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

**Trainer:**  Caitlin

**Fitness Plan**

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

**Start (10/16):** 186.6 lbs (16.4%) 156.0 lbs / 30.6 lbs

**Today (1/8):** 178.4 lbs (14.6%) 152.4 lbs / 26.0 lbs (+13) / (-12)

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

**+10 lbs / -16 lbs**

**Present Phase** – **Beginning Growth**

Resumption of lifting for both fitness and for strength, as a lifestyle. This phase does not have traditional or quantified goals it is simple ‘Resumption’ and if successful such goals will then be possible.

Phase Goals

* Resume training sessions with Caitlin (target: every two weeks)
* Planned diet for strength training & growth, followed (target: 2,400 calories/day)
* Personal development of lifting plan & fitness schedule (target: 5-7 days/wk, 4 lift days)

Schedule

* Starts now
* Target Duration – 1 month
* Target Activity – 5-7 days per week
* Target Lifting – 4-5 sessions in plan

**Routine Plan**

Justin will revise and complete the X day listed plan in this document with Caitlin, and then begin. Each session is targeted at 60-90 minutes of strength training, with 25-30 minutes of cardio pre&post. Cardio days are omitted at this point, and stretching is optional (and recommended) but not part of the routine yet.

Each session will include the following cardio:

* Pre: 10-15 minutes of treadmill running
* Post: 15 minutes elliptical

**Supplemental Nutrients Plan**

* Protein (after workout) – 2 Scoops w/Almond Milk
* Aminos (after workout) – 1 Scoop
* Fruit Shake (lunch replace pt. 1) - 28 oz.
* GNC Meal (lunch replace pt. 2) – 3 Scoops w/Almond Milk
* Water (daily) – 10 bottles daily (carried alongside)

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Plan Components** | | |  |  |  |  |  |  |  |
|  | Primary Target - Activity Groupings | | | |  |  |  |  |  |
|  | Secondary Target - Items of Physical Need (e.g. flexibility & range of motion) | | | | | | | |  |
|  | Tertiary Target - Muscular Groups | | | |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **Plan Schedule** | | |  |  |  |  |  |  |  |
|  | 6-7 days/wk | |  |  |  |  |  |  |  |
|  | 60-90 min activity sessions | | |  |  |  |  |  |  |
|  | 10min pre & 15min post cardio | | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **Activity Groupings** | |  | **Items of Physical Need** | |  | | **Muscular Groups** | |  |
|  | Flexion |  |  | Balance |  |  |  | Chest |  |
|  | Contraction | |  | Flexibility |  | |  | Abdomen | |
|  | Extension | |  | Range of Motion |  | |  | Back |  |
|  | Explosion | |  | Strength Through Range of Motion | | | | Arms |  |
|  | Combination | |  |  |  |  |  | Legs |  |
|  | Core |  |  |  |  |  |  | Shoulders | |
|  |  |  |  |  |  |  |  |  |  |

**Day 1**

* Extension & Explosion, Flexibility
* Triceps & Shoulders, Lower Back

**Day 2**

* Flexion & Contraction, Stability
* Chest, Lats, Abs, Biceps & Forearms

**Day 3**

* Combination Activities, Balance
* Back, Legs, Torso

**Day 4**

* Core & Lower Body, Range of Motion
* Abs, Legs

**Primary Goals**

**Secondary Goals**

* Curl 35 lbs x 6

**Day 1**

|  |  |  |  |
| --- | --- | --- | --- |
| Extension & Explosion, Flexibility | | | |
| Triceps & Shoulders, Lower Back | | | |
|  |  |  |  |
| Triceps |  |  |  |
|  |  | Machine Tricep Extension | |
|  |  | Cable Tricep Extensions | |
|  |  | Dips (type?) | |
| Shoulders | |  |  |
|  |  | Dumbbell Shoulder Press | |
|  |  | Dumbbell Incline Press | |
|  |  | Bent Over Dumbbell Rear Delt Raise | |
| Lower Back | |  |  |
|  |  | Seated Back Extension | |
|  |  | Good Mornings (mix rehab/strength) | |
|  |  |  |  |

**Day 2**

|  |  |
| --- | --- |
| Flexion & Contraction, Stability | |
| Chest, Lats, Abs, Biceps & Forearms | |
|  |  |
|  |  |
|  |  |
| Chest |  |
|  | Dumbbell Flat Bench |
|  | Dumbbell Squeeze Press |
|  | Barbell Incline Press |
| Lats |  |
|  | Seated One-Arm Cable Rows |
|  | Pull-Up |
|  |  |
| Abs |  |
|  | Ab Crunch Machine |
|  |  |
| Biceps |  |
|  | Preacher Curl 21's |
|  | Curls |
|  |  |
| Forearms | |
|  | Cable Wrist Curl |
|  |  |
| Stability |  |
|  | Bosu Squats |
|  | Rope Pull |
|  |  |

**Day 3**

|  |  |  |
| --- | --- | --- |
| Combination Activities, Balance | | |
| Back, Legs, Torso | |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Back |  |  |
|  | Barbell Rear Delt Row (Traps, Shoulders, Biceps) | |
|  |  |  |
| Legs |  |  |
|  | Barbell Squats (rehab primary!) | |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Torso |  |  |
|  | Plank to Pushup | |
|  |  |  |
|  |  |  |
|  |  |  |
| Combo |  |  |
|  | Farmer's Carries | |
|  |  |  |
|  |  |  |
|  |  |  |

**Day 4**

|  |  |  |
| --- | --- | --- |
| Core, Range of Motion | | |
| Abs, Legs |  |  |
|  |  |  |
|  |  |  |
| Abs |  |  |
|  | Machine Crunches | |
|  | Planks |  |
|  | Crunch w/Hold | |
|  | Bicycle Crunch | |
| Legs |  |  |
|  | Step-Back Lunges | |
|  | Individual Hamstring Curls | |
|  | Individual Leg Curls | |

**Diet & Nutrition Plan**

Have a Standard and a Quick set of plans, targeting Standard and leaning on Quick when busy. Both plans target 2,400 calories per day.

**Standard (5 meals)**

* Breakfast
  + 2 Cups Special K Red Berry
  + 12 oz. non-fat mil
* Lunch I
  + 28 oz. Juicer (full!)
* Snack
  + Granola Bar
* Lunch II
  + Turkey Sandwich
  + Chips
* Post-Workout Meal
  + Protein Shake (2 Scoops)
  + Amino Acids
  + Almond Milk
* Dinner
  + Side Dish (e.g. cottage cheese, yogurt)
  + Cooked Vegetables
  + Cooked Chicken

**Quick (5 meals)**

* Breakfast
  + 2 Cups Special K Red Berry
  + 12 oz. non-fat mil
* Lunch I
  + 28 oz. Juicer (full!)
* Snack
  + Granola Bar
* Lunch II
  + Meal Replacement Shake w/Almond Milk (3 Scoops, 28 oz.)
* Post-Workout Meal
  + Protein Shake (2 Scoops)
  + Amino Acids
  + Almond Milk
* Dinner
  + Yogurt
  + TV Dinner
  + Bread