**Gym:** [Emerald City Athletics, Everett](https://emeraldcityathletics.com/clubs/everett/) (10/29/20)

**Trainer:**  Calum

**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 Legs

Thurs Upper Body

Fri Full Body

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

@plan Supersets 7 lifts (2/3/2) @ 3x15 lifts, to start (drop if too long)

**Monday – Full Body**

1. Burpee / BB Lunges x
2. Deadlift / Face Pulls / Kettlebell swings x
3. Kettlebell Squat / Overhead Press x

**Wednesday – Legs**

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

**Thursday – Upper Body**

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

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

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

**Saturday**

* …
* Includes one rotating “Recovery” Exercise

**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

**Fitness Plan <LAST>**

Targets – Self respect, balance & tune, partnership prep

Investment – 1 hour floor time daily, 15-min pre/post

Timing – Starts the day, 7-8am tgt

Stages:

* + 1. Daily Routine Establish regimen (Now) 12% / 1,800
    2. Traditional Gain Traction (3 mo.) 10% / 2,100
    3. HIT Explore Ideas (3 mo.) 8% / 2,400
    4. Routine Setup for success (…) 7% / tbd

Components:

* Floor time w/Balance
* Diet
* Dental Plan in Motions

Rules:

* Meals are packed, no fast-food w/o invite
* One mocha per day
* Fitness starts the day, 7-8am @ Canyon Park LA Fitness
* Plan starts simple, diversity of cardio [S1]

Setting a Target:

* Self-respect (12% BFU
* High-energy, one-hour daily floor time
* Pre/post stretching (10/5)
* Entry/Exit Cardio (5/5)
* Nutrient Shake
* 2,500 calorie target
* Sleep routine established (9:30pm, 7 hours average)