

**Gym:** Emerald City, Monroe, WA

**Trainer:** Robb Arnold

## Fitness Plan

**Prev:** 183.0 lbs (10%) 164.7 lbs / 18.3 lbs

**Now:** 186.6 lbs (16.4%) 156.0 lbs / 30.6 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
181.0	9.4%	164.0	17.0	Loss	Routine + Low Food
180.4	8.0%	166.0	14.4	Final	Mix, multiple iterations

## Activity Keypoints

- 300 minutes per week is traditional target
  - 1 hr/day for six days per week
  - Typical high-endurance routine is 4-5 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

## Fitness History

**Prev:** 5-6 days/wk lifting

5-6 days/wk treadmill

2-4 days/wk basketball (1hr)

**Now:** 2-4 days/wk treadmill (5mph max)

**Goal:** 6 days/wk lifting (45m target, see plan below)

6 days/wk treadmill (10m warm-up, 30m post-workout) (8mph max, 7mph 10m min)

## Routine Plan

This is Justin's plan before training with Robb begins. Work with Robb is expected to change this starkly, and is quite eagerly awaited for learning.

- 2 days/wk Upper
- 2 days/wk Lower
- 2 days/wk Mixed

## Startup Plan – Thursday (11/10) & Friday (11/11)

### Thursday (Core, Arms) (10 lifts – 3x10 each)

- |                        |             |
|------------------------|-------------|
| 1. Curls               | [Biceps]    |
| 2. Tricep Extensions   | [Triceps]   |
| 3. Lateral Raise       | [Shoulders] |
| 4. Dumbbell Wrist Curl | [Wrist]     |
| 5. Bench Press         | [Chest]     |
| 6. Military Press      | [Shoulders] |
| 7. Upright Row         | [Shoulders] |
| 8. Crunches            | [Abdomen]   |
| 9. Knee Raise          | [Abdomen]   |
| 10. Dumbbell Side Bend | [Obliques]  |

### Friday (Legs, Back) (10 lifts – 3x10 each)

- |                    |                |
|--------------------|----------------|
| 1. Seated Row      | [Back]         |
| 2. Dumbbell Shrug  | [Traps]        |
| 3. Squat           | [Quads]        |
| 4. Seated Leg Curl | [Hamstrings]   |
| 5. Thigh Abductor  | [Outer Thighs] |
| 6. to-be-named     | [Back]         |
| 7. to-be-named     | [Back]         |
| 8. to-be-named     | [Back]         |
| 9. to-be-named     | [Leg]          |
| 10. to-be-named    | [Leg]          |