

Fitness Goal and Program- Template

S – I would like to lose 3% body fat. I am not looking to lose weight at this point, just decrease the amount of fat I have on my body.

M – I will test my body fat every Sunday morning with a handheld body fat analyzer (bioelectrical impedance). First, I will weigh myself before performing the body fat analysis, as it is required to enter your current weight on the machine. I understand that the body fat analyzer is an estimate and can be vary slightly due to hydration levels.

A – I am currently at 12% body fat and I have been under 10% body fat many times in my life.

R – 2 months to accomplish this goal will be a challenge, but I know this is possible with a strict diet and a consistent workout routine. It will help that my wife is planning to work on a specific fitness goal at the same time so we will be able to encourage either other along the way.

T – I would like to accomplish my fitness goal within 2 months (8 weeks).

F – I will perform resistance training 3 days per week, circuit training 1 day per week, and cardiovascular exercise (running) 2 days per week. There will be times that I lift weights and run or sprint on the same day due to time conflicts and vacation.

I – I plan to run at a moderate pace once a week. However, there are many hills near my house so parts of the run will be of higher intensity. The second cardiovascular day will be mostly sprints at maximal intensity. The resistance training session will include heavy and moderate weights. One day a week I plan to do circuit training that I will classify as moderate to high intensity.

T – I plan to run for 20-30 minutes one day a week. The sprinting workout will consist of 5-10 sprints with jogging or body weight exercises in between repetitions. The resistance-training program will be designed so that I perform 1-5 repetitions for my heavy lifts and 8-15 repetitions for the assistance exercises. The primary lifts will consist of 4-6 sets, and all exercises will be executed for 3 sets. On average the circuit training session will last about 20 – 30 minutes.

T – The cardiovascular training will consist of running and sprinting. The resistance-training program will include squats, deadlifts, glute/hams, pull-ups, rows, bench press, shoulder press, hanging leg raises, and Olympic lifts. The circuit-training program will include body weight exercises (squats, push ups, etc), kettlebells, sleds, and running.