

**Gym:** AnyTime Fitness, Snohomish, WA ([web](#))

(5/21/17)

**Trainer:** Justin!

## Fitness Plan

<b>Prev (2014):</b>	183.0 lbs (10%)	164.7 lbs / 18.3 lbs	
<hr/>			
<b>Start (*):</b>	? (?)	? / ?	
<b>Today (5/20):</b>	188 (16.9%)	? / ?	(+?) / (+?)
<b>Phase Goal:</b>	? (?)	? / ?	(+?) / (+?)
<b>-0 lbs / -6 lbs</b>			

## Present Phase – Trim to Grow

My plan developed with Caitlin has worked, my form and structure is back! That is the good news, but it has come with a little extra, my body fat is present. At a completely acceptable level in normal circumstances, but distracting and discouraging for me in my current state, and a large distraction for me on my return to work.

The current phase is to mitigate this, trimming the fat down and in the proper way. Opportunities to learn how this works, practice in getting it to work and gaining confidence along the way.

### Phase Goals

- Body Fat – 12% (first checkpoint is 14%, re-assess goals once achieved)
- Routine – 6-7 days per week

### Targets

- Respect, Confidence

### Schedule

- 14 days On (4-day routine plan)
- 1 day Off (rest) (soft target)

## Routine Plan

Each session will include the following:

- Pre:
  - 30m Treadmill (6.2 mph target)
- Post:
  - 15m Stairs (90 spm target)
  - Stretching (see section in doc, each day has a target set)

## Supplemental Nutrients Plan

- Protein (pre/post workout) – 3 Scoops w/Whole Milk [Nitro Tech Whey Gold]
- Aminos (pre/post workout) – 3mg Glutamine (pre), 3mg Glutamine (post)
- Water (daily) – 10 bottles daily (carried alongside, at gym, in car and at office)
- Vitamins (daily) – Centrum, Magnesium, Potassium, Vitamin D, Fish Oil, Glucosamine Vitamin B6/B12

## Phase Description

The key is to maximally align and prepare your bodies' condition, diet and activities for it to burn fat, while maintaining muscle. Losing fat is not losing weight, this is key!

### Key Points

- Lift with correct quantities and target
  - Maintain strength levels, this signals your body to maintain the muscle!
  - Decrease or moderate weight training volume, don't get ambitious
- Nutrition is key now
  - A key is protein intake, eat enough!
- Avoid excessive amounts of cardio
  - Treadmill is not to burn out
  - Keep Heart Rate around 160bpm, max
  - Justin wants a little treadmill, simply for rehab

This plan will be enacted 6-7 days per week, with 1.5hrs of floor time per session. This will operate on a 4-day routine and avoids strength training, focusing of muscular maintenance and fat loss. Each session will go as follows:

- 30 min treadmill (moderate intensity)
- 45 min weight training (moderate intensity)
- 15 min stairs (moderate intensity)

Each day will target a muscle group, with a specific torso emphasis and target 4 primary lifts, 2 torso lifts, with each at 3 sets<sup>1</sup>.

## Training Plan – Trim

**Plan** 4 day routine, rest every 7-14 days  
**Start** 5/5/2017  
**Pre** 30 min moderate cardio

**Goal** Trim  
**Style** Super-sets of two-lifts  
**Post** 15 min of stairs

Day 1	Back & Bi's
Wide Grip Lat Pulldown	10/12/12
Dumbbell Curls	10/10/10
Reverse Flys	12/12/8
Assisted Pull-ups	12/12/99
Decline Weighted Sit-ups	20/20/20
Russian Twists w/Medicine Ball	20/20/20
[Cardio] Treadmill + Stairs	

Day 3	Legs
Plate Loaded Leg Press	10/12/12
Dumbbell Lunges	16/16/16
Smith Squat	10/10/10
Leg Curls	10/10/12
Decline Weighted Sit-ups	20/20/20
Bosu Leg Raises	15/15/15
[Cardio] Treadmill + Stairs	

Day 2	Chest & Tri's
Dumbbell Bench Press	10/10/10
Assisted Dips	15/20/20
Dumbbell Flys	8/10/10
Medicine Ball Push-ups	15/15/15
Machine Weighted Crunches	20/20/99
Bosu Leg Raises	20/20/99
[Cardio] Row + Stairs	

Day 4	Shoulders & Traps
Dumbbell Shoulder Press	10/10/10
Lateral Raise	12/10/10
Cable Shrugs	12/12/12
Deltoid Raise	10/12/12
Bosu Weighted Crunches	20/20/20
Burpee's	10/10/10
[Cardio] Row+ Stairs	

### Lifting Tempo & Style

- Focus is on balance and tempo with control through the entire motion
- Pace emphasizes cardiovascular efforts, but with control and away from exhaustion or burn

### Pre-Workout Routine

- 30 minutes moderate cardio – Treadmill or Row

### Post-Workout Routine

- 15 minutes stairs
- Stretching (follow daily routine, listed below)

### Side Goals

- Visible abdomen (six-pack!)
- Two-Mile run in 14 min (7min mile)
- Torso fitness & aesthetic

## Stretching – Daily Routine & Plan <Open>

The best stretching occurs on days exercising the antagonist or opposing muscles, e.g. stretch your quads on the days you lift hamstrings. It is important to stretch at the correct times, incorrect timing can actually cause more damage than benefit.

With this in mind we will pair D1/D2 and D3/D4, stretching the opposite on a given lift day (e.g. stretch D2 items on D1 lifting).

- Chest & Tri's paired with Back & Bi's
- Shoulders paired with Legs

Each stretch will be held for one of the following holds, selected during the routine. The selected order will not be maintained, but is suggested as listed.

- 4 breaths per hold, 4 holds
- 10-30 seconds, 3-4 holds

On the rest day, which occurs about once per lift cycle all stretches will occur, if possible.

### Stretch 1 (on Day 2) - ?

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- 
- 

### Stretch 2 (on Day 1) – ?

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### Stretch 3 (on Day 4) - ?

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- 
- 

### Stretch 4 (on Day 3) - ?

- 
- 
- 

## Stretching Equipment at AnyTime Fitness

- Roll Bar
- Ribbed Roll Bar
- Roll Wheel
- Bosu Ball
- Big Ball
- Elastic Bands, Multiple Sizes
- Stretch Cables w/Handles

### Plan Goals

- Short-term: (primary: drop body fat) (secondary: balance & control)
- Long-term: (primary: fitness) (secondary: shape, strength)

### Central Lift Style Points

- Always squeeze the shit on grips **during** a lift. Grip strength & muscle activation bloom here!
- Always squeeze on **entry** into a lift and on **exit**. Muscle engagement and activation grow here

### Important Points

- Your body style is Mesomorph, train with alignment for this
- You should feel **full** when you go into lifting!
- Don't lift like a body-builder, 3 sets of 10 is dangerous and generally weak in benefit
- Changing lift sets and rep counts is important!
- Power generation, e.g. jumping or throwing is one of the greatest muscle growth activities

### Key & Vocab

- *Failure*: performing an exercise to complete exhaustion while maintaining perfect form. When your form breaks, you have failed

### Leg Lift Notes

- 20 in a row, above 90 degrees with legs straight. Place left leg over right to emphasis symmetry!

## Nutrition Plan

### Breakfast [6 am]

- (2) Hard-boiled Eggs
- Bowl of Special-K Red Berry Cereal (9oz milk, 2 cups cereal)

### Workout [7 am]

- Glutamine (3mg)

### Post-Workout [8 am]

- 12 oz. water

### Snack [10:30 am]

- 12 oz. Juicer

### Lunch [11 am]

- Turkey Sandwich
- Protein Shake (12oz milk, 2 scoops)

### Dinner (8pm)

- Vegetables (1 cup)
- Meat (Chicken, 6 oz.)
- Bread (1 slice)

	Total	Target	Standard
Calories	2352	2200	2000
Calories from Fat	797	-	-
Total Fat [g]	89	65	65
Sat Fat [g]	26	20	20
Trans Fat [g]	1	-	-
Poly Fat[g]	18	-	-
Mono Fat [g]	26	-	-
Cholesterol [mg]	564	300	300
Sodium [mg]	3089	2400	2400
Potassium [mg]	3472	3500	3500
Total Carbs [g]	260	300	300
Dietary Fiber pg[	38	25	25
Sugars [g]	100	-	-
Protein [g]	143	150	50
Vitamin A [%]	227.0	100	100
Vitamin C [%]	356.0	100	100
Calcium [%]	124.5	100	100
Iron [%]	289.9	100	100
Vitamin D [%]	565.8	100	100
Vitamin E [%]	167.1	100	100
Vitamin K [%]	185.4	100	100
Thiamine [%]	347.4	100	100
Riboflavin [%]	305.9	100	100
Niacin [%]	291.5	100	100
Vitamin B6 [%]	345.3	100	100
Folate [%]	60.2	100	100
Vitamin B12 [%]	269.2	100	100
Biotin [%]	49.1	100	100
Panthothenate [%]	138.4	100	100
Phosphorous [%]	113.5	100	100
Iodine [%]	100.0	100	100
Magnesium [%]	174.2	100	100
Selenium [%]	280.6	100	100

## **Appendix A - Past Stages and Goals**

Stage (1/17 – 4/17): Returning to Growth

Gained 7 lbs muscle

Stage (1/16 – 1/17): Weight Loss

Lost about 30 lbs (210 -> 177), with the end target the whole time of 177 lbs or 13% BF, whichever came first ;)

Goal (start: 1/16, hit: 1/17)

Do One Pull-up

## Appendix B – TDEE, Total Daily Expenditure Estimate

How much energy your body expends in a day, in caloric expression. Stated simply, the calories your body needs in a given day.

<u>TDEE Factors</u>	<u>TDEE Components</u>	<u>TDEE Effects</u>
<ul style="list-style-type: none"><li>• Body Physique</li><li>• Level of Physical Activity</li><li>• Dietary Intake</li><li>• Genetics</li></ul>	<ul style="list-style-type: none"><li>• (80%) Basal Metabolic Rate<ul style="list-style-type: none"><li>◦ Resting (core body components, like lungs &amp; liver) (70%)</li><li>◦ Thermo-genesis, the thermic effect of food (10%)</li></ul></li><li>• (20%) Activity Energy Expenditure (wide range)</li></ul>	<ul style="list-style-type: none"><li>• Height: Up</li><li>• Weight: Up</li><li>• Age: Down</li></ul>

There are plenty of online calculators and you should use this tooling to establish your state, in different levels (normal, weight-loss, muscle gain).

Justin Calcs (12/23/16, 5'11", 180 lbs., Heavy Exercise 6-7 days/wk, 90 min exercise/day)

[SailRabbit](#) (2133 calories per day - for losing 1lb per week)

[MuscleForLife](#) (2715 calories per day – TDEE base)

[TDEECalculator](#) (3067 calories per day – TDEE base)

[MyTDEE](#) (2578 calories per day - recommended), (1934 calories per day - reckless)

[Fitness Frog](#) (3217 calories per day – TDEE base)

My Personal Conclusion (for current 7 days/wk lifting plan)

(3200 calories per day – moderate weight gain (1.0 lbs / month muscle)

(1900 calories per day - short-term reckless weight loss (1.5 months max)

(2200 calories per day - minimum weight loss general (no limits)

(3100 calories per day - general sustain level) (no limits)



## Appendix C – Losing Fat is not Losing Weight! ([How To Lose Fat Without Losing Muscle – Burn Fat, NOT Muscle](#))

People often say they want to lose weight, meaning they want to be in better shape, and to look better. This in essence means losing fat not weight, dropping the body fat percentage and increasing the muscle mass. This is not aligned with “weight” loss at all, which includes all of you (water, glycogen, muscle, fat, etc.). Well can you lose your muscle mass while only trying to lose body fat? Heck yes, but this takes focused, consistent effort and intent, and this takes time.

The primary and perhaps semi-apparent component then of fat loss is caloric deficit, consuming less than your body needs to perform its tasks for the day. It is important to note then, as described earlier, that simply minimizing this consumption is only the first step. See it turns out your body kind of doesn’t give a shit about what it burns to survive, it burns what is available, and what works given the current conditions and state. And here then is your key.

**Your key is to maximally align and prepare your bodies’ condition, diet and activities for it to then burn fat, while maintaining muscle.**

Here are some keys to this goal.

### 1. Eat enough Protein

- A sufficient daily protein intake is the single most important dietary requirement for maintaining muscle

### 2. Drink enough Water

- Hydration is central and it is primary to feeling full. This is key for success in your plan!

### 3. Maintain Strength/Intensity/Weight on The Bar

- the primary training stimulus required for maintaining muscle is maintaining your current levels of strength
- On a fat loss diet just maintaining your current levels of strength (aka intensity, aka the weight on the bar) is what now signals your body to maintain muscle
- If that signal goes away, your body’s need to keep your pretty muscle tissue around goes away right along with it
  - That’s why the insanely stupid myth of lifting heavier weights to build muscle but then lifting lighter weights (for higher reps) when you want to lose fat, get lean and get toned is the absolute WORST thing you could possibly believe when you’re trying to avoid losing muscle
  - In reality, you lift heavy weight to build muscle, and then lift that same heavy weight if you want to actually maintain that muscle
- Sure you can continue trying to get stronger and continue trying to make progressive overload happen while losing fat. It can and does happen (especially for beginners, who should still be progressing consistently even in a deficit)

### 4. Reduce Weight Training Volume and/or Frequency

- A caloric deficit is really an energy deficit, and while this is fantastic (and required) for losing any amount of body fat, it eliminates energy for the rest of your time and life
- If not reduced, this regimen can actually lead to strength loss (lifting a lot with insufficient energy available!)

### 5. Get Pre & Post Workout Nutrition Right... Still

- Pre and Post workout nutrition is centered on the maximization of effect in training and recovery from training periods, which is directly aligned with your weight loss plan's point of exercise - maximizing effect of this time spent!

### 6. Don’t Reduce Calories By TOO Much

- A moderate deficit of about 20% below maintenance level is what ends up being most ideal in most cases
- Reducing your calorie intake by TOO much will increase the potential for strength and muscle loss

### 7. Avoid Excessive Amounts of Cardio (Or Just Don’t Do ANY at All)