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Name: Bob Smith **Date:** October 2012 **Phase:** I Stabilization **Goal:** Fat loss

We are going to start you off with a 2-day plan that will alternate days. For example, week 1 would look like this: Monday workout 1, Wednesday workout 2, Friday workout 1. The next week would be the opposite, 2-1-2, etc. Depending on how you respond to things we may throw in a little extra “finisher” at the end of one workout a week. This will serve as an extra metabolic circuit to increase cardiovascular endurance among other things.

Diet: You mentioned Weight Watchers was something that worked well for you and you would like to continue. Great! A couple suggestions for helping you optimize your points allowances:

- Focus on getting lean protein at every meal; focus on it first, carbs and fat for “flavor”
- Consider taking a free meal every week. A free meal is meaning a meal that is not on your plan. This can be a meal, dessert, or appetizer, but not all three. Ideally it should fall on a Training Day. If you’re going to have a hard time getting back on your diet to finish off your day, then you need to make your free meal your last meal of the day. Free meals are not a green light to over eat. A good guideline is that if you are not hungry for your next meal, you ate too much at your free meal.
- Water intake at a minimum should be half your weight in ounces; currently **104 ounces**. This is just a starting point and a minimum, you can feel free to go above this. Water has a myriad of health benefits as you know and when you are involved in weight training, you need more of it. I would like to see you progress to at least 4 liters per day.

Supplements: I cannot tell you to consume any supplements but there are some I highly recommend and their health benefits are widely studied:

- Cod Liver Oil 1 TB per day (or 6 grams of omega 3 capsules per day – omega 3, not total fish oil, add the omegas on the back of the label, lots of times they do not add up). Fish oil is almost a “magic” pill, helping *immensely in the area of inflammation and joint health*, improving brain function, heart health, etc. Google it and be amazed. ☺ Cod liver oil has the highest concentration of omega 3’s and taking it in liquid form is the easiest. I use Nordic Naturals Strawberry flavored – it’s not as fishy tasting.
- Vitamin C – 500 mg 1-2xs’s per day. Just as a health precaution, taken with fish oil it helps prevent oxidation and also helps with inflammation.
- Digestive enzymes – these are excellent and if you have any problems with digestion at all, I recommend them. My personal favorite brand is Ultra-Zyme by Nature’s Plus, but you can use whatever works best for you. On the label make sure it has: Amylase, Lipase, Protease. Besides helping your digestive system, these help you break down your food better so that more nutrients are absorbed.
- Whole food multi-vitamin – They are the best insurance policy you have for meeting your nutrition goals. Whole food vitamins mean they are made from food, and your body

will have no problems (usually) recognizing or absorbing these. Synthetic vitamins are things not made out of food, like Centrum or One-A-Day. Don't waste your money.

Post-Workout Meal: You should have a meal of protein and carbohydrates that is low in fat within an hour after training. If we train close to your breakfast time, then make your breakfast smaller, or whatever works with how you are feeling. Do not train on an empty stomach. I suggest a protein shake to take as it will digest more quickly and help you meet your protein needs, but you could also do something small that's higher in protein and carbs, lower in fat, Ezekiel cereal and milk for example. As for protein shakes, brand doesn't matter, what you want to look for is: 1) stay away from soy protein – it's junk protein that can mimic estrogen in the body. Look for whey or whey/casein 2) low in fat

Cardio: You are doing a good job of starting out biking with your daughter. I'd like you to involve a little more structure to your cardio; namely, get your heart rate up continuously for 30 minutes, 4 days a week. If 30 minutes is too much to start out with, start at 15 minutes and progress from there. You can do any activity of your choice: elliptical, fast walking, biking, etc. The goal to remember is to keep your heart rate elevated for the time allotted. If you are on the elliptical, set the program to a moderate interval program; hills, etc, something not flat. I would prefer you to take one day completely off if you can manage to do one of your cardio session after training.

Training: Here is how your week is set up:

Monday: Day 1 Training (and cardio) (next week Day 2)
 Tuesday: Cardio
 Wednesday: Day 2 Training (next week Day 1)
 Thursday: Cardio
 Friday: Day 3 Training (next week Day 2)
 Saturday: Cardio
 Sunday: Off or cardio

Stretching: Should be done in this order: 1) foam rolling 2) Static Stretching 3) Active Stretching. Extra attention should be given to calves, lats and upper back when foam rolling.

A. Foam Roll	Sets	Duration
Piriformis	1	20-30s.
IT Band/Adductors Quads/Hamstrings	1	20-30s.
Lats/Calves	1	20-30s
This is to be done every training day and off days		

Static: [Standing Calf Stretch](#), [Kneeling Hip Flexor Stretch](#), [Doorway Pec Stretch](#), [Lat Ball Stretch](#)
 Active: [Wall Slides](#), [X-band walks/lateral band walks](#), [Bird Dogs](#), [Wall Ankle Mobs](#), Arm Circles

Day 1

Core/Balance/Reactive				
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Exercise	Sets	Reps	Tempo	Rest
Glute Bridges	1-3	12-20	421	0-90s
Prone Iso-Abs	1-3	12-20	421	0-90s
1-leg balance (reach)	1-2	6-10 (ea)	421	0-90s
Squat Jump w/stabilization	1-3	5-8 (3-5sec hold)	NA	0-90s

EXERCISE	SETS	REPS	TEMPO	REST
A1. Ball Squat Curl to Press	1-3	12-20	421	0-45s
A2. Pushups	1-3	12-20	slowly	0-45s
A3. Lat Pull Down	1-3	12-20	421	0-45s
A4. SHELC to Hip Lift	1-3	12-20	421	0-45s
A5. DB (band) Scaptions	1-3	12-20	421	0-45s
A6. Single Leg Hammer Curl	1-3	12-20	421	60-90s

Day 2

Core/Balance/Reactive				
Exercise	Sets	Reps	Tempo	Rest
Glute Bridges	1-3	12-20	421	0-90s
Prone Iso-Abs	1-3	12-20	421	0-90s
1-leg balance (reach)	1-2	6-10 (ea)	421	0-90s
Squat Jump w/stabilization	1-3	5-8 (3-5sec hold)	NA	0-90s

EXERCISE	SETS	REPS	TEMPO	REST
A1. Lateral Step Up Balance to Overhead Press	1-3	12-20	421	0-45s
A2. Ball Chest Press	1-3	12-20	slowly	0-45s
A3. Romanian deadlift	1-3	12-20	421	0-45s
A4. DB row	1-3	12-20	421	0-45s
A5. Ball DB hammer curls	1-3	12-20	421	0-45s
A6. Ball DB Skullcrushers	1-3	12-20	421	60-90s