

Client: Jane Doe
Goals:
1. Weight loss / improve fitness (lose 10-15 lbs)
2. Strength and fitness
3. Tone and shape

Phases:
1. Base (1-2 months)
2. Weight loss/improve fitness (3-6 months)
3. Muscle strength (4-6 months)
4. Tone and Shape (TBD)

Phase I: BASE

Cardio: 3-4 x week x 30-45' @ 60-75% MAX HR
Warm-up: 5-8 minutes of light cardio work (i.e. bike, jog, etc.)
Weight lifting: 2-3 x week with one day rest between days.
Sets: 2/3 sets @ 12-15 reps. (**full body routine – primary movers**)
Stretch: 10-15 minutes daily, especially after weight lifting and cardio routines.

Phase II: Weight loss – improve fitness

Cardio: 3-4 x week x 30-45' @ 70-85% MAX HR
Warm-up: 5-8 minutes of light cardio work (i.e. bike, jog, etc.)
Weight lifting: 2-3 x week with one day rest between days.
Sets: 2/3 sets @ 12-15+ reps. (**compound and super-set exercises**)
Stretch: 10-15 minutes daily, especially after weight lifting and cardio routines.

Phase III: Muscle strength and fitness

Cardio: 2-3 x week x 30-45' @ 70-85% MAX HR
Warm-up: 5-8 minutes of light cardio work (i.e. bike, jog, etc.)
Weight lifting: 2-3(4) x week – **ok to lift back to back days as long as muscle groups targeted are different**
Sets: 3 sets @ 8-10/12 reps. (**regular sets, super sets and compound sets**) (split routine) – split = TBD
Stretch: 10-15 minutes daily, especially after weight lifting and cardio routines.

Phase IV: Toning and shape

Cardio: 5+ x week x 45-60' @ 70-85% MAX HR
Warm-up: 5-8 minutes of light cardio work (i.e. bike, jog, etc.)
Weight lifting: 2-3(4) x week – **ok to lift back to back days as long as muscle groups targeted are different**
Sets: 3 sets @ 12-15+ reps. (**regular sets, super sets and compound sets**) (split routine) – split = TBD
Stretch: 10-15 minutes daily, especially after weight lifting and cardio routines.

Comments:

On CARDIO only days, finish the session with 10-20' of ABS work (lower, upper, oblique and lower back!)