 21's | 21/21/21 |
| | Isometric Rear Delt Flt | 60s/60s/60s |
| | Seated Wide Grip Row | 12/12/12 |
| | Seated Lower Back Extension | 15/15/15 |
| | T-ROW Machine | 12/12/15 |

| Day 2 | Chest & Tri's | |
|-------|---------------------------------|----------|
| | Dumbbell Flat Bench Press | 8/10/10 |
| | Medicine Ball Pushups | 8/8/8/8 |
| | Dumbbell Incline Bench Press | 10/10/10 |
| | Dips | 15/20/20 |
| | Raised Leg Lifts | 15/15/15 |
| | Dumbbell Decline Bench Press | 8/10/10 |
| | Barbell Skullcrushers | 8/8/10 |
| | Dumbbell Incline Bench Fly | 12/12/12 |
| | Cable Overhead Tricep Extension | 12/12/12 |

| Day 3 | Legs | |
|-------|---------------------------|-------------|
| | Smith Squats | 12/12/12 |
| | Seated Calf Press | 12/12/12 |
| | Lying Hamstring Curl | 10/10/12 |
| | Bosu Ball Weighted Crunch | 10/12/12 |
| | Plank | 60s/60s/60s |
| | Barbell Deadlift | 10/10/10 |
| | Seated Leg Press | 12/12/12 |
| | Good Mornings | 10/10/10 |
| | Bulgarian Split Squat | 10/10/12 |
| | Dumbbell Lunges | 16/16/10 |

| Day 4 | Shoulders & Traps | |
|-------|---------------------------------|----------|
| | Barbell Shoulder Press | 10/10/10 |
| | Kettlebell Squat-to-Upright Row | 12/12/12 |
| | Hanging Leg Raises | 10/10/10 |
| | Dumbbell Seated Lateral Raise | 10/10/10 |
| | Dumbbell Farmer's Carries | 30/30/30 |
| | Barbell Upright Row | 10/12/15 |
| | Barbell Shrugs | 10/15/20 |
| | Barbell Front Raise | 10/10/10 |
| | Bent-over Smith Row | 12/10/8 |

Pre-Workout Routine

- 10 min treadmill walk or run
- 15 Hanging Leg Raises

Post-Workout Routine

- Sled Push (1x45) – (4) Down & Backs
 - o Stay low, long steps
- 15 min elliptical
- Stretching (4 breaths per hold or 10 sec, 4 holds or 30 sec, run sequence each time)

Side Goals

- Dumbbell Curls (8 reps @35 lb.)
- Two-Mile run in 14 min (7min mile)
- Flat Bench Press (6 reps @ 225 lb.)
- Hanging Inverted Ring Flip (w/Rob)
- Box Jumps
- Correct, Full Leg Lifts (see notes)
- 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 over head)

Stretch 3 (on Day 4) - Legs

- Seated Hamstring Stretches
- Gross-Glute Stretch
- Hip Flexor Stretch
- Wide Hamstring 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: shape) (secondary: strength)
- 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

- 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!

Next Phase – Trim

Trim to 10-12% body fat.

Present Nutrition Plan

Goal: transition to target plan incrementally, and as quickly as possible!

Important Phase Point: The scale doesn't matter, adherence to plan does. Weigh yourself every two weeks now.

Breakfast [6 am]

- (4) Hardboiled Eggs
- Banana
- (1) Scoop Protein w/Milk
- Greek Yogurt (1 cup)
- Granola (1/3 cup)

Workout [7 am]

- (2) Glutamines pre, (2) Glutamines post

Post-Workout [8 am]

- (2) Scoops Protein Powder
- (1) Scoop Prime Nutrition PWO-MAX
- (1) Scoop Aminos
- 6 oz. Whole Milk

Snack [10:30 am]

- (10:30 am) Protein Bar

Lunch [11 am]

- (11 am) Tuna Sandwich
- (12 pm) Mass Builder Shake
 - GNC Mass Gainer Complex (2 scoops)
 - 8 oz. Whole Milk
- (1 pm) Tuna Sandwich
- (2 pm) Meal Replacement Shake
 - GNC Total Lean (3 scoops)
 - 8 oz. Whole Milk

Snacks [3 pm]

- (3 pm) 32 oz. Nutri-bullet Juicer
 - Apple
 - Banana
 - Blackberries
 - Kale
 - Rolled Oats
 - Cashews
 - Almond Milk
- (2) String Cheeses

Dinner (8pm)

- Whatever Mom's cooking, typically chicken, bread & cooked veggies!

Target Nutrition Plan

Transition here incrementally, first step is tuna sandwiches for lunch!

*1 gallon of water/day

BREAKFAST

(Immediately upon waking)

1 scoop protein powder

1 apple/banana/orange (pick one)

BREAKFAST 2

(30-60min after first meal)

4 whole eggs

1 slice low fat cheese

2 pieces Peanut Butter Toast

SNACK 1

1 Clif Bar or Protein Bar

2 Stringed Cheeses

LUNCH

1 multivitamin

1 can Tuna

1 tbsp light mayonnaise

2 slices bread

(make sandwich)

PREWORKOUT

One Large Fruit

POST-WORKOUT

2 Scoops Protein Powder

5g Creatine

DINNER

7oz. Meat Protein (see food list)

1 Avocado

1c. Steamed Broccoli

Caitlin's Plan Guidance Notes

REINA, PHASE 2, TRAINING

The focus of this plan is to improve **strength**, mobility, functionality, and flexibility. Every session will include a 15min. warm-up, followed by a 10min. stretching routine. Stretching is imperative to improving your functionality and providing your muscles with the recovery they need to grow, TAKE YOUR STRETCHING SERIOUSLY.

During your lifts, you must be focused on chasing the discomfort that comes with growing new muscle. You should never hurt from your training, but your muscles should be SEVERELY fatigued. If you can't push yourself past exhaustion, your muscles will not learn to adapt to the new stress being applied to them, thus your "gains" will be slower and smaller (we don't want that). In all of your exercises focus on feeling the STRETCH/ACTIVATION/SQUEEZE.

Opens

- Read "Born to Run", recommended by Rob
- Do Prime Nutrition's Online Learnings
- Research John Meadows
- Read "Zen and the Art of Motorcycle Maintenance"
- Review the House of Falling Waters, by Lloyd S. Wright

Longer Term Opens

- Visit a chiropractor, get an evaluation. Setup a periodic visit here, the longer-term benefits are profound!

Notes

- Most of your current weight bump is water and food retention
- You want a slow releasing vitamin, Centrum is not this!

Appendix A - Past Stages and Goals

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 bodie’s 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 regime 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!

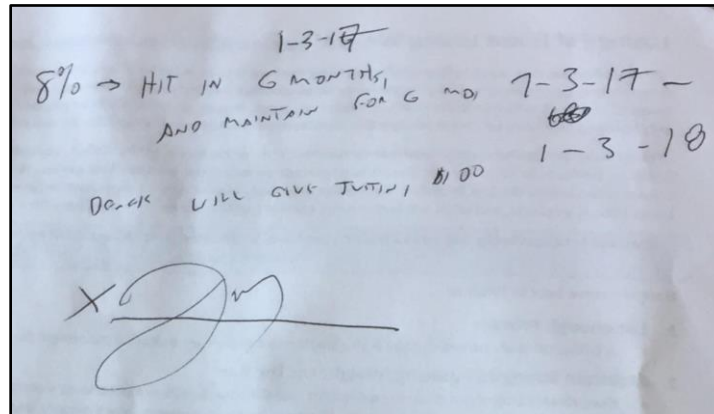
5. Don’t Reduce Calories By TOO Much

- 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)

Appendix D – A Challenge

8% by July 2017, game on -



This means 7% body fat loss, 14 pounds in six months, or 14 pounds in 3 months for reasonable estimation.

14 lbs / 12 weeks → 1.2 lbs / week

I have been at the pace of 1 pound per week for the past month, this appears quite achievable!