**Gym:** [Emerald City Athletics, Everett](https://emeraldcityathletics.com/clubs/everett/) (11/7/20)

**Trainer:**  Calum

**Fitness Plan**

Form 5 days/week lift & cardio, daily fitness if possible

Target Establish motion & begin routine, grow strength

Idea 7-days a week, off days are cardio w/gap lifts interspersed (15m/set/…)

Flow 60min lift, 15-30min cardio

Sched Mon Full Body

Tues Legs

Thurs Upper Body

Fri Full Body

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

@plan Supersets where applicable, follow form from Calum

**Monday – Full Body**

1. Deadlift
2. Bar Military Press
3. Burpee / Face Pulls / Kettlebell swings x
4. Kettlebell Squat / Kettlebell Lunge x

**IN PROG**

**Tuesday - Rest**

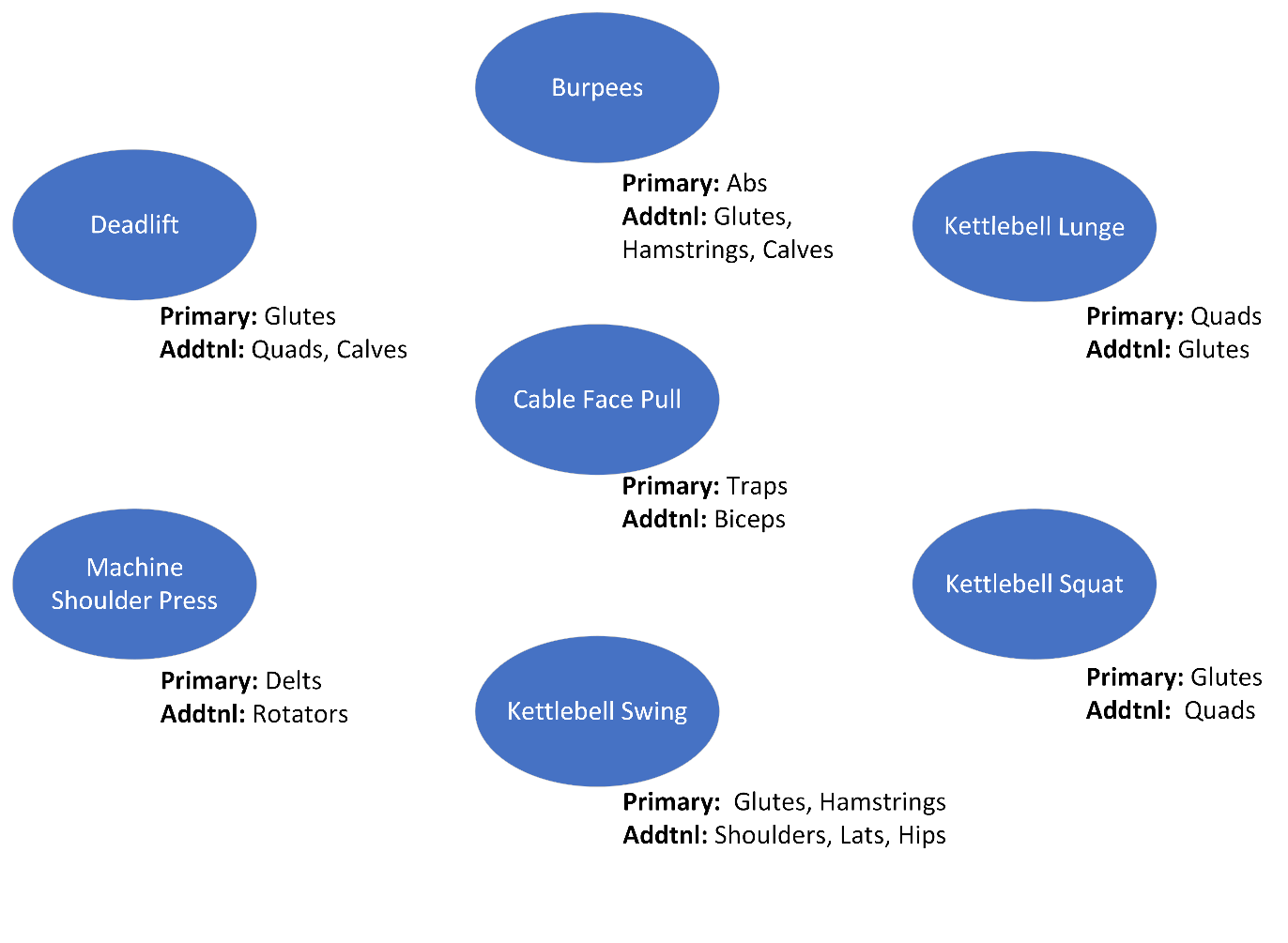
1. Or cardio (45min targ) w/10min Bosu session x

**Wednesday – Legs**

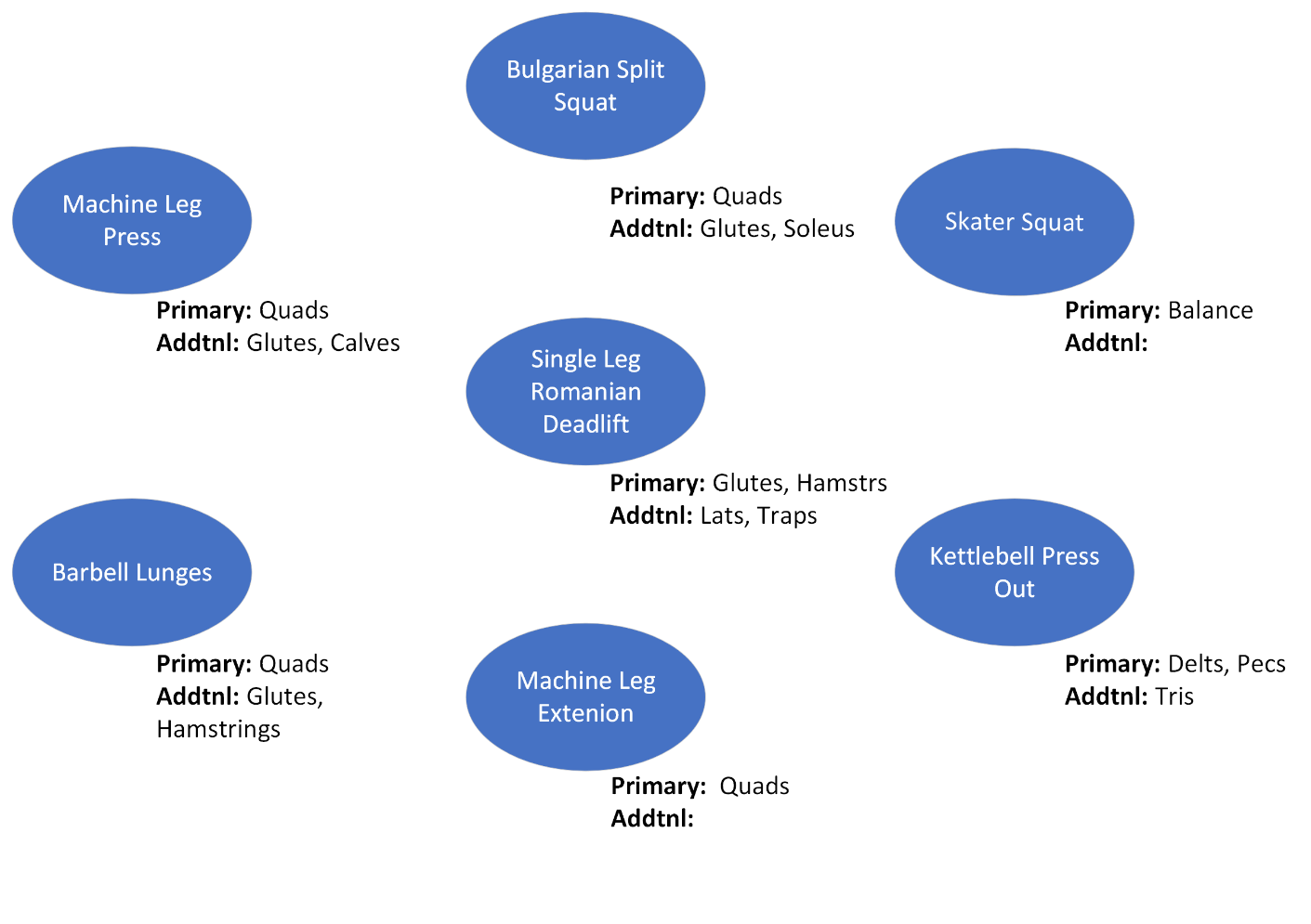
1. Machine Leg Press x
2. BB Lunge x
3. Bulgarian Split Squat / Single Leg Romanian Deadlift x
4. Machine Leg Extension x
5. Skater Squat x
6. Kettlebell Press Out x

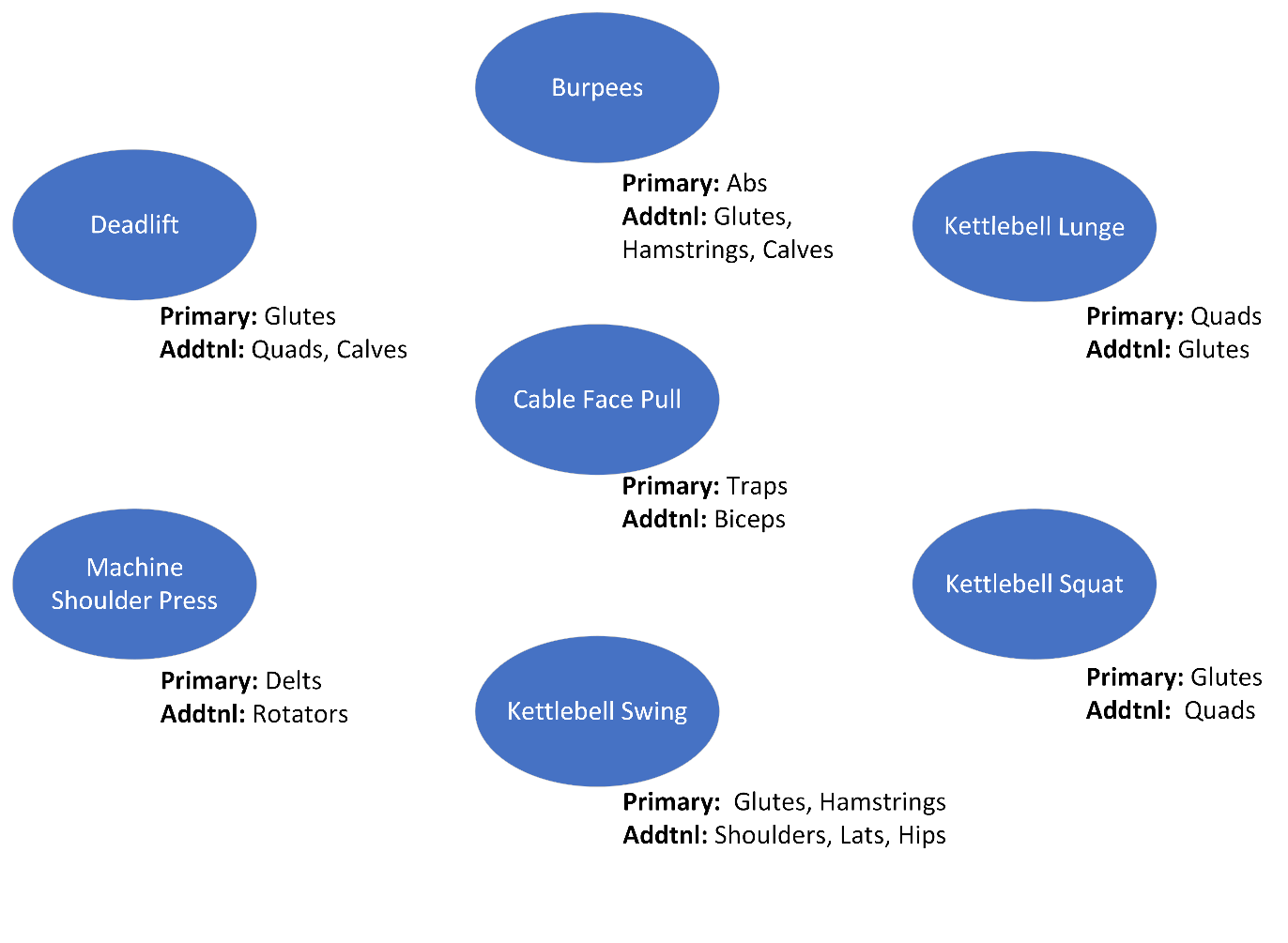
Muscle Summary:

**Monday – Full Body**

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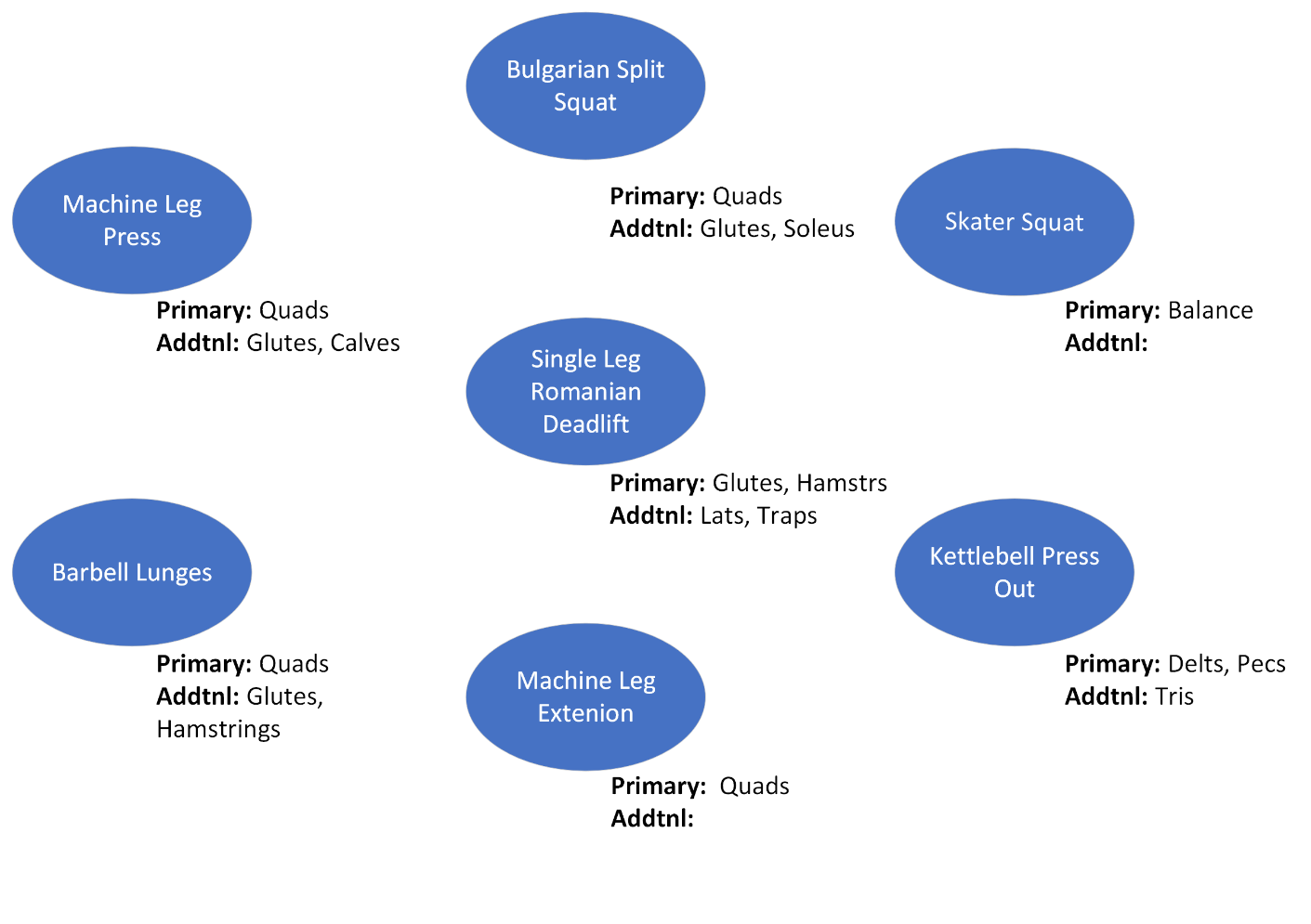
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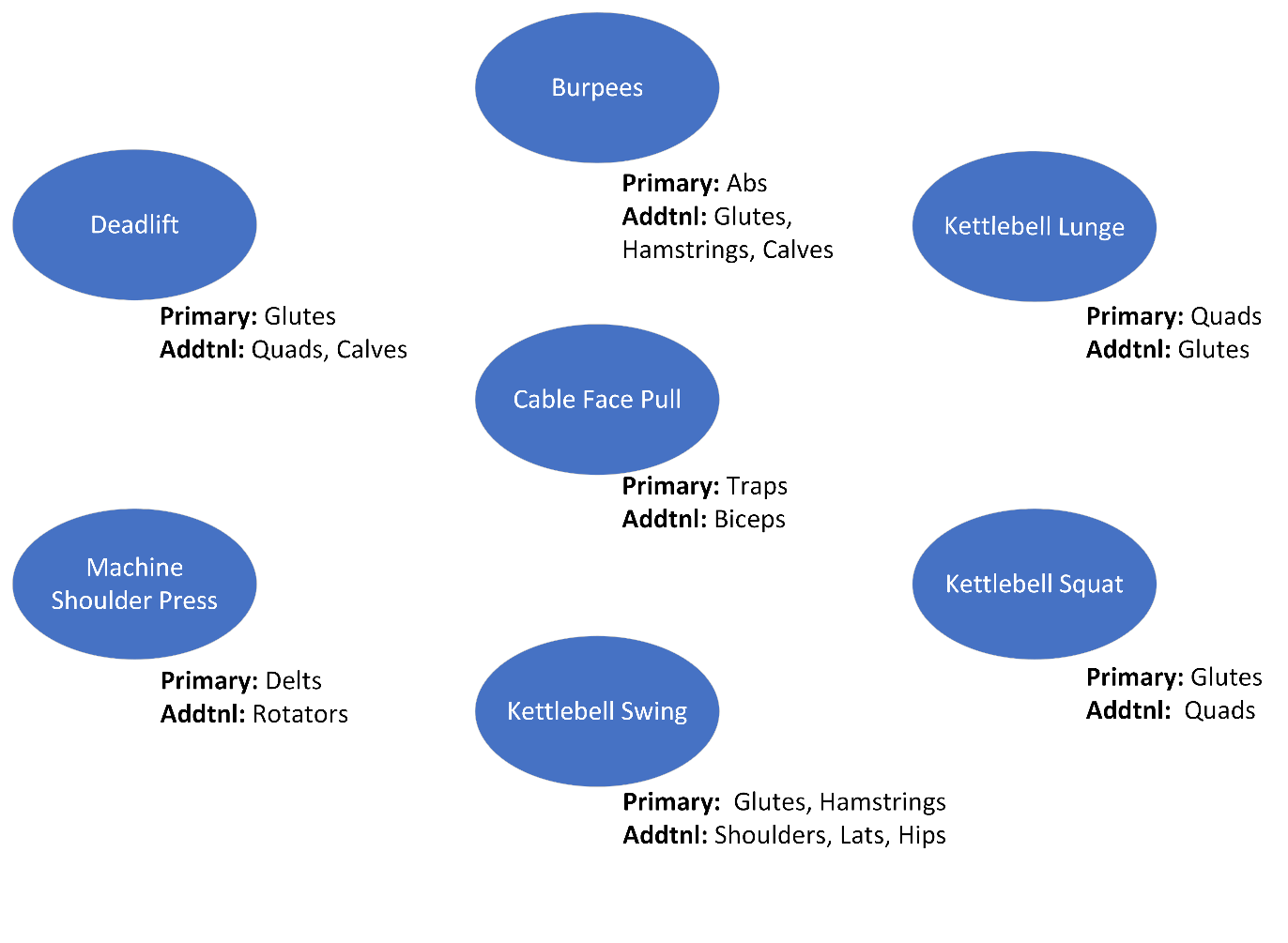
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**Friday – Full Body**

**Thursday – Upper Body**

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**Saturday – Isolation**

**Wednesday – Torso Supplement:**

Side-Bend-Thing (12) + Decline Weighted Crunch (12)

15m cardio / 1 set / 15m cardio / 1 set / 15m cardio / 1 set / 15m cardio

**Sunday – Shoulder Supplement:**

Shrugs (12) + Farmers Carry (12)

15m cardio / 1 set / 15m cardio / 1 set / 15m cardio / 1 set / 15m cardio

**Thursday – Upper Body**

1. Machine Chest Press
2. Renegade Row x
3. Dumbbell Biceps Curl x
4. Cable Triceps Pushdown / Kettlebell Incline Fly / Machine Lat Raise x
5. Bosu Russian Twist x

**Friday – Full Body** (Torso & Back, Balance Focus)

* Clean & Jerk / Side Plank Row x
* Dips / Crab Walk /Wall Ball x
* Raised Knee Pullups1 x
* DB Lunge to Press x

**Saturday - Isolation**

* Weighted Situp / Calf Raise x
* Machine Leg Extension / Recovery Exercise / Back Raise x
* Nordic Hamstring Curl / Dumbbell Bicep Kickback x

**Sunday - Rest**

1. Or cardio (45min targ) w/10min Bosu session x

**Bosu Sessions:** ([ref](https://www.womenshealthmag.com/fitness/g30875734/best-bosu-ball-exercises/))

* Mountain Climbers
* Forearm Plank With Reach
* Plank Jack
* Sit Up
* Side Plank
* Glute Bridge
* Single Leg Glute Bridge
* Pushup
* Shoulder Taps
* Burpee
* Chest Press
* Boat Pose
* Split Squat
* Side Squat

**Ideas**:

* Pike Roll-Out?
* Lying Dumbbell Hamstring Curls
* Weighted Sit Ups
* Swiss Ball Squat
* Towel Pull-Ups
* Planks
* Inverted Bar Rows
* Incline Reverse Crunch

**Recovery Exercises:**

* Incline Treadmill – Reverse Walk
* Treadmill – Knee Drops
* Treadmill – Crawls
* …

Notes:

1. Start with basic pullups until established

Reference:

1. [7 Moves You Should Avoid in Your Arm Workouts](https://www.muscleandfitness.com/workouts/arm-exercises/7-moves-you-should-avoid-your-arm-workouts/) - Muscle & Fitness