

Gym: Emerald City, Monroe, WA

(12/7/16)

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
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

- 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

Vega One (lunch replace) – 2 Scoops w/Almond Milk

Water (daily) – 70 oz.

Routine Plan

Justin will follow the plan delivered by Caitlin on 12/7/16 until further notice, targeting 4 lift days and 1 cardio days per t days, with one day remaining for rest:

L / L / C / L / L / R

Training Plan 1.0

Plan 4 Days Lift, 1 Day Cardio, 1 Day Rest
Start 12/7/2016
Note Init each day with 10 min warm-up walk

Goal Get started with trainer's routine
Style Super-sets of three -lifts, 1 min break per set
 *open pending confirmation

Day 1 Back/Biceps (7)		
Lateral Pulldown		4x15
Seated Hammer Strength Rows		4x15
<?>	*(Wide, Overhand, Narrow)	
Close Grip Pulldown		4x12
Seated Individual Single Arm Cable		4x10
Alternating Individual Dumbbell Bi		4x10
Individual Dumbbell Preacher Curl		4x12
Individual Incline Dumbbell C		4x8

Day 2 Chest/Abs (8)		
Incline Dumbbell Press		4x12
Flat Bench Dumbbell Press		4x10
Cable Flyes		4x15
Pec-Dec	<?>	4x10
Ab Circuit		5
	Crunches	20
	Leg Lifts	20
	Plank	1 min
	Russian Twists	40
	Flutter Kicks	40

Day 3 Legs (7)		
Individual Single Leg Extension		3x12
Individual Weighted Step-Ups		3x10
Seated Hamstring Curls		4x15
Individual Leg Hamstring Curls		3x8
<?> Leg Press		3x10
<?> Lunges		3x16
<?> Calf Raise		3x12

Day 4 Shoulders/Triceps (8)		
Dumbbell Front Raise		4x10
Lateral Raise		4xFail
Seated Dumbbell Shoulder Press		4x8
Cable Face Pulls		4x15
Cable Rope Pushdowns		3x12
Close-Grip Bench Push-Ups		4xFail
Seated Dip Machine		4x15
<?> Cable Tricep Extension		4x15

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.

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: 4-6 days/wk lifting (45m target)
4-6 days/wk treadmill (10m warm-up, 30m post-workout) (8mph max, 7mph 10m min)

(Prev) Starting Plan – Establishing Routine

Plan	3 Days On, One Day Rest	Goal	Establish habit, establish routine
Start	11/15/2016	Style	Super-sets of three -lifts, 1 min bre
End	Soft Target (2 months)		

Day 1 Chest (9)

Dumbbell Bench Press	(Dumbbell Bench Press Flat)
Back Extension	(Selectorized Row)
Lateral Raise	(Barbell Raise)
Incline Press	(Barbell Bench Press Incline)
Lat Pulldown	(Cable Lat Pulldown)
Chinup	(Bodyweight Chinup)
Dumbbell Bench Flys	(Selectorized Fly)
Overhead Press	(Machine Shoulder Press)
Cable Crunch	(Cable Crunch)

Day 2 Arms (9)

Curls	(Dumbbell Biceps Curl (Underhand Grip))
Tricep Extensions	(Cable Triceps Extension (Standing Facing Away))
Wrist Curl	(Dumbbell Wrist Curl)
Bodyweight Dips	(Assisted Bodyweight Dip)
Narrow-Grip Bench Press	(Barbell Bench Press (Flat Overhead Narrow Grip))
Back Extension	(Selectorized Hyperextension)
Hammer Curls	(Hammer Curl, Standing)
Reverse Flys	(Machine Reverse Fly)
Shoulder Press	(Selectorized Shoulder Press)
Shrug	(Dumbbell Shrug)

Day 3 Lower (9)

Leg Press	(Selectorized Leg Press)
Lunges	(Bodyweight Lunge)
Single Leg Curls	(Selectorized Individual Leg Curl)
Crunches	(Abdominal Crunches)
Hip Adduction	(Selectorized Adduction)
Hip Abduction	(Selectorized Abduction)
Single Leg Extensions	(Selectorized Individual Leg Extension)
Stair Raise & Balance	(Stair Bodyweight Calf Raise)
Calf Raise	(Standing, Single Leg Dumbbell Calf Raise)

Present Nutrition Plan

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Milk	12 oz
Lunch	vega one	2 Scoops
	Almond Milk	16 oz
Dinner	Peanut Butter Jelly Sandwich	1 Std
	Chips	Small Bag
	Banana	1 Large

	RB(2)	Mi(1.5)	VO	Am	Apple	Bar	PBJ	Ch	Ba	Total	Target
Weight [g]	62	366	82	480	182	35	88	28	136		
Calories	220	183	320	60	95	140	327	120	121	1586	1500
Calories from Fat	0	64.5	100	50	3	35	151	30	4	437.5	-
Total Fat [g]	0	7.5	12	5	0	4	18	3	0	49.5	48.75
Sat Fat [g]	0	4.5	1	0	0	0.5	3	0.5	0	9.5	11.25
Trans Fat [g]	0	0	0	0	0	0	0	0	0	0	-
Poly Fat[g]	0	0	6	1	0	0	0	1.5	0	8.5	-
Mono Fat [g]	0	0	2	3	0	0	0	1	0	6	-
Cholesterol [mg]	0	30	0	0	0	0	0	0	0	30	300
Sodium [mg]	380	150	60	320	2	65	420	190	1	1588	2400
Potassium [mg]	140	0	460	70	0	0	0	220	0	890	3500
Total Carbs [g]	54	18	20	2	25	25	30	22	31	227	225
Dietary Fiber pg]	6	0	12	2	4	2	6	2	4	38	25
Sugars [g]	18	18	2	0	19	7	6	3	17	90	-
Protein [g]	4	12	40	2	0	3	15	2	1	79	50
Vitamin A [%]	20	13.5	180	20	2	0	0	2	2	240	100
Vitamin C [%]	70	1.5	160	0	14	0	0	2	20	268	100
Calcium [%]	0	43.5	40	90	1	0	7	0	1	183	100
Iron [%]	90	0	50	4	1	2	11	0	2	160	100
Vitamin D [%]	20	39	100	50	0	0	0	0	0	209	100
Vitamin E [%]	0	0	100	40	0	0	0	0	0	140	100
Vitamin K [%]	0	1.5	120	0	0	0	0	0	0	122	100
Thiamine [%]	70	9	120	0	0	0	0	0	0	199	100
Riboflavin [%]	70	40.5	100	8	0	0	0	0	0	219	100
Niacin [%]	70	1.5	100	0	0	0	0	6	0	178	100
Vitamin B6 [%]	70	7.5	100	0	0	0	0	0	0	178	100
Folate [%]	0	4.5	100	0	0	0	0	0	0	105	100
Vitamin B12 [%]	70	28.5	30	0	0	0	0	0	0	129	100
Biotin [%]	0	0	100	0	0	0	0	0	0	100	100
Panthenate [%]	0	13.5	100	0	0	0	0	0	0	114	100
Phosphorous [%]	0	34.5	60	0	0	0	0	0	0	95	100
Iodine [%]	0	0	8	0	0	0	0	0	0	8	100
Magnesium [%]	0	10.5	20	8	0	0	0	0	0	39	100
Selenium [%]	0	13.5	4	0	0	0	0	0	0	18	100
										(Multi-Vitamin)	

Nutrition Plan Idea (Upcoming)

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Milk	12 oz
Lunch	GNC Total Lean	2 Scoops
	Almond Milk	16 oz
	Apple	1 Large Apple
Dinner	Trail Mix Bar	1 bar
	Peanut Butter Jelly Sandwich	1 Std
	Chips	Small Bag
	Banana	1 Large

	RB(2)	Mi(1.5)	TL	Am	Apple	Bar	PBJ	Ch	Ba	Total	Target
Calories	220	183	180	60	95	140	327	120	121	1446	1500
Calories from Fat	0	64.5	20	50	3	35	151	30	4	357.5	-
Total Fat [g]	0	7.5	2	5	0	4	18	3	0	39.5	65
Sat Fat [g]	0	4.5	0.5	0	0	0.5	3	0.5	0	9	20
Trans Fat [g]	0	0	0	0	0	0	0	0	0	0	-
Poly Fat[g]	0	0	0	1	0	0	0	1.5	0	2.5	-
Mono Fat [g]	0	0	0	3	0	0	0	1	0	4	-
Cholesterol [mg]	0	30	5	0	0	0	0	0	0	35	300
Sodium [mg]	380	150	100	320	2	65	420	190	1	1628	2400
Potassium [mg]	140	0	150	70	0	0	0	220	0	580	3500
Total Carbs [g]	54	18	30	2	25	25	30	22	31	237	300
Dietary Fiber pg[6	0	8	2	4	2	6	2	4	34	25
Sugars [g]	18	18	4	0	19	7	6	3	17	92	-
Protein [g]	4	12	9	2	0	3	15	2	1	48	50
Vitamin A [%]	20	13.5	15	20	2	0	0	2	2	75	100
Vitamin C [%]	70	1.5	60	0	14	0	0	2	20	168	100
Calcium [%]	0	43.5	50	90	1	0	7	0	1	193	100
Iron [%]	90	0	20	4	1	2	11	0	2	130	100
Vitamin D [%]	20	39	0	50	0	0	0	0	0	109	100
Vitamin E [%]	0	0	20	40	0	0	0	0	0	60	100
Vitamin K [%]	0	1.5	0	0	0	0	0	0	0	2(+31%)	100
Thiamine [%]	70	9	20	0	0	0	0	0	0	99	100
Riboflavin [%]	70	40.5	20	8	0	0	0	0	0	139	100
Niacin [%]	70	1.5	20	0	0	0	0	6	0	98	100
Vitamin B6 [%]	70	7.5	20	0	0	0	0	0	0	98	100
Folate [%]	0	4.5	0	0	0	0	0	0	0	5	100
Vitamin B12 [%]	70	28.5	20	0	0	0	0	0	0	119	100
Biotin [%]	0	0	20	0	0	0	0	0	0	20(+10%)	100
Panθοthenate [%]	0	13.5	20	0	0	0	0	0	0	34	100
Phosphorous [%]	0	34.5	20	0	0	0	0	0	0	55	100
Iodine [%]	0	0	50	0	0	0	0	0	0	50	100
Magnesium [%]	0	10.5	20	8	0	0	0	0	0	39	100
Selenium [%]	0	13.5	20	0	0	0	0	0	0	34	100

Fitness Log

Date 11/27 (Sun, Lower)

- Run (10m)

- Leg Press (8/10/12)

- Lunge (15/15/15)

- Individual Leg Curls (12/8/12)

- Weighted Crunches (15/15/15)

- Hip Adduction (10/15/15)

- Hip Abduction (10/12/15)

- Individual Leg Extension (15/15/15)

- Stair Calf Raise (12/12/12)

- Dumbbell Calf Raise (15/12/15)

- Bike (20m)

Date 11/29 (Tues, Chest)

- Run (10m)

- Barrbell Bench (10/10/8)

- Machine Row (10/10/10)

- Dumbbell Raise (10/10/10)

- Incline Press (8/10/9)

- Lat Pulldown (8/8/8)

- Assisted Chinups (10/10)

- Machine Flys (8/10/10)

Nutrition Log

Date 11/27 (Sun)

- Bowl Special K Red Berry Cereal
- 16 oz. Skinny Mocha
- Mini Turkey Sandwich, Chips, Salad, Noodles
- 2 Scoops Protein, Water
- 1 Scoop Protein, 1 Scoop Amino, Water

Date 11/27 (Sun, Lower)

- Bowl Special K Red Berry Cereal
- 2 Scoops Protein, Water
- 16 oz. Skinny Mocha
- Beef-Veggie Enchilada, Chile Reneno, Fruit

Date 11/27 (Sun, Lower)

- Bowl Special K Red Berry Cereal
- 2 Scoops Protein, Soy Milk
- Chicken Salad, French Fries
- 1/4 Bean Burrito
- 2 Scoops Protein, 1 Scoop Amino, Water