

Gym: Emerald City, Monroe, WA

(12/7/16)

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 (12/7):	180.6 lbs (15.3%)	153.0 lbs / 27.6 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

Aminos (after workout) – 1 Scoop

Vega One (lunch replace) – 2 Scoops w/Almond Milk

Water (daily) – 70 oz.

Routine Plan

Justin will follow the plan delivered by Caitlin on 12/7/16 until further notice, targeting 4 lift days and 1 cardio days per t days, with one day remaining for rest:

L / L / C / L / L / R

Training Plan 1.0

Plan 4 Days Lift, 1 Day Cardio, 1 Day Rest
Start 12/7/2016
Pre 10 min warm-up walk

Goal Get started with trainer's routine
Style Super-sets of two-lifts
Post 15 min Elliptical (15/15)

Day 1	Back/Biceps ()	
	Lateral Pulldown	4x15
	Seated Hammer Strength Rows	4x15 ea.
	*(Wide, Overhand, Narrow)	
	Close Grip Pulldown	4x12
	Seated Individual Single Arm Cable Rows	4x10
	Alternating Individual Dumbbell Bicep Curls	4x10
	Barbell Preacher Curls	4x12
	Individual Incline Dumbbell Curls	4x8

Day 2	Chest/Abs ()	
	Incline Dumbbell Press <i>(last set drop-set)</i>	4x12
	Flat Bench Dumbbell Press	4x10
	Cable Crossover Fly <i>(1s hold)</i>	4x15
	Machine Butterfly <i>(last set drop-set)</i>	4x10
	Ab Circuit	5
	Crunches	20
	Leg Lifts	20
	Plank	1 min
	Russian Twists	40
	Flutter Kicks	40

Day 3	Legs ()	Always use weak leg's strength
	Individual Single Leg Extension	3x12
	Individual Weighted Step-Ups	3x10
	Seated Hamstring Curls	4x15
	Individual Leg Hamstring Curls	3x8
	Lunges	3x16
	Single Leg No-Weight Calf Raise	3x12

Day 4	Shoulders/Triceps ()	
	Dumbbell Front Raise	4x10
	Lateral Raise	4xFail
	Seated Dumbbell Shoulder Press	4x8
	Cable Face Pulls	4x15
	Cable Rope Pushdowns	4x12
	Close-Grip Bench Push-Ups	4xFail
	Seated Dip Machine	4x15

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
- Rotate on entry and on exit from standing curls

Key

- **Drop-Set:** When you are done with your last set, immediately grab weights that are 5lbs. lighter (if using dumbbells) or drop the weight one plate (if using a machine or cables) and do as many reps as you can, when you no longer can perform the exercise without maintaining form, drop the weight an additional 5lbs./1 plate, and repeat the reps to failure
- **Failure:** performing an exercise to complete exhaustion, while maintaining perfect form. When your form breaks, you have failed.

Present Nutrition Plan

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Milk	12 oz
Lunch	vega one	2 Scoops
	Almond Milk	16 oz
Dinner	Peanut Butter Jelly Sandwich	1 Std
	Chips	Small Bag
	Banana	1 Large

	RB(2)	Mi(1.5)	VO	Am	Apple	Bar	PBJ	Ch	Ba	Total	Target	
Weight [g]	62	366	82	480	182	35	88	28	136			
Calories	220	183	320	60	95	140	327	120	121	1586	1500	Calories
Calories from Fat	0	64.5	100	50	3	35	151	30	4	437.5	-	
Total Fat [g]	0	7.5	12	5	0	4	18	3	0	49.5	48.75	Fat
Sat Fat [g]	0	4.5	1	0	0	0.5	3	0.5	0	9.5	11.25	
Trans Fat [g]	0	0	0	0	0	0	0	0	0	0	-	
Poly Fat[g]	0	0	6	1	0	0	0	1.5	0	8.5	-	
Mono Fat [g]	0	0	2	3	0	0	0	1	0	6	-	
Cholesterol [mg]	0	30	0	0	0	0	0	0	0	30	300	
Sodium [mg]	380	150	60	320	2	65	420	190	1	1588	2400	
Potassium [mg]	140	0	460	70	0	0	0	220	0	890	3500	
Total Carbs [g]	54	18	20	2	25	25	30	22	31	227	225	Carbs
Dietary Fiber pg[6	0	12	2	4	2	6	2	4	38	25	
Sugars [g]	18	18	2	0	19	7	6	3	17	90	-	
Protein [g]	4	12	40	2	0	3	15	2	1	79	50	Protein
Vitamin A [%]	20	13.5	180	20	2	0	0	2	2	240	100	
Vitamin C [%]	70	1.5	160	0	14	0	0	2	20	268	100	
Calcium [%]	0	43.5	40	90	1	0	7	0	1	183	100	
Iron [%]	90	0	50	4	1	2	11	0	2	160	100	
Vitamin D [%]	20	39	100	50	0	0	0	0	0	209	100	
Vitamin E [%]	0	0	100	40	0	0	0	0	0	140	100	
Vitamin K [%]	0	1.5	120	0	0	0	0	0	0	122	100	
Thiamine [%]	70	9	120	0	0	0	0	0	0	199	100	
Riboflavin [%]	70	40.5	100	8	0	0	0	0	0	219	100	
Niacin [%]	70	1.5	100	0	0	0	0	6	0	178	100	
Vitamin B6 [%]	70	7.5	100	0	0	0	0	0	0	178	100	
Folate [%]	0	4.5	100	0	0	0	0	0	0	105	100	
Vitamin B12 [%]	70	28.5	30	0	0	0	0	0	0	129	100	
Biotin [%]	0	0	100	0	0	0	0	0	0	100	100	
Panthothenate [%]	0	13.5	100	0	0	0	0	0	0	114	100	
Phosphorous [%]	0	34.5	60	0	0	0	0	0	0	95	100	
Iodine [%]	0	0	8	0	0	0	0	0	0	8	100	
Magnesium [%]	0	10.5	20	8	0	0	0	0	0	39	100	
Selenium [%]	0	13.5	4	0	0	0	0	0	0	18	100	
										(Multi-Vitamin)		

Configuration

Justin → Micros

Caitlin → Macros

Nutrition Plan Idea (Upcoming)

Meal	Item	Qty
Breakfast	Special K Red Berry	2 Scoops
	2% Milk	12 oz
Lunch	GNC Total Lean	2 Scoops
	Almond Milk	16 oz
	Apple	1 Large Apple
Dinner	Trail Mix Bar	1 bar
	Peanut Butter Jelly Sandwich	1 Std
	Chips	Small Bag
	Banana	1 Large

	RB(2)	Mi(1.5)	TL	Am	Apple	Bar	PBJ	Ch	Ba	Total	Target
Calories	220	183	180	60	95	140	327	120	121	1446	1500
Calories from Fat	0	64.5	20	50	3	35	151	30	4	357.5	-
Total Fat [g]	0	7.5	2	5	0	4	18	3	0	39.5	65
Sat Fat [g]	0	4.5	0.5	0	0	0.5	3	0.5	0	9	20
Trans Fat [g]	0	0	0	0	0	0	0	0	0	0	-
Poly Fat[g]	0	0	0	1	0	0	0	1.5	0	2.5	-
Mono Fat [g]	0	0	0	3	0	0	0	1	0	4	-
Cholesterol [mg]	0	30	5	0	0	0	0	0	0	35	300
Sodium [mg]	380	150	100	320	2	65	420	190	1	1628	2400
Potassium [mg]	140	0	150	70	0	0	0	220	0	580	3500
Total Carbs [g]	54	18	30	2	25	25	30	22	31	237	300
Dietary Fiber pg[6	0	8	2	4	2	6	2	4	34	25
Sugars [g]	18	18	4	0	19	7	6	3	17	92	-
Protein [g]	4	12	9	2	0	3	15	2	1	48	50
Vitamin A [%]	20	13.5	15	20	2	0	0	2	2	75	100
Vitamin C [%]	70	1.5	60	0	14	0	0	2	20	168	100
Calcium [%]	0	43.5	50	90	1	0	7	0	1	193	100
Iron [%]	90	0	20	4	1	2	11	0	2	130	100
Vitamin D [%]	20	39	0	50	0	0	0	0	0	109	100
Vitamin E [%]	0	0	20	40	0	0	0	0	0	60	100
Vitamin K [%]	0	1.5	0	0	0	0	0	0	0	2(+31%)	100
Thiamine [%]	70	9	20	0	0	0	0	0	0	99	100
Riboflavin [%]	70	40.5	20	8	0	0	0	0	0	139	100
Niacin [%]	70	1.5	20	0	0	0	0	6	0	98	100
Vitamin B6 [%]	70	7.5	20	0	0	0	0	0	0	98	100
Folate [%]	0	4.5	0	0	0	0	0	0	0	5	100
Vitamin B12 [%]	70	28.5	20	0	0	0	0	0	0	119	100
Biotin [%]	0	0	20	0	0	0	0	0	0	20(+10%)	100
Panθοthenate [%]	0	13.5	20	0	0	0	0	0	0	34	100
Phosphorous [%]	0	34.5	20	0	0	0	0	0	0	55	100
Iodine [%]	0	0	50	0	0	0	0	0	0	50	100
Magnesium [%]	0	10.5	20	8	0	0	0	0	0	39	100
Selenium [%]	0	13.5	20	0	0	0	0	0	0	34	100