

Gym: Emerald City Athletics, Everett
Trainer: Calum

(11/7/20)

Fitness Plan

Form 5 days/week lift & cardio, daily fitness if possible

Target Establish motion & begin routine, grow strength

Idea 7-days a week, off days are cardio w/gap lifts interspersed (15m/set/...)

Flow 60min lift, 15-30min cardio

Sched Mon Full Body

Tues Legs

Thurs Upper Body

Fri Full Body

Sat Isolation Focus, legs/abs/etc. – “Fun day”

@plan Supersets where applicable, follow form from Calum

Monday – Full Body

1. Deadlift
2. Bar Military Press
3. Burpee / Face Pulls / Kettlebell swings x
4. Kettlebell Squat / Kettlebell Lunge x

Tuesday - Rest

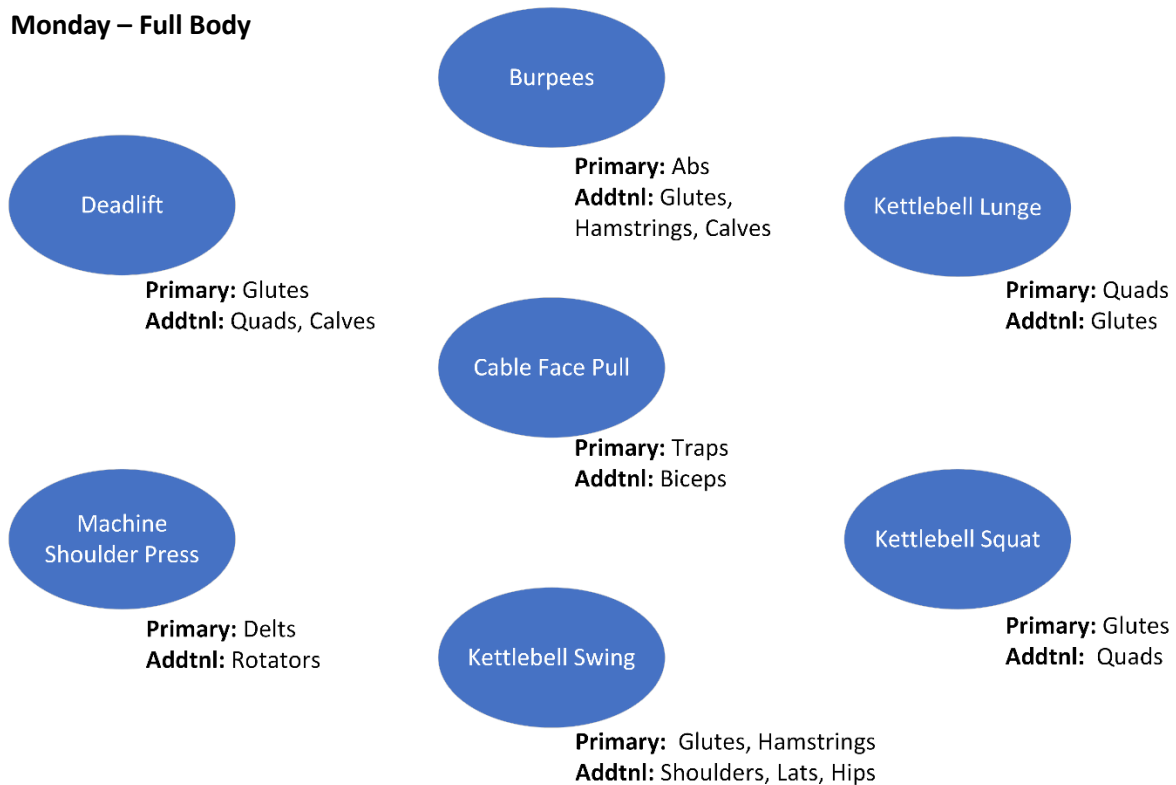
1. Or cardio (45min targ) w/10min Bosu session x

Wednesday – Legs

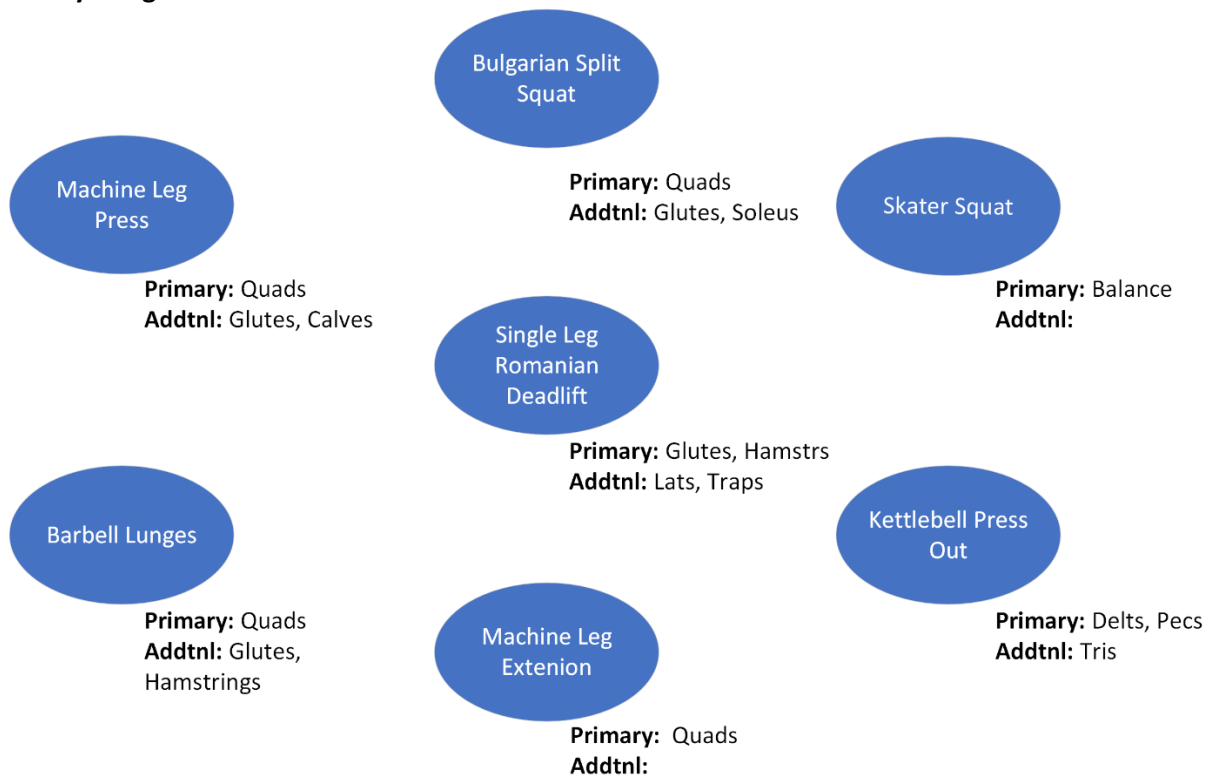
1. Machine Leg Press x
2. BB Lunge x
3. Bulgarian Split Squat / Single Leg Romanian Deadlift x
4. Machine Leg Extension x
5. Skater Squat x
6. Kettlebell Press Out x

Muscle Summary:

Monday – Full Body



Tuesday – Legs



Thursday – Upper Body

Deadlift

Primary: Glutes
Addtnl: Quads, Calves

Burpees

Primary: Abs
Addtnl: Glutes,
Hamstrings, Calves

Kettlebell Lunge

Primary: Quads
Addtnl: Glutes

Cable Face Pull

Primary: Traps
Addtnl: Biceps

Machine
Shoulder Press

Primary: Delts
Addtnl: Rotators

Kettlebell Squat

Primary: Glutes
Addtnl: Quads

Kettlebell Swing

Primary: Glutes, Hamstrings
Addtnl: Shoulders, Lats, Hips

Friday – Full Body

Machine Leg
Press

Primary: Quads
Addtnl: Glutes, Calves

Bulgarian Split
Squat

Primary: Quads
Addtnl: Glutes, Soleus

Skater Squat

Primary: Balance
Addtnl:

Single Leg
Romanian
Deadlift

Primary: Glutes, Hamstrs
Addtnl: Lats, Traps

Barbell Lunges

Primary: Quads
Addtnl: Glutes,
Hamstrings

Kettlebell Press
Out

Primary: Delts, Pecs
Addtnl: Tris

Machine Leg
Extension

Primary: Quads
Addtnl:

Saturday – Isolation



Primary: Glutes
Addtnl: Quads, Calves



Primary: Abs
Addtnl: Glutes, Hamstrings, Calves



Primary: Quads
Addtnl: Glutes



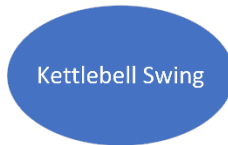
Primary: Traps
Addtnl: Biceps



Primary: Delts
Addtnl: Rotators



Primary: Glutes
Addtnl: Quads



Primary: Glutes, Hamstrings
Addtnl: Shoulders, Lats, Hips

Wednesday – Torso Supplement:

Side-Bend-Thing (12) + Decline Weighted Crunch (12)

15m cardio / 1 set / 15m cardio / 1 set / 15m cardio / 1 set / 15m cardio

Sunday – Shoulder Supplement:

Shrugs (12) + Farmers Carry (12)

15m cardio / 1 set / 15m cardio / 1 set / 15m cardio / 1 set / 15m cardio

Thursday – Upper Body

- | | |
|--|---|
| 1. Machine Chest Press | |
| 2. Renegade Row | x |
| 3. Dumbbell Biceps Curl | x |
| 4. Cable Triceps Pushdown / Kettlebell Incline Fly / Machine Lat Raise | x |
| 5. Bosu Russian Twist | x |

Friday – Full Body (Torso & Back, Balance Focus)

- | | |
|------------------------------------|---|
| • Clean & Jerk / Side Plank Row | x |
| • Dips / Crab Walk / Wall Ball | x |
| • Raised Knee Pullups ¹ | x |
| • DB Lunge to Press | x |

Saturday - Isolation

- | | |
|--|---|
| • Weighted Situp / Calf Raise | x |
| • Machine Leg Extension / Recovery Exercise / Back Raise | x |
| • Nordic Hamstring Curl / Dumbbell Bicep Kickback | x |

Sunday - Rest

- | | |
|--|---|
| 1. Or cardio (45min targ) w/10min Bosu session | x |
|--|---|

Bosu Sessions: ([ref](#))

- Mountain Climbers
- Forearm Plank With Reach
- Plank Jack
- Sit Up
- Side Plank
- Glute Bridge
- Single Leg Glute Bridge
- Pushup
- Shoulder Taps
- Burpee
- Chest Press
- Boat Pose
- Split Squat
- Side Squat

Ideas:

- Pike Roll-Out?
- Lying Dumbbell Hamstring Curls
- Weighted Sit Ups
- Swiss Ball Squat
- Towel Pull-Ups
- Planks
- Inverted Bar Rows
- Incline Reverse Crunch

Recovery Exercises:

- Incline Treadmill – Reverse Walk
- Treadmill – Knee Drops
- Treadmill – Crawls
- ...

Notes:

1. Start with basic pullups until established

Reference:

1. [7 Moves You Should Avoid in Your Arm Workouts](#) - Muscle & Fitness