

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

(1/31/17)

Trainer: Caitlin

Fitness Plan

Prev (2014):	183.0 lbs (10%)	164.7 lbs / 18.3 lbs	
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Start (1/28):	177.4 lbs (14.4%)	151.9 lbs / 25.5 lbs	
Today (1/8):	177.4 lbs (14.4%)	151.9 lbs / 25.5 lbs	() / ()
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Goal:	180.0 lbs (8.0%)	165.6 lbs / 14.4 lbs	
		+14 lbs / -11 lbs	

Present Phase – Beginning to Grow, Round Two

<todo> a description of the how, why, what and where, with the location and outcome presented.

Phase Goals

- <todo> (<todo>)

Schedule

- <todo> (<todo>)

Routine Plan

<todo>

Each session will include the following:

- Completion of the Stretching Routine
- Pre: 3 Pullup holds to drop
- Pre: 10-15 minutes of treadmill (any, just a warmup)
- Post: 15 minutes elliptical

Supplemental Nutrients Plan

- Protein (after workout) – 2 Scoops w/Almond Milk
- Aminos (after workout) – 1 Scoop
- Fruit Shake (lunch replace pt. 1) - 28 oz.
- GNC Meal (lunch replace pt. 2) – 3 Scoops w/Almond Milk
- Water (daily) – 10 bottles daily (carried alongside)

(Drafting Notes Section)

Original Goals

- Two-Mile run in 14 min (7min mile)
- Flat Bench Press – 6 reps @ 225 lb.
- Push-ups (30 full, deep, continuous and complete)
- Achieve (1) Pull-Up
- Torso fitness & aesthetic

New Goals

- Box Jumps (to plan goal, with Caitlin if possible)
- Leg Lifts (20 in a row, above 90 degrees with legs straight. Place left leg over right to emphasis symmetry!)
- One Strength Goal (have Josh help select)

Cardio

- Pre: 10-15 minutes of treadmill running
- Post: 15 minutes elliptical

Cardio days are omitted at this point, and stretching is optional (and recommended) but not part of the routine yet

Prev Docs

- D:\Documents\Me\Fitness\Archived\Thrive Fitness Plan\Thrive Fitness Plan - r4.1.pdf
- D:\Documents\Me\Fitness\Archived\Emerald Fitness Plan\Emerald Fitness - Jan Plan - r3.5.pdf

Opens

- Stretch everyday, no matter what!
- Identify Diet and Routine, insert into doc and begin
- List out lifts into lifting section
- Complete all remaining sections :)!

Longer Term Opens

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

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.

Day One

- Incline DB Bench Press 3x10
- Pec-Dec Machine 3x12
- Standing Overhead Barbell Press 3x10
- Seated Single-Arm Tricep Extension 3x8e
- Bench Push-ups 3xFailure
- Squat to Press 3x10
- Rehab Focus:
 - Farmers Carry 3x20steps
 - *Superset* Rope Slams 3x1min.

Day Two

- Bodyweight Walking Lunges 3x15e
- Bosu Squats 3x10 (SLOW)
- Single Leg Leg-Press 3x8e (Medium Weight)
- Lying Hamstring Curls 3x10
- Good Mornings 4x15
- TRX Single Leg Squats 3x8e
- Rehab Focus:
 - Russian Twists with Medicine Ball 3x10e
 - Decline Sit-Ups 3x15
 - Single Leg Calf Raises 3x15e

Day Three

- Lat Pulldown (slow negative) 3x15
- T-ROW Machine 3x10
- Standing Cable Bicep Curls 3x12
- Seated DB Hammer Curls 3x8e
- Bent over Barbell Rows 3x10
- Kettlebell Squat-to-Upright Row 3x10

Day Four (Functionality)

- Low-to-High Side Chops (Kettlebell) 3x8e
- Weighted Box Squats 3x10
- Plank Hold 3x1min.
- Medicine Ball Alt. Pushups 3x8e
- Spiders (Knee to Elbow) 3x8e
- Raised Leg Lifts 3x10

Daily Stretching Routine (After EVERY lifting session)

- Seated Narrow Hamstring Stretch
- Wide Hamstring Stretch
- Cross-Body Glute Stretch
- Hip Flexor Stretch
- On-Wall Pec Stretch
- *Banded Shoulder Circuit