

Gym: Emerald City, Monroe, WA

(12/27/16)

Trainer: Caitlin

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 (12/7):	180.6 lbs (15.3%)	153.0 lbs / 27.6 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
192.0	14.1%	165.0	27.0	Back to Work	Routine + Full Food
180.0	9.4%	163.0	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
- 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) – 1 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 4-day lift routine delivered by Caitlin on 12/7, with a 45m+ cardio day inserted between each day. Rest days will occur every 7-14 days.

L₁ / C / L₂ / C / L₃ / C / L₄ / C

(1 day rest per 7-14 days)

Training Plan 1.0

Plan 4 Days Lift, 1 Day Cardio, 1 Day Rest
Start 12/7/2016
Pre 10 min warm-up walk or run, 2 min gait train

Goal Get started with trainer's routine
Style Super-sets of two-lifts
Post 15 min Elliptical (15/15) or Stairs

Day 1	Back/Biceps ()	
	Lateral Pulldown	4x15
	Seated Hammer Strength Rows	4x15 ea.
	*(Wide, Overhand, Narrow)	
	Close Grip Pulldown	4x12
	Seated Individual Single Arm Cable Rows	4x10
	Alternating Individual Dumbbell Bicep Curls	4x10
	Barbell Preacher Curls	4x12
	Individual Incline Dumbbell Curls	4x8

Day 2	Chest/Abs ()	
	Incline Dumbbell Press <i>(last set drop-set)</i>	4x12
	Flat Bench Dumbbell Press	4x10
	Cable Crossover Fly <i>(1s hold)</i>	4x15
	Machine Butterfly <i>(last set drop-set)</i>	4x10
	Ab Circuit	5
	Crunches	20
	Leg Lifts	20
	Plank	1 min
	Russian Twists	40
	Flutter Kicks	40

Day 3	Legs ()	Always use weak leg's strength
	Individual Single Leg Extension	3x12
	Individual Weighted Step-Ups	3x10
	Seated Hamstring Curls	4x15
	Individual Leg Hamstring Curls	3x8
	Lunges	3x16
	Single Leg No-Weight Calf Raise	3x12

Day 4	Shoulders/Triceps ()	
	Dumbbell Front Raise	4x10
	Lateral Raise	4xFail
	Seated Dumbbell Shoulder Press	4x8
	Cable Face Pulls	4x15
	Cable Rope Pushdowns	4x12
	Close-Grip Bench Push-Ups	4xFail
	Seated Dip Machine	4x15

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
- Rotate on entry and on exit from standing curls

Key

- **Drop-Set:** When you are done with your last set, immediately grab weights that are 5lbs. lighter (if using dumbbells) or drop the weight one plate (if using a machine or cables) and do as many reps as you can, when you no longer can perform the exercise without maintaining form, drop the weight an additional 5lbs./1 plate, and repeat the reps to failure
- **Failure:** performing an exercise to complete exhaustion, while maintaining perfect form. When your form breaks, you have failed.

Present Nutrition Plan

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Mills	12 oz
	Scrambled Eggs	2 Large
Lunch	GNC Total Lean	3 Scoops
	Almond Milk	16 oz
	Banana	Medium

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)	Eggs	TL	Am	Protein	Amino	Am	Banana	LeanP	Cheez-it	Yogurt	Total	Target	Standard
Calories	220	183	202	300	60	125	5	30	105	270	130	80	1745	1700	2000
Calories from Fat	0	64.5	134	45	50	17.5	0	25	3	60	40	0	464	-	-
Total Fat [g]	0	7.5	15	4.5	5	1.5	0	2.5	0	7	4.5	0	50	65	65
Sat Fat [g]	0	4.5	4	1.5	0	0.5	0	0	0	4	1	0	17	20	20
Trans Fat [g]	0	0	0	0	0	0	0	0	0	0	0	0	1	-	-
Poly Fat [g]	0	0	3	0	1	27.5	0	0.5	0	0	2	0	34	-	-
Mono Fat [g]	0	0	6	0	3	0	0	1.5	0	0	1	0	11	-	-
Cholesterol [mg]	0	30	430	90	0	27.5	0	0	0	25	0	10	638	300	300
Sodium [mg]	380	150	342	180	320	85	90	160	1	480	250	55	2493	2400	2400
Potassium [mg]	140	0	336	375	70	0	0	35	0	0	0	160	1223	3500	3500
Total Carbs [g]	54	18	3	25.5	2	17.5	1	1	27	41	20	8	219	300	300
Dietary Fiber [g]	6	0	0	12	2	1	0	1	3	1	1	0	27	25	25
Sugars [g]	18	18	2	4.5	0	1.5	0	0	14	5	0	6	69	-	-
Protein [g]	4	12	14	37.5	2	10	0	1	1	12	4	12	109	50	50
														0	
Vitamin A [%]	20	13.5	12	30	20	0	0	10	2	4	2	0	184	100	100
Vitamin C [%]	70	1.5	0	90	0	0	0	0	17	2	0	0	281	100	100
Calcium [%]	0	43.5	8	75	90	7.5	0	45	1	20	4	15	329	100	100
Iron [%]	90	0	8	30	4	5	0	2	2	10	6	0	257	100	100
Vitamin D [%]	20	39	0	0	50	0	0	25	0	0	0	0	384	100	100
Vitamin E [%]	0	0	0	30	40	0	0	20	0	0	0	0	190	100	100
Vitamin K [%]	0	1.5	0	0	0	0	0	0	0	0	0	0	33	100	100
Thiamine [%]	70	9	0	30	0	0	0	0	1	0	0	0	210	100	100
Riboflavin [%]	70	40.5	0	30	8	0	0	4	0	0	0	0	253	100	100
Niacin [%]	70	1.5	0	30	0	0	0	0	0	0	0	0	202	100	100
Vitamin B6 [%]	70	7.5	0	30	0	0	0	0	0	0	0	0	208	100	100
Folate [%]	0	4.5	0	30	0	0	0	0	0	0	0	0	35	100	100
Vitamin B12 [%]	70	28.5	0	30	0	0	0	0	0	0	0	0	229	100	100
Biotin [%]	0	0	0	30	0	0	0	0	0	0	0	0	30	100	100
Panthenate [%]	0	13.5	0	30	0	0	0	0	0	0	0	0	144	100	100
Phosphorous [%]	0	34.5	0	30	0	0	0	0	0	0	0	0	67	100	100
Iodine [%]	0	0	0	60	0	0	0	0	0	0	0	0	160	100	100
Magnesium [%]	0	10.5	0	30	8	0	0	4	0	0	0	0	128	100	100
Selenium [%]	0	13.5	0	30	0	0	0	0	0	0	0	0	123	100	100
(Macro-Nutrients)															

Configuration

Caitlin → Macros

Justin → Micros

Notes

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

Calories are 70% recommended, all other fields are at 100% of the 2,000 std. diet (ex - Fat, Carbs, Vit A)

Daily Vitamins included, including multi-vitamin

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 – current plan calls for 1750 per day given holiday season, but my calcs here state 1900 is min, even for short-term. But given my dietary outcomes of the holidays, there is always surprise foods & meals and I rarely hit my target meal plan, generally easily exceeding my 1750 target.

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 regimine 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 exercize - 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)