

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: 11/09/16

Complete: 11/09/17

Weight	BF %	Muscle	Body Fat	Stage
186.6	16.4	156.0	30.6	Start
196.6	15.6	166.0	30.6	Grow
176.6	8.3	162.0	14.6	Loss
180.4	8.0	166.0	14.4	Grow

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]