

ELITE ANIMAL FITNESS

www.eliteanimalfitness.com

July 15th 2018

Hello [REDACTED]

Based on our conversation and your responses to the questionnaires we have designed a 3 month training program for you that we believe will best enable you to reach your goals. This program is based on the competition you are training for, your age, your training availability, your needs and the potential obstacles you may encounter. The primary focus of the program will be developing your grip strength, lower body power and your cardiovascular ability. The secondary focus of the program will be weight/fat loss through a nutrition program.

The program will be split into 4 phases:

Phase One: Building a Foundation (3 weeks)

Phase Two: Increasing Strength (4 weeks)

Phase Three: Power and Speed (4 weeks)

Phase Four: Taper Week (final week before your competition)

Included in this document is the material needed for Phase One: Building a Foundation.

Weekly schedule

3 Strength training routines

1 High intensity interval routine

1 Core circuit

Basic nutritional recommendations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Off	Lifting Routine A	Steady State Cardio at least 30 mins	Lifting Routine B	High Intensity Interval Training	Lifting Routine C	Run at least 45 mins and Core Circuit

In the final week of Phase One we will go over your progress along with any questions or concerns that you may have. At that time we will be providing you with Phase Two: Increasing Strength.

Now that you have the training program the rest is up to you. Stay consistent and follow the guidelines to the best of your ability. Remember you have invested in yourself and you have the power to make sure that investment pays off.

Please feel free to contact me with any questions and I will respond as soon as possible.

Best wishes in your training.

Annie Schiller CPT
Director
Elite Animal Fitness

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DESIGNED FOR [REDACTED]





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Phase One: Building a Foundation
Focus Points of Phase One
Proper Technique
Balance and Proprioception
Strengthening Large Muscle Groups
Strengthening Connective Tissue
Developing Flexibility

Lifting Routine A

45min - 1 hour to complete

Warm Up

5-10 minutes of cardiovascular exercise (bike, treadmill, elliptical etc)

Warm up routine you received in your welcome kit

Lifting Routine A		
Exercise	Sets	Reps
Russian Twists	3	20
Goblet Squats	3	8-12
Dumbbell Bench Press	3	8-12
Romanian Deadlifts	3	8-12
Lat Pull Downs	3	8-12
Plank Walks	3	20

Weight should be 70-80% of your max.

Rest should be between 0-60 seconds between sets.

If you have any questions on the exercise motions please see the exercise guide that you received with your welcome kit. If after consulting your exercise guide you still have questions please feel free to email me and I will get back to you as soon as possible.

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Phase One: Building a Foundation
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Lifting Routine B

45min - 1 hour to complete

Warm Up

5-10 minutes of cardiovascular exercise (bike, treadmill, elliptical etc)

Warm up routine you received in your welcome kit

Lifting Routine B		
Exercise	Sets	Reps
Decline Bench Sit Ups	3	20
Shoulder Press	3	8-12
Dumbbell Single Arm Row	3	8-12/arm
Dumbbell Walking Lunge	3	10/leg
Push Ups	3	8-12
Seated Cable Row	3	8-12
V-Ups	3	20

Weight should be 70-80% of your max.

Rest should be between 0-60 seconds between sets.

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