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flight.trainerize.com/app/client/2905522/calendar | Please update your credit card info. Your last subscription payment failed. | UPDATE | MARCH 2020

Completed: Strength Base (Full 1) | Priming #5 | Priming #4 | Priming #5

Workout: Priming #5 | Strength Base (Full 1)

Cardio: Cycling | Body Stats | Meals | Photos

Garrett Willingham | Message | View Profile | Dash | Goals | Training Program | Calendar | Meal Plans | Progress

FLIGHT FITNESS - LIFESTYLE - POSSIBILITIES | RETURN TO OVERVIEW

5 Mar 2020 Completed

Strength Base (Full 1) Regular

Be sure to warm up!

Perform a dynamic warm up to have your blood moving through your muscles, have range of motion, and activate your muscles for the exercises ahead.

Pick a weight that you are able to complete all specified rep range. Be sure to have as much rest time in between exercises that you need.

Perform all three sets of each specific exercise before beginning on to the next exercise.

For Body Weight Squats, you can use a Swiss Ball (The big ball filled with air) to do the bodyweight squats leaning on the ball that is in between your back and a wall. Or you can do Wall Squats and hold for up to 60 seconds per each set.

	3 sets x 15 - 20 Rest 90 sec between sets
Set 1 15	
Set 2 15	
Set 3 15	
	3 sets x 15 - 25 Rest 90 sec between sets

Comments

Garrett Willingham... 6 Mar 2020
Rated this workout as **RPE 3/10** (easy).

FLIGHT FIT

Business related goals for Life Goals

do for work)?

or health condition

in physical activity

l conditions, or participate in physical activity

w (we'll add you)

What are your fitness goals?

- Burn Fat, Build Strength, Build Muscle

Please rate your level of fitness

4

What kind of equipment do you use?

- Dumbbells, Barbells, Resistance Exercises/Machines, Squat Rack, Rowing Machine, Cable Machine, Resistance Bands

Do you have a special event or healthier?

- Wedding

What exercises/training do you do?

- Walk

What areas are you struggling with?

- Consistency going

What are your other fitness or goals? (Personal, Professional, Other)

- Just get fit and be able to maintain

What is your profession (what do you do)?

- Aircraft mechanic

PT Club Industry | Fitness Industry

reform: New response

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typeform FLIGHT Fitness Survey has