

Gym: Emerald City, Monroe, WA

(11/30/16)

Trainer: Caitlyn

## 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 (11/27): | 181.6 lbs (15.4%) | 153.6 lbs / 28.0 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

(lunch replace) – 2 Scoops w/Almond Milk

Aminos (after workout) – 1 Scoop

Water (daily) – 70 oz.

## 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 Caitlyn to proceed further.

## Fitness History

|              |  |
|--------------|--|
| <b>Prev:</b> | 5-6 days/wk lifting<br>5-6 days/wk treadmill<br>2-4 days/wk basketball (1hr)                                       |
| <b>Now:</b>  | 2-4 days/wk treadmill (5mph max)   |
| <b>Goal:</b> | 4-6 days/wk lifting (45m target)<br>4-6 days/wk treadmill (10m warm-up, 30m post-workout) (8mph max, 7mph 10m min) |

## Starting Plan – Establishing Routine

|              |                         |              |                                       |
|--------------|-------------------------|--------------|---------------------------------------|
| <b>Plan</b>  | 3 Days On, One Day Rest | <b>Goal</b>  | Establish habit, establish routine    |
| <b>Start</b> | 11/15/2016              | <b>Style</b> | Super-sets of three -lifts, 1 min bre |
| <b>End</b>   | 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)                     |
| 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) |

# Fitness Log

**Date** 11/27 (Sun, Lower)

- Run (10m)

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- Leg Press (8/10/12)

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- Lunge (15/15/15)

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- Individual Leg Curls (12/8/12)

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- Weighted Crunches (15/15/15)

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- Hip Adduction (10/15/15)

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- Hip Abduction (10/12/15)

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- Individual Leg Extension (15/15/15)

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- Stair Calf Raise (12/12/12)

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- Dumbbell Calf Raise (15/12/15)

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- Bike (20m)

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**Date** 11/29 (Tues, Chest)

- Run (10m)

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- Barrbell Bench (10/10/8)

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- Machine Row (10/10/10)

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- Dumbbell Raise (10/10/10)

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- Incline Press (8/10/9)

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- Lat Pulldown (8/8/8)

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- Assisted Chinups (10/10)

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- Machine Flys (8/10/10)

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# 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