

Gym: Emerald City, Monroe, WA

(1/10/17)

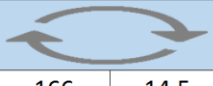
Trainer: Robb

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 (1/8):	178.4 lbs (14.7%)	152.2 lbs / 26.2 lbs	(+13) / (-12)
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
177.0	13.0%	154.0	23.0	Trim
185.0	14.6%	158.0	27.0	Strength
193.0	16.1%	162.0	31.0	Grow
193.0	16.6%	161.0	32.0	Back to Work
181.7	13.0%	158.0	23.7	Trim
Concurrent Activities				Grow
				Loss
180.5	8.0%	166	14.5	Final

Activity Keypoints

- Plan: Build up a routine that is pointed towards longer term and establishment of habit
 - You can do extra if desired (e.g. 6 days/wk)
 - 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) – 2 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 5-day lift routine established with Robb. Cardio will be interspersed onto lift days in 30m+ segments when possible, in addition to the core pre(10)/post(15) already incorporated. Rest days will occur every 7-14 days.

Training Plan 2.0

Plan 5 day routine, rest every 7-14 days w/cardio interspersed
Start 1/5/2017
Pre 10-15 min warm-up walk or run, 2 min gait train

Day 1	Posterior	Resistance against gravity
	Underhand Lat Pull-down	3x15
	Banded Good Mornings	3x12
	Row Machine, Wide Grip	3x12
	Rear Delt Fly, Isometric with Back Extension	3x60s
	Bent-over row, underhand grips	3x12
	Heavy Bicep Curl, your choice	3x8-12
	Plank	3x60s

Day 2	Anterior	Moving through space
	Rear Delt Fly (Isometric Hold)	2x30s
	Barbell Incline Bench Press	3x10
	Dumbbell Incline Bench Press	3x12
	Reverse Shoulder Press	3x10
	Machine Tricep Extension	3x12
	Bicycle Crunch	3x30
	Bench Squat Jumps	1x20
	Couch Stretch	1x60s

Day 4	Legs II	Always use weak leg's strength
	<open>	

Goal Get started with Robb's plan and intent
Style Super-sets of two-lifts
Post 30 min (run/elliptical/stairs)

Day 3	Legs I	Always use weak leg's strength
	Leg Press	2x15
	Crunch w/Static Hold	3x30, 1xFail
	Barbell Squat	3x10
	Lunge - Step Backs on Rail	2x12
	Bosu Squat	3x15
	Steps (Doubles)	3 Sets
	Leg Extension (Biz)	3x15
	Ball Squats (Wall)	3x10
	Individual Hamstring Curls	3x12

Day 5	Fun	Pending review
	Lying One-Arm Lateral Raise	3x8
	Dumbbell Squeeze Press	3x12
	Farmer's Carries	3x60'
	Preacher Curl 21's	3x21
	Barbell Roll Outs	3x12
	Push-ups	3xFail
	Dumbbell Combo Walks	3x40
	Plank to Push-ups	3x40

Cardio

Interspersed into Days 1-5 when available or wanted

Plan Goals

- Short-term: (primary: shape) (secondary: strength)
- Long-term: (primary: fitness) (secondary: shape, strength)

Central Lift Style Points

Central Plan 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

- 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.

Side Goals

- Two-Mile run in 14 min (7min mile)
- Flat Bench Press – 6 reps @ 225 lb.
- Achieve (1) Pull-Up
- Torso fitness & aesthetic

Present Nutrition Plan

Time	Meal
7 AM	Breakfast
11 AM	Juicer
1 PM	Lunch (TP Shake)
2 PM	<i>Pre-Workout Meal</i>
4 PM	Post-Workout Meal
7 PM	Dinner

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Mils	12 oz
Lunch	GNC Total Lean	1.5 Scoops
	Almond Milk	8 oz
	Banana	Medium
Juicer	Custom Daily	28 oz

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)	TL	Am	Banana	Juicer	Protein	Amino	Am	LeanP	Cheez-it	Yogurt	Total	Target	Standard	
Calories	220	91.5	150	30	105	311	150	5	30	270	130	80	1608	2000	2000	80%
Total Carbs [g]	54	18	12.75	1	27	63	9	1	1	41	20	8	257	300	300	86%
Total Fat [g]	0	0.9	2.25	2.5	0	6	6	-	2.5	7	4.5	0	35	65	65	53%
Protein [g]	4	12	18.75	1	1	9	16	-	1	12	4	12	91	150	50	61%
Calories from Fat	0	64.5	22.5	25	3	-	50	-	25	60	40	0	315	-	-	
Sat Fat [g]	0	4.5	0.75	0	0	-	3	-	0	4	1	0	14	20	20	
Trans Fat [g]	0	0	0	0	0	-	0	-	0	0	0	0	1	-	-	
Poly Fat[g]	0	0	0	0.5	0	-	-	-	0.5	0	2	0	4	-	-	
Mono Fat [g]	0	0	0	1.5	0	-	-	-	1.5	0	1	0	4	-	-	
Cholesterol [mg]	0	30	45	0	0	-	15	-	0	25	0	10	150	300	300	
Sodium [mg]	380	150	90	160	1	276	160	90	160	480	250	55	2252	2400	2400	
Potassium [mg]	140	0	187.5	35	0	798	0	-	35	0	0	160	1463	3500	3500	
Dietary Fiber pgf	6	0	6	1	3	14	2	-	1	1	1	0	35	25	25	
Sugars [g]	18	18	2.25	0	14	35	2	-	0	5	0	6	100	-	-	
Vitamin A [%]	20	13.5	15	10	2	91	15	-	10	4	2	0	253	100	100	
Vitamin C [%]	70	1.5	45	0	17	93	15	-	0	2	0	0	344	100	100	
Calcium [%]	0	43.5	37.5	45	1	79	25	-	45	20	4	15	335	100	100	
Iron [%]	90	0	15	2	2	35	15	-	2	10	6	0	277	100	100	
Vitamin D [%]	20	39	0	25	0	110	-	-	25	0	0	0	469	100	100	
Vitamin E [%]	0	0	15	20	0	129	-	-	20	0	0	0	284	100	100	
Vitamin K [%]	0	1.5	0	0	0	19	-	-	-	0	0	0	52	100	100	
Thiamine [%]	70	9	15	0	1	74	-	-	-	0	0	0	269	100	100	
Riboflavin [%]	70	40.5	15	4	0	75	-	-	4	0	0	0	309	100	100	
Niacin [%]	70	1.5	15	-	0	27	-	-	-	0	0	0	214	100	100	
Vitamin B6 [%]	70	7.5	15	-	0	106	-	-	-	0	0	0	299	100	100	
Folate [%]	0	4.5	15	-	0	33	-	-	-	0	0	0	53	100	100	
Vitamin B12 [%]	70	28.5	15	-	0	125	-	-	-	0	0	0	339	100	100	
Biotin [%]	0	0	15	-	0	-	-	-	-	0	0	0	30	100	100	
Panthothenate [%]	0	13.5	15	-	0	0	-	-	-	0	0	0	129	100	100	
Phosphorus [%]	0	34.5	15	-	0	12	-	-	-	0	0	0	64	100	100	
Iodine [%]	0	0	30	-	0	-	-	-	-	0	0	0	130	100	100	
Magnesium [%]	0	10.5	15	4	0	18	-	-	4	0	0	0	127	100	100	
Selenium [%]	0	13.5	15	-	0	2	-	-	-	0	0	0	110	100	100	
													(Macro-Nutrients)			

Configuration

Rob → Macros, Calories, Plan Form

Justin → Micros

Routine → Followed with maximal intent with one 'Fun Meal' per week (Sunday: Taco Time_{targ}) 😊

Loss Point → For the trim phase both shakes will be half-sized, 12oz and half-scoops

Notes

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

Robb has strongly shared the importance of time at the plan, and proper calories (2k/day min)

150g daily protein min, PCF is 30/40/30% at present

Important Concepts

"You feed your body what it needs. Weight loss attempts outside of this lose heavy amounts of muscle!"

“The goal is not calories, for Justin it is plan. Can you hit your targets?”

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 – Robb calls for 2000 min and I will shoot for this amount, not the 1900 listed above!

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)

Rob's Key Routine Points

Posterior: Balance

- Resist Gravity
- Posture
- Balance in Movement
- Bringing Objects toward our center of gravity

Muscle Groups -

- Soleus
- Hamstrings
- Glutes
- Spinal Stabilizers
- Lats
- Rhomboid
- Rear Delts (Back)
- Transverse Abdominal (Plank)

Anterior: Frontline

- Provide Movement (Flexion)
- Move Objects Away from Center of Gravity

Muscle Groups -

- Quadriceps
- Gastrocnemius (Calf)
- Peltus Abdominus (Transverse Abdominus, your abs?)
- Pectorals
- Anterior Deltoid
- Triceps

Legs/Core

Stable Stance

- Squat (Raw Strength & Core/Hip Stability)

Split Stance

- Lunge (Coordination/Balance, Core/Hip Mobility)

Sample Week

- | | |
|--------------------------|--|
| 1 - Legs | (Always) |
| 2 - Posterior | (Always) |
| 3 - Anterior | |
| 4 - Legs | (Always First Extra) |
| 5 - Push/Pull | (Upper Body "fun", practicing and maintaining posture) |
| 6 - Cardio/Mobility/Core | |
| 7 - Cardio/Mobility/Core | |

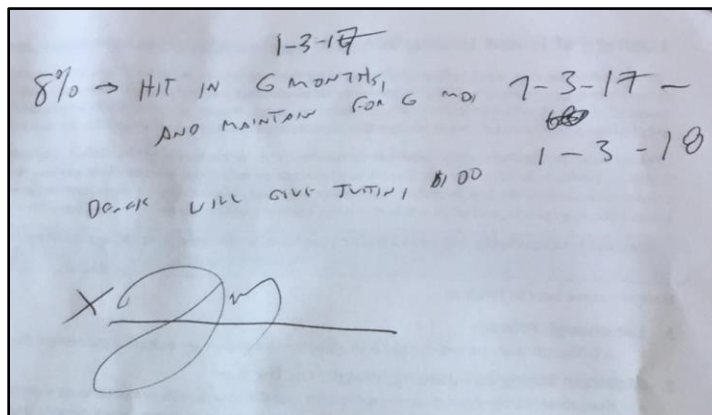
Anterior Day II (pending)

Justin is looking to merge this with Day I, and modify it based on his research and ideas.

Anterior	Moving through space	
Iso-Lateral Incline Press (Arched Spine Endurance)	3x12 -> 4x20	<- start @ 20 lbs
Rear Facing Iso-Lateral Shoulder Press	3x12	<- start @ 20 lbs
DB Incline Press	3x12	<- start @ 20 lbs
Any Tricep Exercise	3x12 _T	<- Your choice! (Thoughts - Narrow Grip Press, Rope Extension)
Bench Hops with Foot Release	3x12 -> 3x20	
Bicycle Crunches	3x30	

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!