

FRED'S FITNESS PROGRAM

FUNCTIONAL ASSESSMENT & EXERCISE PROGRAM GOALS—NOVEMBER 01, 2016

Height: 6' Weight: 200 Age: 40

Injuries:

- knee replacement (both)
- rotator cuff/SLAP repair (right)
- whiplash/traumatic brain injury
- chronic pain—low back, cervical, shoulder (right)

Functional Assessment:

- Wall Squat w/ Overhead Reach (shoulder girdle): ↓↓ROM (tight lats), fair strength, fair stability, ↓QOM
- Posture: neutral lumbar curve/pelvic tilt, ↑shoulder internal rotation, ↑"rounded" shoulders
- Core: ↓ pelvic girdle stability, ↓anterior-posterior trunk stability, ↓oblique strength
- Flexibility: ↓thoracic spine, ↓shoulder extension (overhead reach), ↑triple flexion/extension through legs
- Posterior Chain: ↓strength, overall anterior-dominant strength imbalance
- Balance: ↓balance due to head injury

Exercise Program Goals:

- Increase knee strength and stability
- Improve functional strength and movement--especially shoulder to hip girdle connection
- Strengthen posterior chain-- balance anterior-dominant strength, improve scapular movement and stability
- Increase core strength and stability, including low back
- Improve pelvic and leg stability and overall balance
- Reduce internal rotation at shoulder girdle—GH joint, across rhomboids
- Strengthen rotator cuff
- Improve thoracic spine mobility
- Increase lean mass-to-body fat ratio
- Improve overall nutrition

FRED'S FITNESS GOALS

See Functional Assessment page for details

Current Body Weight: 200 lb
Current Body Fat: 26%

Target Body Weight: 180 lb
Target Body Fat: 22%

FRED'S NUTRITION PLAN

1. Food Log: Lose It! phone app

Daily intake: 2,400 calories

Daily Macros (by weight)

- protein = 30%, 240 g minimum
- carbohydrate = 30%, 240 g **maximum**
- fat = 40%, 142 g minimum

2. Portion Control: hand-measured servings

Daily intake: 4 meals/day

Daily Macros (by hand portion)

- protein > 8 palms minimum
- vegetables > 8 fists minimum
- carbohydrate = 8 cupped hands maximum
- fat = 8 thumbs minimum

Sugar < 100 g

Water > 96 oz

Concentrated Protein: meat, poultry, whey powder, jerky, egg white, seafood, low-fat dairy

High-Carb Protein: soybean, tofu, seitan, beans

High-Fat Protein: peanut, nuts, eggs, dairy

Vegetables: leafy greens, summer squash, spaghetti squash, broccoli, root veges, salad greens

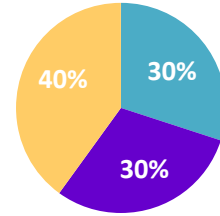
Carbohydrates: whole grains, beans, potatoes, sweet potatoes, winter squash

Healthy Fats: coconut, palm, butter, egg yolk, lard, MCT, fish oil

Supplements: multi-vitamin, Mg, Ca, Vit B Complex, fish oil, melatonin, glucosamine

- Insomnia: Mg citrate (200-250 mg/day), melatonin (2.5 mg, 30 min before bedtime), steady state cardio (20 min, 3x/week)
- Inflammation, pain: fish oil (get approval from doctor for use with statins, 5,000 mg/day, potency >400 mg omega-3/1,000 mg fish oil)
- Arthritis, joint pain: Glucosamine sulfate (900-1,500 mg/day, divided into 3-5 doses), fish oil (get approval from doctor for use with statins, 5,000 mg/day, potency >400 mg omega-3/1,000 mg fish oil)

AVOID: licorice root (can increase blood pressure), Chinese/Korean ginseng (can increase blood pressure)



Macros

- CHO
- Protein
- Fat

Calorie Control: A Simple Guide

FOR MEN

Calorie counting is often complicated, tedious, and inaccurate. So, at Precision Nutrition, we've come up with an easier way to control calories. No weigh-scales or measuring cups. No calculators or smart phones. Just the ability to count to two. And your hand. To build your meals:

2 palms of protein dense foods with each meal

2 fists of vegetables with each meal

2 cupped handfuls of carb dense foods with most meals

2 entire thumbs of fat dense foods with most meals

Note: Your hand size is related to your body size, making it an excellent portable and personalized way to measure and track food intake.

Also note: Just like any other form of nutrition planning, this guide serves as a starting point. Stay flexible and adjust your portions based on hunger, fullness, and other important goals.

FRED'S EXERCISE PLAN

Abbreviations

SMR (self-myofascial release): tissue prep—soft tissue massage, trigger point release

MOV: movement prep—joint mobility, focused stretching, dynamic stretching, motor patterning

BW: Body Weight

DB: Dumbbell

MB: Medicine Ball

KB: Kettlebell

Workout 1: Resistance Lower Body, Core, Abs (2-3 days/week)

Warmup

1. Stairclimber/treadmill/row/jumprope/cycle, 5 min

Tissue Prep/Movement Prep

1. SMR: IT Band/glute/quad/hamstring, 1 up/down each side, foam roll
2. SMR: glute, 1 each side, ball
3. MOV: ADDuctor Squeeze, 2x20 sec, MB
4. MOV: Bench Hip Flexor Stretch, 2x15 sec each side
5. MOV: Side Leg Raise, 1 set x10 reps each side
6. MOV: Band Hip Bridge, 1x10, 12" band

Resistance Exercises

1. DB Goblet Squat, 3x12, 22.5 lb
2. Bosu Hip Bridge, 3x12
3. DB Split Squat, suitcase carry, 3x12 each side, 2x10 lb
4. Sideways Walking Bench Plank, 3x12, 24" bench
5. DB Stability Step Up, suitcase carry, 3x12 each side, Airex pad, 2x10 lb
6. DB Single Leg RDL, suitcase carry, 3x12 each side, 2x5 lb
7. KB Two-Arm Swing, 3 x 20, 25 lb
8. DB Diagonal Lunge, racked, 3 x 20, 2 x 5 lb
9. Stir the Pot, 3x12, 55 cm physio ball
10. Straight-Leg Back Lunge, 3 x 12 each side, BW

Cardio: Long, slow, steady state, 30 min, max. heart rate 140 bpm (due to brain injury)

Workout 2: Resistance Upper Body, Core, Abs (2 days/week)

Warmup: Stairclimber/row/jumprope, 5 min

Tissue Prep/Movement Prep

1. SMR: Erector Spinae/Lats, 1 up/down each side, foam roll
2. SMR: Trapezius w/ arm circle, 1 each side, foam roll
3. SMR: Pec Minor, 1x8 each position, tennis ball (no lacrosse ball)
4. SMR: Teres Minor, 1x8 each position, tennis ball (no lacrosse ball)
5. MOV: Thoracic Twist, supine, 1 up/down, foam roll
6. MOV: Horizontal Shoulder Windmill, 1 x 10 each side, foam roll
7. MOV: Wall Slide, 1 x 10

Resistance Exercises

1. Shoulder Stability + Core, 3 x 12 each side, band
2. Bench Pushup Plus, 3x12, 24" bench
3. Cable Lat Pullover, 3x12, 60 lb
4. T-Spine Roll Bench Plank, 3x12, 24" bench
5. Cable Woodchop, high anchor, 3x12 each side, 40 lb
6. Cable Single-Arm Row, lunge, 3x12 each side, 20 lb
7. DB Squat & Rebel Press, 3x12, 2x10 lb
8. Incline Bench DB Reverse Fly, 30° angle, 3x12, 2x5 lb
9. Chair Back Extension, 3x12
10. Chair Side Crunch, 3x12 each side

Cardio: Long, slow, steady state, 30 min, max. heart rate 140 bpm (due to brain injury)