

Gym: Emerald City Athletics, Everett
Trainer: Calum

(10/27/20)

Fitness Plan

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

Idea Establish motion & begin routine, grow strength

Flow 45min lift, 30min cardio

Sched Mon Full Body

Wed Legs

Thurs Upper Body

Fri Full Body

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

@plan Supersets 7 lifts (2/3/2) @ 3x15 lifts, to start (drop if too long)

Monday – Full Body

1. Burpee / Lunges
2. Deadlift / Face Pulls / Kettlebell swings
3. Renegade Row / Weighted Step Ups
4. Kettlebell Squat / Overhead Press

Wednesday – Legs

1. Machine Leg Press / Bulgarian Split Squat
2. BB Lunge / Kettlebell Press Out / Skater Squat
3. Machine Leg Extensions / ~~Swiss Ball Wall Squat~~
4. Single Leg Romanian Deadlift / ~~Hip Flexor~~

Thursday – Upper Body

1. Machine Chest Press / Cable Triceps Pushdown
2. Renegade Row / Machine Lateral Raise / Bosu Russian Twist
3. Dumbbell Biceps Curl / Kettlebell Incline Fly

Friday

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Saturday

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Questions

1. Pike Roll Out for Full Body?

Ideas:

- Lying Dumbbell Hamstring Curls

Fitness Plan <LAST>

Targets	–	Self respect, balance & tune, partnership prep
Investment	–	1 hour floor time daily, 15-min pre/post
Timing	–	Starts the day, 7-8am tgt

Stages:

1. Daily Routine	Establish regimen	(Now)	12% / 1,800
2. Traditional	Gain Traction	(3 mo.)	10% / 2,100
3. HIT	Explore Ideas	(3 mo.)	8% / 2,400
4. Routine	Setup for success	(...)	7% / tbd

Components:

- Floor time w/Balance
- Diet
- Dental Plan in Motions

Rules:

- Meals are packed, no fast-food w/o invite
- One mocha per day
- Fitness starts the day, 7-8am @ Canyon Park LA Fitness
- Plan starts simple, diversity of cardio [S1]

Setting a Target:

- Self-respect (12% BFU)
- High-energy, one-hour daily floor time
- Pre/post stretching (10/5)
- Entry/Exit Cardio (5/5)
- Nutrient Shake
- 2,500 calorie target
- Sleep routine established (9:30pm, 7 hours average)