

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

(1/19/17)

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	
		+10 lbs / -16 lbs	

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

Diet & Nutrition Plan

Have a Standard and a Quick set of plans, targeting Standard and leaning on Quick when busy. Both plans target 2,400 calories per day.

Standard (5 meals)

- Breakfast
 - 2 Cups Special K Red Berry
 - 12 oz. non-fat mil
- Lunch I
 - 28 oz. Juicer (full!)
- Snack
 - Granola Bar
- Lunch II
 - Turkey Sandwich
 - Chips
- Post-Workout Meal
 - Protein Shake (2 Scoops)
 - Amino Acids
 - Almond Milk
- Dinner
 - Side Dish (e.g. cottage cheese, yogurt)
 - Cooked Vegetables
 - Cooked Chicken

Quick (5 meals)

- Breakfast
 - 2 Cups Special K Red Berry
 - 12 oz. non-fat mil
- Lunch I
 - 28 oz. Juicer (full!)
- Snack
 - Granola Bar
- Lunch II
 - Meal Replacement Shake w/Almond Milk (3 Scoops, 28 oz.)
- Post-Workout Meal
 - Protein Shake (2 Scoops)
 - Amino Acids
 - Almond Milk
- Dinner
 - Yogurt
 - TV Dinner
 - Bread