

Gym: Emerald City, Monroe, WA

(12/26/16)

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	<i>Routine + Low Food</i>
191.0	13.1%	166.0	25.0	Grow	<i>Routine + Full Food</i>
192.0	14.1%	165.0	27.0	Back to Work	<i>Routine + Full Food</i>
180.0	9.4%	163.0	17.0	Loss	<i>Routine + Low Food</i>
180.4	8.0%	166.0	14.4	Final	<i>Mix, multiple iterations</i>

## 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 plan delivered by Caitlin on 12/7/16 until further notice, targeting lifting every day, with one break day every 8-12 lifting days. Cardio-only days are omitted currently. This yields 8-12 lifting, 1 rest day as follows:

4 lift days and 1 cardio days per t days, with one day remaining for rest:

**(8-12 days Lift), (1 day rest)**

# 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 () <i>Always use weak leg's strength</i>		
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	103%
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	78%
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	73%
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	218%
														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 excercise - 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)