





**TRILLIUM FITNESS**  
PROFESSIONAL PERSONAL TRAINING

<p>Action Plan</p> <p><b>*Correspond Plan with Numbered Goal</b></p>	<p>1) To meet outlined body composition goals:</p> <ul style="list-style-type: none"><li>-Achieve consistency with weekly gym sessions</li><li>-Achieve consistency and discipline with prescribed Meal Planner</li><li>-Achieve sufficient general movement outside formal gym work</li><li>-Offer increased feedback and discussion regarding prescribed foods in Meal Planner</li></ul> <p>2) To meet outlined goals to increased abdominal control, strength and midsection tone/definition:</p> <ul style="list-style-type: none"><li>-Ensure integration and progression with prescribed abdominal exercises</li><li>-Achieve consistency and discipline with prescribed Meal Planner</li><li>-Offer increased feedback and discussion regarding prescribed foods in Meal Planner</li><li>-Use blood pressure cuff feedback instrument for deep abdominal education and training practice</li><li>-Integrate core activation and control practice exercises using blood pressure cuff instrument for objective feedback</li><li>-Provide educational material on abdominal control and musculature to enhance understanding of core control and activation principles</li></ul> <p>3) To meet outlined goals to increase upper body strength, specifically in arms and shoulders for overhead pressing movement:</p> <ul style="list-style-type: none"><li>-Ensure integration and progression with prescribed arms and overhead pressing exercises</li><li>-Achieve consistency with weekly gym sessions</li><li>-Achieve consistency and discipline with prescribed Meal Planner</li><li>-Offer increased feedback and discussion regarding prescribed foods in Meal Planner</li></ul> <p>4) To meet outlined postural correction goal:</p> <ul style="list-style-type: none"><li>-Ensure integration of specified postural correction exercises including:<ul style="list-style-type: none"><li>-Strengthening of identified elongated and weak hamstrings</li><li>-Strengthening of identified elongated and weak spinal erectors</li><li>-Strengthening of identified elongated and weak scapular retractors</li><li>-Lengthening of identified shortened hip flexors</li></ul></li><li>-Ensure progression of selected postural exercises</li><li>-Verbal discussion regarding workplace ergonomics and suggestions for ergonomic modifications to facilitate postural correction</li></ul>
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