

**Paul Alexander Nolan**  
***Getting into Shape for Broadway***

ALTUS has been working closely with Paul Alexander Nolan, and during the process, we have challenged him in many ways through our fitness phases in order to constantly stimulate his body and avoid hitting a plateau. Paul's journey was not an easy path, but he took on the challenge of a tough fitness and nutritional program. The success of our efforts are clear -- we have been able to transform his body into a sexy and fit beach bum, exactly what his role as the leading man as Tully in Broadway's Escape to Margaritaville requires.

You can watch one of Paul's workouts at <https://www.broadway.com/videos/158552/backstage-at-escape-to-margaritaville-with-paul-alexander-nolan-episode-8-working-it-out/>

In this document we are giving you an insider's look at his latest fitness regimen, which consists of high volume dynamic strength circuits (HVDSC) for the lean and athletic "beach look".

Let's Begin!

## **Aldo Larita**

Before going into the workout, Paul was given a series of activation exercises to warm up his body in order to prevent injuries and activate proper muscle groups.

Afterwards, we will transition into the TRX core circuit indicated below.

CORE ACTIVATIONS			
EXERCISE	WT.	SETS	REPS / REST
TRX plank T's	Bw.	1-2	30sec / 5-10 sec rest
TRX jackknife to triceps step ups	Bw.	1-2	10 / 5-10 sec
TRX mountain climbers	<u>Bw.</u>	1-2	10/ 5-10 sec
TRX hip pikes	Bw.	1-2	10 on each side

You can substitute the 200 meter run with 300 jump ropes due limited equipment or space. The goal here is to elevate the heart rate to set the intensity of the workout, and leading to the main dynamic strength circuit and a metabolic close out.

CARDIO PRE-WORKOUT			
EXERCISE	WT.	SETS	REST
200 meter run	Bw.	6	20 sec

DYNAMIC STRENGTH CIRCUIT 1			
EXERCISE	WT.	SETS	REPS / REST
Clean's	75-85%	3-4	8
Expresso	75-85%	3-4	1min
Chin ups to knee tucks	<u>Bw.</u>	3-4	1 min
Thrusters	70-75%	3-4	10

CLOSE OUT			
EXERCISE	WT.	TIME	REST
Row/ 30 sec fast/ 30 slow	Bw.	4min	None

After finishing the first part of the workout, we spike the heart rate once again by combining traditional calisthenic movements with little rest in between exercises, core bar work and a final dynamic strength circuit to end the workout in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

BUY IN			
EXERCISE	WT.	Time	REPS
Pull ups /Push ups/ Squats	Bw.	10 min	5/10/10 on the min for 10 min

CORE BAR CIRCUIT			
EXERCISE	WT.	SETS	REPS / REST
Bubkas	Bw.	1-2	10 / 5-10 sec
Windshield wipers	Bw.	1-2	10 / 5-10 sec
Toes to bar	<u>Bw.</u>	1-2	10/ 5-10 sec
knee tucks to kick outs	Bw.	1-2	10/ 5-10 sec

DYNAMIC STRENGTH CIRCUIT 2			
EXERCISE	WT.	SETS	REPS / REST
Sumo high pulls	75-85%	4-5	21(-3 reps every set)
Burpee to pull ups	Bw	4-5	21(-3 reps every set)
Renegade row	75-85%	4-5	21(-3 reps every set)
Alt - lunges to curl & Arnold press	70-75%	4-5	21(-3 reps every set)
Split jump	Bw.	4-5	21(-3 reps every set)

## Aldo Larita Trainer's Bio



I love what I do and I am passionate about empowering people and uplifting communities through exercise. My journey in the health and fitness industry began as an endurance athlete 14 years ago. I was intrigued with the body's ability to recover, perform and adapt to different stressors, especially after having experienced my own share of injuries.

Around the same time, my father suffered a knee dislocation, and seeing him immobile and unable to live his life pushed me to pursue my bachelor's degree in Kinesiology. Growing up, my family had limited access to the resources to properly care for him. Luckily, I knew track and field medics who guided me in my father's

recovery. They showed me rehab protocols and therapeutic exercises that allowed my father to regain his ability to walk again. It was then that I saw myself helping people and transforming their lives through exercise. Since then, I have committed myself to bridging the gap between medicine and fitness. At ALTUS, we have a team of doctors, nutritionists, exercise specialists and other health practitioners dedicated to optimizing health and well-being through ALTUS's four pillars of fitness, function, nutrition and mindfulness practice. I am dedicated to helping our clients meet their goals; whether they are professional athletes trying to get back into the game, actors shaping themselves to a character or an individual seeking to live a healthier life. My time at ALTUS as an exercise specialist has given me the opportunity to learn and expand my skills as an allied health professional and continue making an impact in transforming individuals and communities through health and fitness.



## About ALTUS

We all aspire to greater well-being. Our health affects nearly every aspect of our lives and enables us to thrive and engage, feeling confident, powerful and inspired. Altus is your ultimate health management team. We are a hand-picked multi-disciplinary team of medical and athletic professionals. We believe health and well-being should be a byproduct of your lifestyle. We want to provide the exclusive tools and tailored treatments for you to live a life that you love.

## CONNECT WITH ALTUS

Our global concierge service and extensive network of experts ensure you get the support you need

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