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**Starting Weight:** 237 lbs  
**Starting Date:** January 22/10

We're going to start with a two-day plan – one for Training Days and one for Off Days Training Days get more carbs and calories and Off Days get less carbs. Training Days refer only to the days you're actually lifting weights. I would PREFER the first two weeks to be at 100% (no cheats) to set a caloric baseline. After that we'll look at weekly cheats.

Here is how your week is set up:

Monday	AM:	Off	PM:	Training
Tuesday:	AM:	Off	PM:	Training
Wednesday:	AM:	Off	PM:	Off
Thursday:	AM:	Off	PM:	Training
Friday:	AM:	Off	PM:	Off
Saturday:	AM:	Off	PM:	Training
Sunday:	AM:	Off	PM:	Off

#### Steady State Cardio

We're going to do just three weekly sessions of low-to-moderate steady state cardio. The duration will be 30 minutes, on the equipment of your choice (but no elliptical). You can also choose the days you do these sessions; so there's flexibility in when it's being done. Obviously don't do it immediately prior to a workout.

#### Supplements

- Protein powder
- Multi-vitamin – twice per day w/ meals
- Fish oils – as directed

## Training Days

<b><u>Meal 1</u></b> 1 ½ scoops whey protein 40g oatmeal 1 serving fruit	<b><u>Post Workout Meal</u></b> 1 ½ scoops whey protein Any low-fat carbohydrate to total 40-42g carbs while not exceeding 200 calories
<b><u>Meal 2</u></b> 142g chicken breast 175g baked sweet potatoes	<b><u>Meal 5</u></b> 142g top sirloin 21g raw almonds 3 fish oil capsules Fibrous vegetables or a leafy salad
<b><u>Meal 3</u></b> 142g tuna 130g brown rice 2 tsp extra virgin olive oil	<b><u>Meal 6</u></b> 2 whole eggs + ¾ cup egg whites 28g hard cheddar (regular/full fat) 3 fish oil capsules

## Off Days

<b><u>Meal 1</u></b> 8 egg whites / 1 cup 50g oatmeal 1 serving fruit 14g hard cheddar (regular/full fat)	<b><u>Meal 4</u></b> 142g chicken breast 21g raw walnuts 3 fish oil capsules Fibrous vegetables or a leafy salad
<b><u>Meal 2</u></b> 1 ½ scoops whey protein 1 serving fruit 28g raw pecans	<b><u>Meal 5</u></b> 142g top sirloin 85g avocado Fibrous vegetables or a leafy salad
<b><u>Meal 3</u></b> 142g tuna 130g brown rice 14g raw almonds	<b><u>Meal 6</u></b> 1 ½ scoops whey protein 25g natural peanut butter 3 fish oil capsules

## Notes

- Use a digital scale for all food measurement.
- All meats are measured as cooked weights.
- Protein powder is measured by weight (grams) not by volume (scoops)
- The Post Workout meal (which you'd move with your changing workout time) is quite open to your preferences, provided what you choose fits in with the asked for specs. Check out this thread for all sorts of ideas <http://leanbodiesfitness.com/showthread.php?t=8499>
- Fibrous vegetables and salad greens (spinach, iceberg/romaine lettuce) are free.
- Potatoes and rice are cooked measures.
- Salt (sea salt, not regular table salt) your food liberally (you can also use things like mustard, vinegar, spices, low carb ketchup/salsa, etc). Dill pickles.
- Water intake should be in the four-liter range.

## Training Guidelines

Most people have tight/overactive hip flexors, ITB, biceps femoris, adductors and piriformis muscles and weakened/inhibited hip extensors – the gluteus maximus, gluteus medius and minimus, and possibly medial hamstrings.

We're going to include some introductory dynamic flexibility work that will be done pre-workout. It will serve to warm you up, as well as improve the active range of motion of the hip muscles. We'll also be including some glute activation work which will go a long way to helping you with your lower body training and preventing injuries. Finally, some key static stretches to prevent or correct excessive muscle tension, which will improve movement efficiency. This is to be done after your workout, or several hours following your workout. This should be performed prior to each session. It will only take a few minutes.

### Dynamic Flexibility/Hip Mobility/Glute Activation – Lower Body

Cat/Camel

Warrior Lunge Stretch (2x25s each)

Bird Dogs

Floor Bridges (double leg until glutes fire primarily, and then move to single leg over time)

Anterior-Posterior Leg Swings

Side-to-Side Leg Swings

Dynamic Calf Stretching

### Dynamic Flexibility – Upper Body

Scapular Push Ups

Overhead Broomstick Dislocations

Shoulder Circles – little to big

Dynamic Blackburns

Wall Slides Reach, Roll and Lift

*Note – while perhaps appearing cumbersome, the above dynamic warm up, the lower body one in particular, is important and will prove to be especially beneficial over time.*

### Lifting Warm Ups

A warm up serves as a neuromuscular rehearsal of the upcoming lift as well as an opportunity to get your body used to progressively heavier loads. Contrary to how most people warm up (with high reps), the focus should be on low rep warm up sets as the high rep warm ups sets promote too much residual fatigue which can negatively affect strength. You should do a couple light weight (but progressively heavier), low rep warm up sets for the exercises before getting into the work sets. So, a warm up for a 200-pound bench might look something like this

- 135x5
- 165x3
- 185x1

And then you'd start the work sets with 200lbs for the designated number of reps. I'd use this for your

heavier low rep work at the start of your workouts.

### **Day 1 – Upper Body**

<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>
A. Flat Dumbbell Press	4	6	201	120s
B. Barbell Rows	4	6	211	120s
C1. Seated Dumbbell Laterals	3	12	201	0s
C2. Seated Dumbbell Front Raise	3	12	201	0s
C3. Seated Dumbbell Press	3	12	201	60s
D. Seated Cable Pullovers	4	10-12	201	60s
E. Triceps Pushdowns	4	8-12	301	60s
F. Face Pulls #2	3	12-15	211	45s

- Barbell Rows – the pause is to come in the contracted position; think 'back and down' during your contraction.

### **Day 2 – Lower Body**

<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>
A1. Warrior Lunge Stretch	4	20ea	--	0s
A2. Full Squats (heels slightly elevated)	4	6	201	90s
B. Reverse Lunges	3	10-12ea	301	60s
C. Lying Leg Curls (toes pointed)	4	6	401	90s
D1. Leg Press (constant tension)	3	20-25	201	30s
D2. Single-Leg Romanian Deadlift	3	10-12ea	201	30s

- Full Squats – these are free bar, butt-to-heels squats; no Smith machine.
- Reverse Lunges – do all sets for one leg with 60s rest between sets before doing any sets for the other leg.

### **Day 3 – Upper Body**

<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>
A. Seated Dumbbell Press	4	6	201	120s
B. Lat Pulldowns (reverse grip)	4	6	211	120s
C1. ¾ Dumbbell Flies	3	12	201	0s
C2. Flat Dumbbell Press	3	12	201	0s
C3. Push Ups	3	max	201	60s
D1. Face Pulls #2	3	10-15	211	30s
D2. Seated Cable Rows (strict)	3	8-10	211	60s
E. Low-Pulley Cable Curls	3	8-12	303	60s
F. Rear Delt Machine	2	12-15	211	45s

- Low-Pulley Cable Curls – note the tempo

## **Day 4 – Lower Body**

<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>TEMPO</b>	<b>REST</b>
A1. Romanian Deadlifts	4	5	211	0s
A2. Seated 90/90 Stretch	4	15ea	--	90s
B. Single-leg Leg Press	3	10-12ea	201	60s
C. Cable Pull Throughs	3	10-12	201	60s
D1. Hack Squats (constant tension)	2	15-20	201	30s
D2. SHELK	2	15-20	211	30s

### **Notes**

- A1/A2 (and similar notation) represents paired exercises. So it's a set of A1, rest what is indicated, a set of A2, rest what is indicated, and repeat until all sets of the 'A' exercise are completed. Then move on. With C1/C2/C3 it'd be similar, but with THREE exercises – a tri-set.