**Gym:** Emerald City, Monroe, WA

**Trainer:**  Robb Arnold

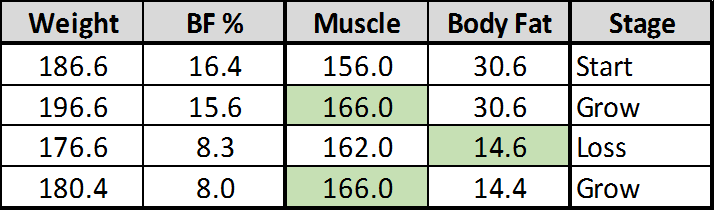
**Fitness Plan**

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

**Now:** 186.6 lbs (16.4%) 156.0 lbs / 30.6 lbs

**Goal:** 180.0 lbs (8.0%) 165.6 lbs / 14.4 lbs

**+10 lbs / -16 lbs**

**Time Target:** 1 year

Start: 11/09/16

Complete: 11/09/17

**Activity Keypoints**

* 300 minutes per week is traditional target
  + 1 hr/day for six days per week
  + Typical high-endurance routine is 4-5 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

**Fitness History**

**Prev:** 5-6 days/wk lifting

5-6 days/wk treadmill

2-4 days/wk basketball (1hr)

**Now:** 2-4 days/wk treadmill (5mph max)

**Goal:** 6 days/wk lifting (45m target, see plan below)

6 days/wk treadmill (10m warm-up, 30m post-workout) (8mph max, 7mph 10m min)

**Routine Plan**

This is Justin’s plan before training with Robb begins. Work with Robb is expected to change this starkly, and is quite eagerly awaited for learning.

* 2 days/wk Upper
* 2 days/wk Lower
* 2 days/wk Mixed

**Startup Plan – Thursday (11/10) & Friday (11/11)**

**Thursday** (Core, Arms) (10 lifts – 3x10 each)

1. Curls [Biceps]
2. Tricep Extensions [Triceps]
3. Lateral Raise [Shoulders]
4. Dumbbell Wrist Curl [Wrist]
5. Bench Press [Chest]
6. Military Press [Shoulders]
7. Upright Row [Shoulders]
8. Crunches [Abdomen]
9. Knee Raise [Abdomen]
10. Dumbbell Side Bend [Obliques]

**Friday** (Legs, Back) (10 lifts – 3x10 each)

1. Seated Row [Back]
2. Dumbbell Shrug [Traps]
3. Squat [Quads]
4. Seated Leg Curl [Hamstrings]
5. Thigh Abductor [Outer Thighs]
6. to-be-named [Back]
7. to-be-named [Back]
8. to-be-named [Back]
9. to-be-named [Leg]
10. to-be-named [Leg]