

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

- 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
 - 120 min training / motion (e.g. lifts)
 - 130 min exercise / cardio & fitness (e.g. running)
 - 130 min recreation activity (e.g. walk the lake)
- 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.
 - Especially in Protein/Carb/Fat distribution. Healthy Fats are a strong replacement for Carbs
 - 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

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)

Routine Plan

Justin will pursue the 3-day lift with 1-day rest until habit and routine is established, at which point he will revisit with Robb to proceed further.

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 break
End	Soft Target (2 months)		per set

Day 1 Chest (9)

Bench Press	(Barbell 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	(Cable Fly Seated)
Overhead Press	(Barbell Shoulder Press)
Cable Crunch	(Cable Crunch)

Day 2 Lower (9)

Leg Press	(Selectorized Leg Press)
Leg Curl	(Selectorized Leg Curl)
Crunches	(Abdominal Crunches)
Hip Adduction	(Selectorized Adduction)
Hip Abduction	(Selectorized Abduction)
Stair Raise & Balance	(Stair Bodyweight Calf Raise)
Calf Raise	(Standing, Single Leg Dumbbell Calf Raise)
Cable Baseball Swing	(Cable Baseball Swing)
Step-Up	(Stairs Dumbbell Step-Up)

Day 3 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)
Reverse Flys	(Machine Reverse Fly)
Shoulder Press	(Selectorized Shoulder Press)
Shrug	(Dumbbell Shrug)