**Gym:** Emerald City, Monroe, WA (12/21/16)

**Trainer:**  Caitlin

**Fitness Plan**

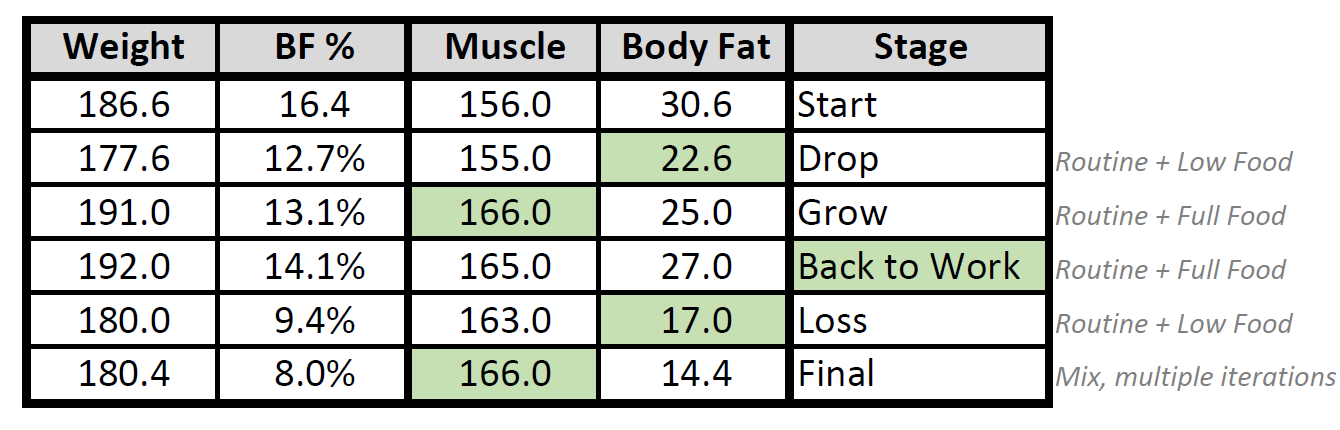
**Prev (2014):** 183.0 lbs (10%) 164.7 lbs / 18.3 lbs

**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

**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

**Note:**

Consider supplementing your diet with a Probiotic and an Amino Acid

* + 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

**Supplemental Nutrients Plan**

Protein (after workout) – 1 Scoops w/Almond Milk

Aminos (after workout) – 1 Scoop

GNC Meal (lunch replace) – 3 Scoops w/Almond Milk

Water (daily) – 10 bottles daily (carried alongside)

**Routine Plan**

Justin will follow the plan delivered by Caitlin on 12/7/16 until further notice, targeting lifting every day, with one break day every 8-12 lifting days. Cardio-only days are omitted currently. This yields 8-12 lifting, 1 rest day as follows:

4 lift days and 1 cardio days per t days, with one day remaining for rest:

**L** / **L** / **L** / **L** / **L** / **L** / **L** / **L** / **L** / **L** / **L** / **L** / **R**

**Training Plan 1.0**



**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**

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**Configuration**

Caitlin 🡪 Macros

Justin 🡪 Micros

**Notes**

(pre-gym) Protein Shake, (post-gym) Banana

Calories are 70% recommended, all other fields are at 100% of the 2,000 std. diet (ex - Fat, Carbs, Vit A)

Daily Vitamins included, including multi-vitamin

**TDEE – Total Daily Expenditure**

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

TDEE Factors

* Body Physique
* Level of Physical Activity
* Dietary Intake
* Genetics

TDEE Components

* (80%) Basal Metabolic Rate
  + Resting (core body components, like lungs & liver) (70%)
  + Thermo-genesis, the thermic effect of food (10%)
* (20%) Activity Energy Expenditure (wide range)

TDEE Effects

* Height: Up
* Weight: Up
* Age: Down

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 Calc (12/23/16, 5’11”, 180 lbs., Heavy Excersize 6-7 days/wk, 90 min excersize/day)

[SailRabbit](http://www.sailrabbit.com/bmr/) (2133 calories per day - for losing 1lb per week)

[MuscleForLife](https://www.muscleforlife.com/tdee-calculator/) (2715 calories per day)

[TDEECalculator](https://tdeecalculator.net/result.php?s=imperial&g=male&age=31&lbs=180&in=70&act=1.725&f=1) (3067 calories per day)

[MyTDEE](http://mytdee.com/#gender=male&yr=31&cm=177.8&kg=81.6&bfp=15&goal=lose&goal_kg=80.3&lose_speed=recommended&formula=bfp&units=imperial&exercise=very) (2578 calories per day - recommended), (1934 calories per day - reckless)

[Fitness Frog](http://www.fitnessfrog.com/calculators/tdee-calculator.html) (3217 calories per day)

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

(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)

note – current plan calls for 1750 per day given holiday season, but my calcs here state 1900 is min, even for short-term. But given my dietary outcomes of the holidays, there is always surprise foods & meals and I rarely hit my target meal plan, generally easily exceeding my 1750 target.