

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

(2/9/17)

Trainer: Caitlin

## Fitness Plan

Prev (2014):	183.0 lbs (10%)	164.7 lbs / 18.3 lbs	
Start (1/28):	177.4 lbs (14.4%)	151.9 lbs / 25.5 lbs	
Today (2/5):	181.0 lbs (15.1%)	153.7 lbs / 27.3 lbs	(+1.8) / ( +1.8)
Phase Goal:	191.0 lbs (*)	162.2 lbs / 28.8 lbs	
		<b>+10 lbs / D.C.</b>	

## Present Phase – Beginning to Grow, Round Two

This phase directly follows the starting phase of weight loss, dropping 35 lbs from 1/15 to 1/17, a phase of stark nutritional restriction and a strong avoidance of growth. That weight-loss mark has been achieved, now it is finally time to grow!

Growth after two years of starvation is a confusing topic, one full of learning, establishing new habits and beginning a new routine. And then add the second dimension, the neurological dimension of my injury recovery, this phase has a strong pre-requisite of preparation, plan and distinct transition out of the last phase!

Put simply this phase is the “Beginnings of Growth”, learning how to grow and following Caitlin’s guidance ☺

### Phase Goals

- Stop losing weight! (gaining is secondary, first stop losing!)
- Gain muscle mass (target: 10 lbs, 2 months)
- Grow new habits, transition far away from last phase (habits in diet & routine)

### Schedule

- 14 days On (4 day routine plan)
- 1 day Off (rest) (as an option ☺)

## Routine Plan

Each session will include the following:

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

## Supplemental Nutrients Plan

- Protein (pre/post workout) – 3 Scoops w/Almond Milk
- Aminos (pre/post workout) – 1 Scoop
- Water (daily) – 10 bottles daily (carried alongside, at gym, in car and at office)
- Vitamins (daily) – Centrum, Magnesium, Potassium, Vitamin D, Fish Oil

## Training Plan - Round Two

**Plan** 4 day routine, rest every 7-14 days  
**Start** 2/1/2017  
**Pre** 10-15 min warm-up walk or run, 2 min gait train

**Goal** Phase Two, Growth!  
**Style** Super-sets of two-lifts  
**Post** 15 min elliptical

Day 1	Push	Outward Motion
	Dumbbell Incline Bench	3x10
	Pec-Deck Machine	3x12
	Barbell Shoulder Press, Military	3x10
	Farmer's Carries	3x60
	Isometric Rear Delt Fly	3x60s
	Seated Dumbbell Tricep Overhead	3x8
	Rope Slams (Sim/Alt)	4x25
	Bench Pushups	3xFail
	Dumbbell Squat-to-Press	3x10

Day 3	Pull	Inward Motion
	T-ROW Machine	3x10
	Barbell Curls	3x10
	Rope Slams (Sim/Alt)	4x25
	Bent-over Barbell Row	3x10
	Seated Dumbbell Hammer Curls	3x8
	Dips	3x15
	Dumbbell Preacher Curl 21's	3x21
	Lateral Pulldown, slow-release	3x15
	Kettlebell Squat-to-Upright Row	3x10

Day 2	Lower	Focus on Control, on Symmetry
	Machine Leg Press	3x8
	Dumbbell Lunges	3x30
	Lying Hamstring Curls	3x10
	Seated Lower Back Extension	3x12
	Rope Pulls	3x60s
	Bosu Ball Dumbbell Squats	3x10
	Barbell Good Mornings	3x15
	Russian Twist w/Medicine Ball	3x10
	Decline Situps	3x15
	Calf Raises	3x15

Day 4	Functionality	Motion & Control
	TRX Single-Leg Squats	3x8
	Low-to-High Kettlebell Side-Chops	3x8
	Rope Pulls	3x120s
	Dumbbell Squats to Box	3x10
	TRX Rows	3x12
	Planks	3x60s
	Medicine Ball Pushups (alt)	3x8
	Spider Crawls, Knee-to-Elbow	3x8
	Raised Leg Lifts	3x10

### Pre-Workout Routine

- 10 min treadmill walk or run
- 3 pullup holds till drop

### Post-Workout Routine

- Sled Push (1x45) – (4) Down & Backs
  - o Stay low, long steps
- 15 min elliptical
- Stretching (4 breaths per hold, 4 holds, run sequence each time)
  - o Seated Hamstring Stretches
  - o Gross-Glute Stretch
  - o Hip Flexor Stretch
  - o On-Wall Pec Stretch
  - o Straight Arm Pulldown
  - o Hamstring Back Extension
  - o Wide Hamstring Stretch
  - o Bent-over Pole Squat Stretch (Bring around, all the way down)
  - o Pole Good Mornings (Raised High)
  - o Pole behind the back

### Side Goals

- Two-Mile run in 14 min (7min mile)
- Flat Bench Press (6 reps @ 225 lb.)
- Dumbbell Curls (8 reps @35 lb.)
- Box Jumps
- Correct, Full Leg Lifts (see notes)
- Torso fitness & aesthetic

[Day 1, Day 3]

[Day 1, Day 3]

### Plan Goals

- Short-term: (primary: shape) (secondary: strength)
- Long-term: (primary: fitness) (secondary: shape, strength)

### 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

### Important Points

- Don't lift like a body-builder, 3 sets of 10 is dangerous and generally weak in benefit
- Changing lift sets and rep counts is important!
- Power generation, e.g. jumping or throwing is one of the greatest muscle growth activities

### Key & Vocab

- *Failure*: performing an exercise to complete exhaustion while maintaining perfect form. When your form breaks, you have failed

### Leg Lift Notes

- 20 in a row, above 90 degrees with legs straight. Place left leg over right to emphasis symmetry!

## Present Nutrition Plan

Goal: transition to target plan incrementally, and as quickly as possible!

Important Phase Point: The scale doesn't matter, adherence to plan does. Weigh yourself every two weeks now.

### Breakfast [6 am]

- Honey Bunches of Oats (2 cups)
- Milk (1.5 cups)
- Greek Yogurt (1 cup)
- Granola (1/3 cup)
- (1) Scoop Protein

### Workout [8 am]

- 3 Scoops Protein Powder
- 1 Scoop Aminos
- 26 oz. Almond Milk
- \*Half before & half after workout

### Snack [10 am]

- Mass Builder Shake
  - GNC Mass Gainer Complex (4 scoops)
  - Almond Milk

### Lunch [11 am]

- (11 am) Turkey Sandwich
- (12 pm) Meal Replacement Shake
  - 2 Scoops, GNC Total Lean
  - 28 oz. Almond Milk
- (1 pm) Turkey Sandwich

### Snacks [2 pm]

- (2 pm) 32 oz. Nutri-bullet Juicer
  - Apple
  - Banana
  - Blackberries
  - Kale
  - Rolled Oats
  - Cashews
  - Almond Milk
- (3 pm) Nutrigrain bar

### Dinner (8pm)

- Whatever Mom's cooking, typically chicken, bread & cooked veggies!

## Target Nutrition Plan

Transition here incrementally, first step is tuna sandwiches for lunch!

\*1 gallon of water/day

### **BREAKFAST**

*(Immediately upon waking)*

1 scoop protein powder

1 apple/banana/orange (pick one)

### **BREAKFAST 2**

(30-60min after first meal)

4 whole eggs

1 slice low fat cheese

2 pieces Peanut Butter Toast

### **SNACK 1**

1 Clif Bar or Protein Bar

2 Stringed Cheeses

### **LUNCH**

1 multivitamin

1 can Tuna

1 tbsp light mayonnaise

2 slices bread

(make sandwich)

### **PREWORKOUT**

One Large Fruit

### **POST-WORKOUT**

2 Scoops Protein Powder

5g Creatine

### **DINNER**

7oz. Meat Protein (see food list)

1 Avocado

1c. Steamed Broccoli

## Caitlin's Plan Guidance Notes

REINA, PHASE 2, 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.

### Longer Term Opens

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

## Past Stages and Goals

Stage (1/16 – 1/17): Weight Loss

Lost about 30 lbs (210 -> 177), with the end target the whole time of 177 lbs or 13% BF, whichever came first ;)

Goal (start: 1/16, hit: 1/17)

Do One Pull-up