**Gym:** Thrive Fitness, Monroe, WA ([web](Gym:%20%09Thrive%20Fitness,%20Monroe,%20WA%09(1/10/17))) (2/9/17)

**Trainer:**  Caitlin

**Fitness Plan**

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

**Start (1/28):** 177.4 lbs (14.4%) 151.9 lbs / 25.5 lbs

**Today (2/5):** 181.0 lbs (15.1%) 153.7 lbs / 27.3 lbs (+1.8) / ( +1.8)

**Phase Goal:** 191.0 lbs (\*) *162.2 lbs* / *28.8 lbs*

**+10 lbs / D.C.**

**Present Phase** – **Beginning to Grow, Round Two**

This phase directly follows the starting phase of weight loss, dropping 35 lbs from 1/15 to 1/17, a phase of stark nutritional restriction and a strong avoidance of growth. That weight-loss mark has been achieved, now it is finally time to grow!

Growth after two years of starvation is a confusing topic, one full of learning, establishing new habits and beginning a new routine. And then add the second dimension, the neurological dimension of my injury recovery, this phase has a strong pre-requisite of preparation, plan and distinct transition out of the last phase!

Put simply this phase is the “Beginnings of Growth”, learning how to grow and following Caitlin’s guidance ☺

Phase Goals

* Stop losing weight! (gaining is secondary, first stop losing!)
* Gain muscle mass (target: 10 lbs, 2 months)
* Grow new habits, transition far away from last phase (habits in diet & routine)

Schedule

* 14 days On (4 day routine plan)
* 1 day Off (rest) (as an option ☺)

**Routine Plan**

Each session will include the following:

* Pre: 3 Pullup holds to drop
* Pre: 10-15 minutes of treadmill (any, just a warmup)
* Post: 15 minutes elliptical
* Post: Completion of the Stretching Routine

**Supplemental Nutrients Plan**

* Protein (pre/post workout) – 3 Scoops w/Almond Milk
* Aminos (pre/post workout) – 1 Scoop
* Water (daily) – 10 bottles daily (carried alongside, at gym, in car and at office)
* Vitamins (daily) – Centrum, Magnesium, Potassium, Vitamin D, Fish Oil

**Training Plan - Round Two**

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**Pre-Workout Routine**

**Side Goals**

* Two-Mile run in 14 min (7min mile)
* Flat Bench Press (6 reps @ 225 lb.)
* Dumbbell Curls (8 reps @35 lb.)
* Box Jumps
* Correct, Full Leg Lifts (see notes)
* Torso fitness & aesthetic
* 10 min treadmill walk or run
* 3 pullup holds till drop

**Post-Workout Routine**

* Sled Push (1x45) – (4) Down & Backs
  + Stay low, long steps
* 15 min elliptical
* Stretching (4 breaths per hold, 4 holds, run sequence each time)
  + Seated Hamstring Stretches
  + Gross-Glute Stretch
  + Hip Flexor Stretch
  + On-Wall Pec Stretch
  + Straight Arm Pulldown
  + Hamstring Back Extension
  + Wide Hamstring Stretch
  + Bent-over Pole Squat Stretch (Bring around, all the way down) [Day 1, Day 3]
  + Pole Good Mornings (Raised High) [Day 1, Day 3]
  + Pole behind the back

**Plan Goals**

* Short-term: (primary: shape) (secondary: strength)
* Long-term: (primary: fitness) (secondary: shape, strength)

**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

**Important Points**

* Don’t lift like a body-builder, 3 sets of 10 is dangerous and generally weak in benefit
* Changing lift sets and rep counts is important!
* Power generation, e.g. jumping or throwing is one of the greatest muscle growth activities

**Key & Vocab**

* *Failure*: performing an exercise to complete exhaustion while maintaining perfect form. When your form

breaks, you have failed

**Leg Lift Notes**

* *2*0 in a row, above 90 degrees with legs straight. Place left leg over right to emphasis symmetry!

**Present Nutrition Plan**

Goal: transition to target plan incrementally, and as quickly as possible!

Important Phase Point: The scale doesn’t matter, adherence to plan does. Weigh yourself every two weeks now.

**Breakfast [6 am]**

* Honey Bunches of Oats (2 cups)
* Milk (1.5 cups)
* Greek Yogurt (1 cup)
* Granola (1/3 cup)
* (1) Scoop Protein

**Workout [8 am]**

* 3 Scoops Protein Powder
* 1 Scoop Aminos
* 26 oz. Almond Milk
* \*Half before & half after workout

**Snack [10 am]**

* Mass Builder Shake
  + GNC Mass Gainer Complex (4 scoops)
  + Almond Milk

**Lunch [11 am]**

* (11 am) Turkey Sandwich
* (12 pm) Meal Replacement Shake
  + 2 Scoops, GNC Total Lean
  + 28 oz. Almond Milk
* (1 pm) Turkey Sandwich

**Snacks [2 pm]**

* (2 pm) 32 oz. Nutri-bullet Juicer
  + Apple
  + Banana
  + Blackberries
  + Kale
  + Rolled Oats
  + Cashews
  + Almond Milk
* (3 pm) Nutrigrain bar

**Dinner (8pm)**

* Whatever Mom’s cooking, typically chicken, bread & cooked veggies!

**Target Nutrition Plan**

Transition here incrementally, first step is tuna sandwiches for lunch!

\*1 gallon of water/day

**BREAKFAST**

*(Immediately upon waking)*

1 scoop protein powder

1 apple/banana/orange (pick one)

**BREAKFAST 2**

(30-60min after first meal)

4 whole eggs

1 slice low fat cheese

2 pieces Peanut Butter Toast

**SNACK 1**

1 Clif Bar or Protein Bar

2 Stringed Cheeses

**LUNCH**

1 multivitamin

1 can Tuna

1 tbsp light mayonnaise

2 slices bread

(make sandwich)

**PREWORKOUT**

One Large Fruit

**POST-WORKOUT**

2 Scoops Protein Powder

5g Creatine

**DINNER**

7oz. Meat Protein (see food list)

1 Avocado

1c. Steamed Broccoli

**Caitlin’s Plan Guidance Notes**

REINA, PHASE 2, TRAINING

The focus of this plan is to improve **strength,** mobility, functionality, and flexibility. Every session will include a 15min. warm-up, followed by a 10min. stretching routine. Stretching is imperative to improving your functionality and providing your muscles with the recovery they need to grow, TAKE YOUR STRETCHING SERIOUSLY.

During your lifts, you must be focused on chasing the discomfort that comes with growing new muscle. You should never hurt from your training, but your muscles should be SEVERELY fatigued. If you can’t push yourself past exhaustion, your muscles will not learn to adapt to the new stress being applied to them, thus your “gains” will be slower and smaller (we don't want that). In all of your exercises focus on feeling the STRETCH/ACTIVATION/SQUEEZE.

**Longer Term Opens**

* Visit a chiropractor, get an evaluation. Setup a periodic visit here, the longer-term benefits are profound!

**Past Stages and Goals**

Stage (1/16 – 1/17): Weight Loss

Lost about 30 lbs (210 -> 177), with the end target the whole time of 177 lbs or 13% BF, whichever came first ;)

Goal (start: 1/16, hit: 1/17)

Do One Pull-up