**Gym:** [Home,](https://emeraldcityathletics.com/clubs/everett/) Mukilteo (12/23/20)

**Trainer:**  Me

# Fitness Plan

Things got rough and you got focused to work, success in life and fell off your routine – back to it! Establish a routine, with balance and commitment first.

Form Daily, 1 hour to start the day

Target Establish motion & begin routine, balanced spread across muscle groups & activity

Idea 7-days a week, doing something

Flow ?

Sched Mon Upper

Tues Lower

Thurs Torso & Balance

Fri ?

Sat ?

@plan ?

Equipment:

* Incline bench
* Dumbbells (50lbs)
* Jump Rope
* Ab Roller Whee
* Bosu Ball

Cardio:

* Elliptical (Bowflex Max)
* Bike (Diamondback)
* Walks, Jogs

Control:

* Balance Ball

# Sets

Each day has 30-min cardio, 45-min lift. Cardio selected as wanted – a work in progress starting next!

1. Upper I ([ref](https://www.muscleandperformance.com/training/the-complete-upper-body-dumbbell-workout-6622/))
   1. One-Arm Dumbbell Row 4x6, 10
   2. Flat-Bench Dumbbell Press 4x6, 10
   3. Seated Overhead Dumbbell Press 4x8, 12
   4. Dumbbell Shrug 3x8
   5. Seated One-Arm Overhead Dumbbell Extension 2x10
   6. Alternating Dumbbell Curl 2x10
   7. Dumbbell Wrist Curl 2x12
2. Lower I
   1. Forward Lunge
   2. Goblet Sumo Squat
   3. Elevated Reverse Lunge
   4. Calf Raise
   5. Romanian Deadlift
   6. DB Calf Jump
3. Torso & Balance
   1. … Bosu Ball
   2. Jump Rope (twice a week 5 m)
4. Upper II
5. Lower II
6. Full Body
   1. ?
7. Cardio
   1. Fun Lift Set
   2. High-Intensity Cardio
   3. Walk or Jog outside