

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

(1/10/17)

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 (1/8):	178.4 lbs (14.6%)	152.4 lbs / 26.0 lbs	(+13) / (-12)
Goal:	180.0 lbs (8.0%)	165.6 lbs / 14.4 lbs	
		<b>+10 lbs / -16 lbs</b>	

## Present Phase – Beginning Growth

Resumption of lifting for both fitness and for strength, as a lifestyle. This phase does not have traditional or quantified goals it is simple 'Resumption' and if successful such goals will then be possible.

### Phase Goals

- Resume training sessions with Caitlin (target: every two weeks)
- Planned diet for strength training & growth, followed (target: 2,400 calories/day)
- Personal development of lifting plan & fitness schedule (target: 5-7 days/wk, 4 lift days)

### Schedule

- Starts now
- Target Duration – 1 month
- Target Activity – 5-7 days per week
- Target Lifting – 4-5 sessions in plan

## Routine Plan

Justin will revise and complete the X day listed plan in this document with Caitlin, and then begin. Each session is targeted at 60-90 minutes of strength training, with 25-30 minutes of cardio pre&post. Cardio days are omitted at this point, and stretching is optional (and recommended) but not part of the routine yet.

Each session will include the following cardio:

- Pre: 10-15 minutes of treadmill running
- Post: 15 minutes elliptical

## Supplemental Nutrients Plan

- Protein (after workout) – 2 Scoops w/Almond Milk
- Aminos (after workout) – 1 Scoop
- Fruit Shake (lunch replace pt. 1) - 28 oz.
- GNC Meal (lunch replace pt. 2) – 3 Scoops w/Almond Milk
- Water (daily) – 10 bottles daily (carried alongside)

## Plan Components

Primary Target - Activity Groupings

Secondary Target - Items of Physical Need (e.g. flexibility & range of motion)

Tertiary Target - Muscular Groups

## Plan Schedule

6-7 days/wk

60-90 min activity sessions

10min pre & 15min post

cardio

### Activity Groupings

Flexion

Contraction

Extension

Explosion

Combination

Core

### Items of Physical Need

Balance

Flexibility

Range of

Motion

Strength Through Range of Motion

### Muscular Groups

Chest

Abdomen

Back

Arms

Legs

Shoulders

## Day 1

- Extension & Explosion, Flexibility
- Triceps & Shoulders, Lower Back

## Day 2

- Flexion & Contraction, Stability
- Chest, Lats, Abs, Biceps & Forearms

## Day 3

- Combination Activities, Balance
- Back, Legs, Torso

## Day 4

- Core & Lower Body, Range of Motion
- Abs, Legs

## Day 1

Extension & Explosion, Flexibility

Triceps & Shoulders, Lower Back

### Triceps

Machine Tricep Extension

Cable Tricep Extensions

Dips (type?)

### Shoulders

Dumbbell Shoulder Press

Dumbbell Incline Press

Bent Over Dumbbell Rear Delt Raise

### Lower Back

Seated Back Extension

Good Mornings (mix rehab/strength)

## Day 2

Flexion & Contraction, Stability  
Chest, Lats, Abs, Biceps & Forearms

### Chest

Dumbbell Flat Bench  
Dumbbell Squeeze Press  
Barbell Incline Press

### Lats

Seated One-Arm Cable Rows  
Pull-Up

### Abs

Ab Crunch Machine

### Biceps

Preacher Curl 21's  
Curls

### Forearms

Cable Wrist Curl

### Stability

Bosu Squats  
Rope Pull

### Day 3

Combination Activities, Balance

Back, Legs, Torso

Back

Barbell Rear Delt Row (Traps, Shoulders, Biceps)

Legs

Barbell Squats (rehab primary!)

Torso

Plank to Pushup

Combo

Farmer's Carries

## Day 4

Core, Range of Motion

Abs, Legs

Abs

Machine Crunches

Planks

Crunch w/Hold

Bicycle Crunch

Legs

Step-Back Lunges

Individual Hamstring Curls

Individual Leg Curls