

# 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



## 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.



## 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 **low-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

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### 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."*



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## Contact Information

### Trainer Contact

#### Aaron Olar

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#### Location

Greater Midland Community Center

Midland, MI

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