Complete Training Program

Strength | Cardio | Flexibility | Nutrition



Designed for Heather Parker

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: Heather Parker
Age: 38
Height/Weight: 5'7", 160 lbs
Background: Stay-at-home mom returning to fitness after years of prioritizing family and recovery from a C-section four years ago. She's motivated, enjoys walking outdoors, and wants to eventually complete a 10K race.
Health Considerations: Mild kyphosis, tight internal hip rotators, and core weakness from postpartum abdominal separation.
Goal: Regain posture and core stability, improve energy, tone up, and build endurance for future 10K training.

InBody Assessment

Metric	Result	Classification
Weight	160.0 lb	–
Skeletal Muscle Mass	58.2 lb	Average
Body Fat Mass	52.8 lb	High
Body Fat %	33.0%	Slightly above ideal
BMI	25.1	Overweight
Basal Metabolic Rate	1,460 kcal	–
Visceral Fat Level	10	Moderate
InBody Score	73 / 100	Fair – Room for improvement

Interpretation:
Heather's InBody results show moderate muscle tone with elevated body fat. The focus is to rebuild her postural stability, strengthen her core, and re-establish a balanced training routine that gradually progresses toward endurance running.

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Why Heather Needed a Plan

Heather came to ACE Total Fitness feeling frustrated and disconnected from her body.
After several years focused on family and recovery from a C-section, she noticed her posture becoming rounded through the upper back **(kyphosis)** and her hips tightening from limited activity. Everyday movements like bending, lifting, and playing with her kids often left her feeling stiff or tired.

She also expressed wanting to **feel strong and capable again**, not just lose weight. Because her core stability and pelvic alignment were affected by pregnancy and surgery, traditional ab workouts or high-impact cardio made her uncomfortable. Heather needed a plan that rebuilt her foundation first — focusing on postural alignment, deep-core activation, and hip mobility before advancing to more demanding exercises.

Her long-term goal is to train for a 10K race, but she recognizes the importance of doing so safely and progressively. This program was designed to help her **reconnect with movement**, rebuild confidence in her body, and gradually develop the strength and endurance needed to achieve that goal — all while fitting into her busy life as a stay-at-home mom.

Pillar Focus	How It Helps Heather
Strength Training 💪	Restores postural balance and builds core stability after C-section
Cardio ❤️	Improves stamina, energy, and prepares her for future 10K training
Mobility & Flexibility 🧘	Corrects alignment, relieves tight hips, and enhances recovery
Nutrition 🥗	Supports sustainable fat loss, muscle repair, and hormonal balance

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Strength Training

Overview:
Heather's strength plan focuses on restoring posture, rebuilding core stability, and improving full-body strength without overloading her joints. Exercises are chosen to address her kyphosis, strengthen her posterior chain, and activate her deep core muscles safely after her C-section.

3-Day Strength Training Split

Day	Focus	Exercises	Sets × Reps	Notes
Monday	Posture & Core Stability	Bird Dog · Wall Angels · Glute Bridge · Dead Bug	3×10–12	Builds postural strength and reconnects core activation
Wednesday	Lower Body Strength	Step-Ups · Mini-band Squats · Hamstring Curls · Side Plank	3×12–15	Improves hip/glute tone and supports pelvic alignment
Friday	Upper Body & Core	Incline Push-ups · DB Row · Shoulder Press · Pallof Press	3×10–12	Builds upper-body tone and stability through anti-rotation

Why This Fits Heather's Goals:

- *Rebuilds posture and core strength safely after C-section recovery*
- *Strengthens glutes, hips, and upper back to reduce kyphosis and pain*
- *Boosts lean muscle tone and metabolism without joint stress*
- *Creates the foundation for efficient, injury-free running form*

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Cardio

Overview:
Heather's cardio plan prioritizes **low-impact endurance and progressive conditioning** to prepare her body for future 10K training. Sessions balance steady-state work with gentle intervals to build cardiovascular base and stamina safely.

4-Day Cardio Split

Day	Focus	Example Activities	Duration / Intensity
Day 1	Endurance	Brisk walking, elliptical	30–40 min @ 60–70% HR max
Day 2	Intervals	1-min jog / 2-min walk repeats	25–30 min
Day 3	Active Recovery	Light yoga, easy cycling	20–25 min
Day 4	Long Walk / Jog	Outdoor walk-jog loop	45–50 min @ conversational pace

Why This Fits Heather's Goals:

- *Builds aerobic base and stamina with low-impact options*
- *Gradually introduces intervals to prepare for 10K training*
- *Supports fat loss and heart health without overtraining*
- *Improves endurance and daily energy for active living*

Mobility & Flexibility

Overview:
Daily mobility resets are key for Heather's kyphosis and hip tightness. These sessions improve posture, spinal alignment, and hip mobility — enhancing comfort, recovery, and long-term movement quality.

Flexibility & Mobility Split

Focus	Example Exercises	Duration
Postural Reset (2–3× per week, ideally mornings or after strength days)	Wall Slides · Thoracic Extensions · Foam Roll Upper Back	5–10 min
Hip Mobility (3–4× per week, before cardio or leg sessions)	90/90 Stretch · Banded Hip Openers · Glute Stretch	10–15 min
Core & Breathing (Daily, especially evenings or recovery days)	Diaphragmatic Breathing · Cat-Cow · Thread-the-Needle	10 min
Gentle recovery	Light yoga flow, deep breathing, guided stretch session	15–20 min

Why This Fits Heather's Goals:

- *Corrects posture and realigns tight hips and shoulders*
- *Improves range of motion and joint stability*
- *Aids recovery and reduces stiffness from daily activity*
- *Reinforces better movement patterns for running and strength work*

Nutrition

Overview:
Heather's nutrition plan supports steady fat loss, muscle recovery, and sustained energy. The emphasis is on lean protein, fiber-rich carbs, and healthy fats — helping her fuel workouts and manage hunger while staying energized for family life.

Daily Meal Framework

Time	Focus	Example Options
Breakfast	Protein + carbs	Greek yogurt, berries, oats
Snack 1	Protein + fat	Apple with almond butter
Lunch	Lean protein + fiber	Chicken salad wrap, veggies
Snack 2	Recovery	Protein shake or Greek yogurt
Dinner	Balanced meal	Salmon, rice, roasted veggies
Evening	Light option	Herbal tea, walnuts

Why This Fits Heather's Goals:

- *Fuels workouts and recovery with balanced macros*
- *Supports fat loss while maintaining lean muscle*
- *Stabilizes energy and mood for consistent training*
- *Encourages flexible, sustainable eating habits*

Nutrition

3-Day Sample Meal Plan

Meal	Day 1	Day 2	Day 3
Breakfast	Greek yogurt + berries + ½ cup oats	Veggie omelet + whole-grain toast	Protein smoothie (banana + spinach + almond milk + protein powder)
Snack 1	Apple + almond butter	Protein bar	Cottage cheese + pineapple
Lunch	Chicken & quinoa bowl with mixed veggies	Turkey wrap + baby carrots	Shrimp & brown-rice stir-fry with broccoli
Snack 2	Hummus + cucumber slices	Greek yogurt + granola	Mixed nuts + fruit
Dinner	Baked salmon + roasted veggies + sweet potato	Chicken tacos (corn tortillas + avocado + salsa)	Lean beef stir-fry with veggies + jasmine rice
Optional Evening Snack	Herbal tea + walnuts	Greek yogurt + honey	Protein shake or warm milk with cinnamon

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What's Next - Heather's Journey

Heather has built a strong foundation in strength, cardio, mobility, and nutrition — reconnecting with her body and movement patterns after years away from structured exercise.

The next phase focuses on **progressive endurance training**, continued **core and postural development**, and maintaining her **balanced nutrition habits** as she transitions toward her 10K goal.

With consistent training, mindful recovery, and ongoing guidance, Heather will continue improving her strength, confidence, and energy — turning this 12-week reset into a sustainable, active lifestyle she can maintain long-term.

12-Week Progress Roadmap

Timeframe	Focus	Expected Progress
Weeks 1–4	Foundation	Learn form, rebuild posture, re-engage core, and establish consistent habits
Weeks 5–8	Progression	Increase load and intensity, improve tone, and feel stronger and more confident
Weeks 9–12	Endurance Prep	Transition into walk-jog sessions, enhance stamina, and improve overall fitness
Beyond 12 Weeks	Long-Term Training	Begin structured 10K training, sustain nutrition habits, and maintain posture gains

Why This Roadmap Works for Heather's Goals

- *Builds a strong core and postural foundation before advancing to higher-impact training*
- *Gradually increases strength and stamina while preventing injury or overload*
- *Transitions her safely from low-impact movement to 10K-ready endurance*
- *Promotes lasting confidence, consistency, and energy through sustainable progress*