Complete Training Program

Strength | Cardio | Flexibility | Nutrition



Designed for Mark Baldwin

ACE Total Fitness

Life-Changing Fitness, Backed by Science

Personal Training & Program Design with Aaron Olar

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Client Overview & Program Design

Client Profile

- Name: Mark
- Age: 44
- Background: Works a desk job, spends long hours sitting, and plays recreational basketball on weekends. Years of overuse left him with recurring knee pain that limited his ability to exercise consistently.
- Health Considerations: Mild joint stiffness, reduced lower-body mobility, and low energy from inconsistent routines.
- Goal: Lose 20 lbs, tone up, and regain confidence moving without pain.

Why Mark Needed a Plan

Mark struggled with workouts that left his knees sore and his motivation low. He needed a program that was safe, structured, and realistic — built to reduce discomfort while helping him slim down and tone up.

Program Design

Pillar	Focus	How It Helps Mark
Nutrition 🥗	High protein, moderate carbs, anti-inflammatory foods	Supports fat loss, improves recovery, and reduces joint stress
Strength Training 💪	Lower-body stability + core, safe compound lifts	Builds muscle tone, strengthens knees, boosts metabolism
Cardio ❤️	Low-impact sessions (bike, elliptical, walking)	Burns fat, protects joints, builds endurance
Mobility & Flexibility 🧘	Daily resets + weekly flows	Reduces stiffness, improves posture, prevents flare-ups

Strength Training

Overview

Mark's strength training plan is built to increase lean muscle, improve joint health, and support his 20-lb weight loss goal. With a history of knee and shoulder discomfort, exercises are chosen to be safe, effective, and gradually progressive.

3-Day Strength Training Split

Day	Focus	Exercises	Sets x Reps	Notes
Monday	Back & Triceps	DB Row, Lat Pulldown, Reverse Fly, Tricep Kickbacks	3 x 10–12	Upper body posture + arm tone
Wednesday	Legs & Core	Squat-to-Box, Step-Ups, Glute Bridge, Plank Hold	3 x 10–15	Knee-friendly lower body + stability
Friday	Chest, Shoulders & Biceps	DB Chest Press, Shoulder Press, Lateral Raise, Bicep Curl	3 x 10–12	Upper body strength + definition

Why This Works for Mark

- ***Joint Protection:*** *All movements are selected to reduce stress on knees and shoulders while still improving strength.*
- ***Balanced Training:*** *The upper/lower/full split ensures every major muscle group is targeted without overloading weak areas.*
- ***Fat Loss & Muscle Tone:*** *Using moderate weights in circuit style keeps the heart rate elevated to burn calories while sculpting muscle.*
- ***Functional Benefits:*** *Core and posture work carry over into Mark's daily activities, making him stronger and more confident in everyday movement.*

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Cardio

Overview

Cardio training helps Mark increase calorie burn, improve endurance, and support his 20-lb weight loss goal. Because he has a history of knee and back issues, his program emphasizes l**ow-impact cardio** and **heart-rate–based training** to build fitness safely while protecting his joints.

4-Day Cardio Split

Day	Focus	Example Activities	Duration / Intensity
Day 1 – Endurance	Steady-state cardio	Brisk walking, stationary bike, elliptical	25–35 min at 60–70% HR max
Day 2 – Intervals	Calorie burn & fitness boost	Bike sprints, rowing intervals, hill walking	1 min higher effort / 2 min easy, repeat × 8–10 rounds
Day 3 – Active Recovery	Light, joint-friendly movement	Swimming, light cycling, yoga flow walk	20–30 min at easy pace
Day 4 – Mixed Conditioning	Variety & calorie challenge	Circuit of bike, rower, and treadmill walk	5–7 min each, 30–40 min total at moderate pace

Why This Works for Mark

- *Low Impact Options: Keeps stress off his knees and back while still progressing fitness.*
- *Balanced Variety: Steady endurance, intervals, recovery, and mixed conditioning keep workouts fresh and engaging.*
- *Fat Loss & Fitness: Combines long calorie-burning sessions with short, high-intensity bursts.*
- *Adaptable: Day 4 gives flexibility—Mark can swap this in for weeks he feels stronger or skip it if recovery is needed.*

Mobility & Flexibility

Overview

Flexibility and mobility work is essential for Mark to stay pain-free, recover faster, and prevent injuries. Due to his history of issues with his knees, shoulders, and back, the program emphasizes **gentle stretching** and **mobility drills** that improve joint range of motion while supporting his strength and cardio sessions.

4-Day Flexibility & Mobility Split

Day	Focus	Example Exercises	Duration
Day 1 – Lower Body Mobility	Hips, hamstrings, knees	Hip flexor stretch, seated hamstring stretch, glute stretch, foam roll quads	10–15 min
Day 2 – Upper Body Mobility	Shoulders, chest, posture	Doorway chest stretch, shoulder circles, banded external rotations, upper back foam roll	10–15 min
Day 3 – Full-Body Mobility Flow	Whole-body flexibility	Cat-cow, spinal twist, downward dog, child's pose, calf stretch	15–20 min
Day 4 – Recovery & Relaxation	Gentle recovery	Light yoga flow, deep breathing, guided stretch session	15–20 min

Why This Works for Mark

- ***Joint-Friendly:*** *Keeps knees, shoulders, and back mobile without high strain.*
- ***Supports Strength & Cardio:*** *Reduces stiffness so he can lift and move more effectively.*
- ***Recovery Focused:*** *Helps Mark feel less sore and speeds recovery between workouts.*
- ***Stress Relief:*** *The stretching + breathing routine promotes relaxation, which supports weight loss and overall well-being.*

Nutrition

Overview

Mark's nutrition plan is built to support a **20-lb weight loss goal** while fueling workouts and recovery. The focus is on creating a **moderate calorie deficit**, balancing protein, carbs, and fats, and developing habits he can maintain long-term.

Daily Meal Framework

Time of Day	Focus	Examples
Breakfast	Protein + complex carbs	Eggs, oatmeal, Greek yogurt, smoothie
Snack 1	Quick protein or fruit	Nuts, fruit, protein bar
Lunch	Lean protein + vegetables + whole grain	Chicken salad, turkey wrap, quinoa bowl
Snack 2	Light energy boost	Hummus & veggies, cottage cheese
Dinner	Balanced plate (protein + veggie + carb)	Salmon & rice, chicken tacos, stir fry
Optional Evening Snack	Recovery or relaxation	Protein shake, Greek yogurt, herbal tea

Guidelines for Mark

- *Hydration: Aim for 80–100 oz of water per day*
- *Portion Balance: ½ plate vegetables, ¼ protein, ¼ carbs*
- *Protein Goal: 100–120 g per day for muscle recovery*
- *Flexibility: Swap foods he enjoys while keeping balance*

Nutrition

3-Day Sample Meal Plan

Meal	Day 1	Day 2	Day 3
Breakfast	Greek yogurt + berries + granola	Veggie omelet + whole grain toast	Protein smoothie (banana, spinach, protein powder, almond milk)
Snack	Apple + almonds	Protein bar	Cottage cheese + pineapple
Lunch	Grilled chicken salad w/ olive oil vinaigrette	Turkey wrap + baby carrots	Quinoa bowl w/ black beans, peppers, avocado
Snack	Hummus + cucumber slices	Handful of mixed nuts	String cheese + whole wheat crackers
Dinner	Baked salmon + roasted veggies + brown rice	Grilled chicken tacos (corn tortillas, salsa, avocado)	Lean beef stir fry w/ broccoli + rice
Optional Evening Snack	Herbal tea + walnuts	Greek yogurt + honey	Protein shake

Why This Works for Mark

- *Supports Weight Loss: Calorie deficit with balanced nutrition*
- *Protects Muscle: Protein at each meal helps preserve lean mass*
- *Energy & Recovery: Whole foods provide steady energy for workouts*
- *Sustainable: Includes variety and flexibility so Mark doesn't feel restricted*

What's Next - Mark's Journey

Overview

Mark has established a strong foundation in **strength, cardio, flexibility, and nutrition**. The next step is to build consistency, track progress, and adjust the program as his fitness improves. This ensures Mark stays motivated, safe, and on track toward his 20-lb weight loss and overall health goals.

Progress Roadmap

Timeframe	Focus	What Mark Can Expect
Weeks 1–4	Build routine	Learn form, improve energy, create habits
Weeks 5–8	Increase intensity	Lift heavier, better stamina, improved posture
Weeks 9–12	Visible progress	Fat loss, muscle tone, less joint discomfort
Beyond 12 Weeks	Long-term success	Sustainable weight loss, improved strength, healthy lifestyle

Why This Works for Mark

- *Progressive: Each stage builds safely on the last.*
- *Accountability: Check-ins & adjustments keep him on track.*
- *Motivating: Visible changes boost confidence.*
- *Sustainable: Focus on habits, not quick fixes.*

"When you follow a structured program like this, progress isn't just possible — it's guaranteed."