

XENOFIT

🌐 www.XenoFitness.com

**THE
FITNESS
OF
DIFFERENCE**

Fitness Plan: 
Sample Client
November 2022

Client Consultation



BODY COMPOSITION

39 Age

Active

Activity Level

6' Height

30%

Bodyfat (Est)

280 Lbs

200

Lbs (LBM 0% bf)



Your estimated daily calorie needs (to maintain your body weight) are:

**2900
calories***

Your estimated daily calories needed to lose 1 lb fat a week are:

**2400
calories**

* <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/>

**1 Lb Fat
= 3500
Calories**

**500 Calorie
deficit x 7 days
a week is 1 lbs
fat loss a week,
4 lbs a month,**

**Month 1 Goal:
275 Lbs (-5 lbs)**

Nutrition

Grocery List



This grocery list contains the most cost, calorie, and nutrient efficient foods you can find at your local grocery store.

Proteins:

- Ground Turkey
- Chicken Breast
- Turkey Bacon
- Fish (Filets, canned, burgers)
- Whole Eggs
- Protein Powder
- Zero Sugar Greek Yogurt
- Cottage Cheese / No Fat
- String Cheese (Mozerella)

Carbs:

- Oatmeal, Cheerios
- Brown Rice
- Diet Wraps (50 Cal Wraps)
- Bananas, Apples, Oranges

Fats:

- Omega 3 Butter Spread
- Avocado
- Lightly Salted Almonds
- PB Powder

Beverage:

- Coffee
- Zero Calorie Drink Mix
- Diet Arizona Green Tea
- Diet Soda
- Zero Cal Energy Drinks
- Preworkout Powder

Treats:

- Sugar Free Syrup
- Sugar Free BBQ Sauce
- Light condiments (wing sauce, ketchup, steak sauce, hot sauce, siracha, etc)
- Keto ice cream bars
- Zero sugar freeze pops
- Quest bars/keto bars

Meal Prep:

- Instapot
- Bulk tupperwares
- Cheapest kitchen scale
- Measuring cups

MEALS & MACROS

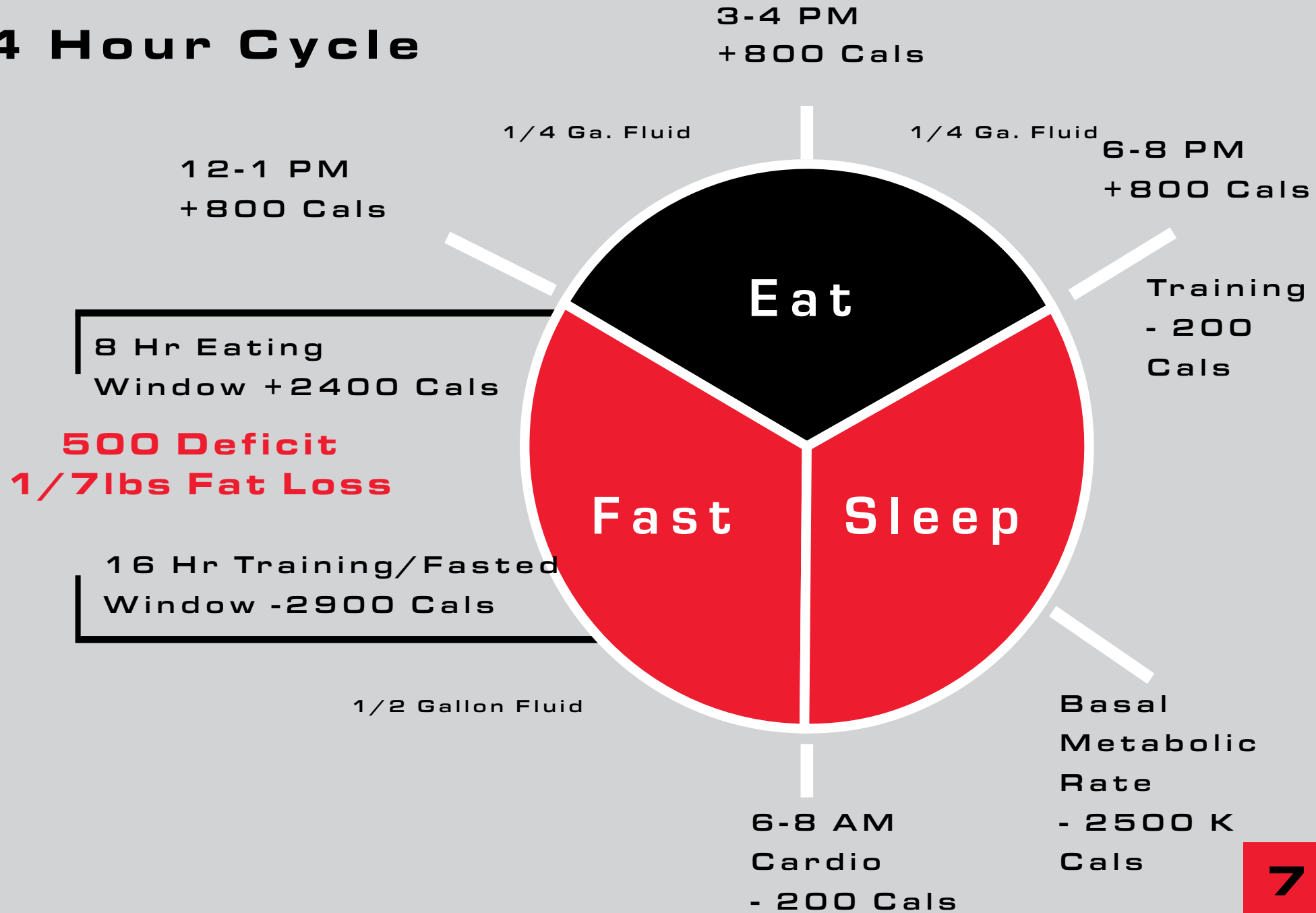
For your given information,
your 24 hour macros
should be:

180 Protein (\pm 800 Cals)

180 Carbs (\pm 800 Cals)

100 Fats (\pm 800 Cals)

24 Hour Cycle



Training Plan

Objective:
This training plan optimizes training days while *dieting* to *preserve muscle* & *maintain strength*

LABORS OV
POWER

Training Days

- I. Push (Chest/Shoulders & Tris)
- II. Pull (Back & Biceps)
- III. Legs (Legs & Abs)

Training days are done back-to-back, with maximum two rest days in a week, your choice dependent on recovery needs.

Workouts should be complete within 45 minutes a day.

Sample 2 Weeks

Monday - Push
Tuesday - Pull
Wednesday - Legs
Thurs - Rest
Friday - Push B
Saturday - Pull
Sunday - Rest
Monday - Legs
Tuesday - Push
Wednesday - Pull
Thurs - Rest
Friday - Legs
Saturday - Push B
Sunday - Rest



PUSH

Chest Strength 3x5*
(Bench Press or Dumbbell Press)

Triceps Strength 3x8*
(dips, skullcrushers, french press)

Chest Isolation 3x12*
(Machine press variations)

Triceps Isolation 3x15*
(cable pushdowns, over or underhand)

Chest Pump 3x20*
(cable flies, dumbbell flies, pec deck)

Triceps Pump 3x20
(single arm cable pushdowns)

Shoulder Health 1x30
(Rear-delt flies)



* Pick one of each.

First set warmup, 2nd
set medium, 3rd set
heaviest weight.

PULL

Back Strength 3x5*
(Rack Pulls, Barbell Shrugs)

Biceps Strength 3x8*
(Preacher Ez-bar or Dumbbell)

Upper Back Iso 3x12*
(Lat pulldowns, vary grip each week)

Biceps Length 3x15*
(Hammer Curls)

Mid Back Iso 3x20*
(Seated Rows)

Biceps Pump 3x20
(Arnold Curls, Cable Curls)

Lower Back 1x30
(Back extension machine)

* Pick one of each.
First set warmup, 2nd
set medium, 3rd set
heaviest weight.

PUSH B

Shoulder Strength 3x8*
(Overhead Press, barbell or DB)

Triceps Strength 3x8*
(dips, skullcrushers, french press)

Shoulder Isolation 3-12*
(Dumbbell raises)

Triceps Isolation 3-20*
(cable pushdowns, over or underhand)

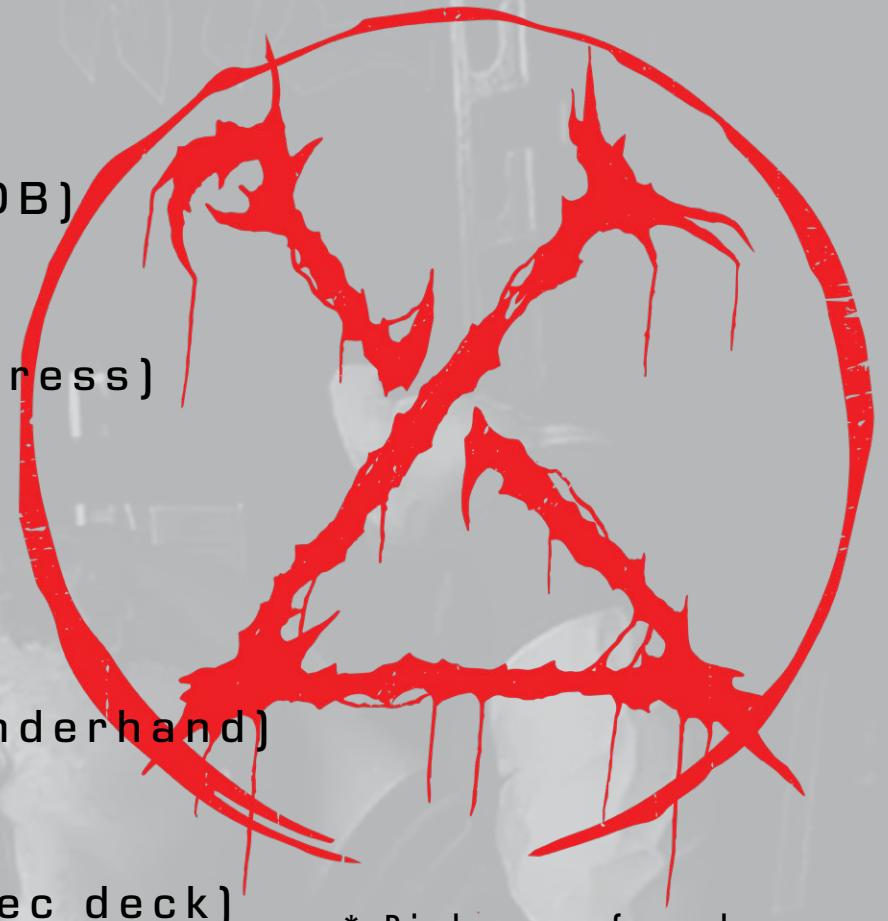
Chest Pump 3-20*
(cable flies, dumbbell flies, pec deck)

Triceps Pump 3-20*
(single arm cable pushdowns)

Shoulder Health 1-30
(Cable Face-Pulls)

* Pick one of each.

First set warmup, 2nd
set medium, 3rd set
heaviest weight.



LEGS

Legs Strength 3x5*
(Leg Press or Hack Squat)

Quads Isolation 3x8*
(Walking Lunges, Bulgarian Splits)

Hamstring Iso 3x12*
(Hamstring Curls)

Quad Pump 3x20*
(Leg Extension)

Hip Health 3x20*
(Abductors machine)

Calves 1x30*
(Calf Raises on leg press or machine)

Abs 1x30
(Weighted, machine, cable crunches)

* Pick one of each.
First set warmup, 2nd
set medium, 3rd set
heaviest weight.