

Gym: Emerald City Athletics, Everett
Trainer: Calum

(10/24/20)

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 Leg

Thurs Upper Body

Fri Full Body

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

@plan Supersets 8-9 @ 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

Ideas:

- Lying Dumbbell Hamstring Curls

Thursday

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Friday

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Saturday

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Questions

1. Pike Roll Out for Full Body?