

Over 50+ lbs. Weight Loss Strategy

A Fitness Commitment Welcome Packet

Over 50+ lbs. Weight Loss Guide

by **Adrian Madrid**

Shareable Link:  **Workout Plan**

<https://docs.google.com/document/d/12qF6uLL2euZHh1zerRiiEhljqUpwv7xzKuriMIFepl/edit?usp=sharing>

Welcome Letter

Hello and welcome!

My name is **Adrian Madrid**, and I created this guide to share my personal journey of losing weight and regaining control of my health. For years, I struggled to find a method that actually worked. I tried quick fixes, fad diets, and intense workout routines that left me feeling burnt out or disappointed.

After a lot of trial and error, I committed myself to a structured plan—with the goal of losing **60 pounds in just 4 months**. This guide is my record of that experience: the ups, the downs, what worked, and what didn't.

My hope is that my story can inspire and provide a framework for others who are looking to lose **50 pounds or more** and are ready to transform their lives.

Adrian's Personal Goal

- **Target Weight Loss:** 60 lbs
- **Timeline:** 4 months
- **Why This Goal Matters:** Years of frustration with yo-yo dieting led me to commit to a focused, realistic approach. By sharing my journey, I hope others can adapt what works for them.

Potential Results

Every journey is unique. While I aim to lose 60 lbs in 4 months, your results may vary depending on:

- **Starting weight & body composition**
- **Dietary habits**
- **Exercise consistency**
- **Age, metabolism, and lifestyle factors**

This guide isn't a "one-size-fits-all" solution—but it provides strategies, structure, and motivation that you can personalize to meet your own needs.

Who This Guide is For

- Individuals who want to lose **50+ lbs**
 - People who have struggled for years with failed diets or fitness plans
 - Anyone ready to commit to **safe, sustainable weight loss**
 - Those seeking **accountability and motivation**
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Medical & Safety Disclaimer

This guide is for **voluntary use only**. You are not required to follow the exact steps outlined. Always consult with a licensed medical professional before beginning any diet, exercise, or weight-loss program.

- **Know your limits.** If you feel pain, dizziness, or extreme discomfort, stop immediately.

- **Use safe practices.** When lifting weights, always use proper form, and for heavier lifts, always use a spotter. Improper practices can cause serious injury or even death.
 - **Hydrate & fuel properly.** Nutrition and recovery are as important as exercise.
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Emergency Resources (Las Cruces, NM)

If you're local to Las Cruces, here are the emergency medical centers closest to you:

- **Memorial Medical Center** – 2450 S Telshor Blvd, Las Cruces, NM | (575) 522-8641
- **MountainView Regional Medical Center** – 4311 E Lohman Ave, Las Cruces, NM | (575) 556-7600
- **Three Crosses Regional Hospital** – 2560 Samaritan Dr, Las Cruces, NM | 1-800-421-8274
- **Mesilla Valley Hospital (Psychiatric services)** – 3751 Del Rey Blvd, Las Cruces, NM | (575) 382-3500

 In case of emergency, always **dial 9-1-1** first.

How to Use This Guide

1. **Read with an open mind.** Take what applies to you and adapt it.
 2. **Track your progress.** Journaling weight, measurements, and energy levels helps keep you motivated.
 3. **Stay consistent.** Results come from small, daily actions—not perfection.
 4. **Celebrate milestones.** Every step forward matters, whether it's your first 5 lbs lost or your 50th.
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Closing Thoughts

This is not just about losing weight—it's about regaining confidence, health, and control of your life. My journey toward losing 60 lbs in 4 months is deeply personal, but it may also serve as a blueprint for anyone facing the same struggles.

You don't have to do this alone. Use this guide as a tool, stay committed, and most importantly—believe that change is possible.

Here's to your transformation,

Adrian Madrid

Important Info

When you're losing weight, especially if you're aiming for a significant amount, focusing only on the scale and not on **toning** (building or maintaining muscle) can leave you with loose, sagging skin. Here's why toning is important during weight loss:

1. Muscle Fills the Space Left by Fat

- When fat is lost, it reduces the volume under your skin.
 - Without toned muscle underneath, skin may appear loose or saggy.
 - Strength training builds lean muscle that helps your body look firmer and more sculpted as you slim down.
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2. Preserves Lean Mass

- Dieting without resistance training often causes both **fat loss and muscle loss**.
 - Losing muscle lowers metabolism, making it harder to sustain weight loss.
 - By lifting weights or doing bodyweight resistance exercises, you keep (or increase) lean mass while reducing fat.
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3. Improves Skin Tightness & Elasticity

- Skin naturally contracts as fat decreases, but only to a point—especially after rapid or large weight loss.
 - Toned muscles provide a supportive foundation under the skin, making it appear tighter.
 - While toning can't completely prevent loose skin, it significantly improves how skin looks and fits over your body.
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4. Boosts Metabolism

- More muscle means a higher resting metabolic rate (RMR).
 - This helps burn calories even at rest, supporting long-term weight maintenance.
 - Stronger muscles = easier to stay lean without yo-yo dieting.
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5. Supports Posture & Confidence

- A toned body isn't just about appearance—it improves posture, mobility, and daily strength.
 - When you feel firm and strong, you're more confident in your results, even if there's still some skin looseness.
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Best Strategies for Toning During Weight Loss

- **Strength training:** 2–4 times per week (weights, resistance bands, or bodyweight).
- **Progressive overload:** Gradually increase weight, reps, or intensity.
- **Protein intake:** Aim for ~0.7–1g protein per pound of body weight to support muscle retention.
- **Stay hydrated:** Good hydration supports skin elasticity.
- **Patience:** Skin tightening happens over time; toning maximizes your results.

Game/Meal Plan



4-Month Weight Loss + Tone Schedule

Structure each month:

- **Cardio:** 5 days/week (progressing walk → jog).
 - **Strength Training:** 4 days/week (arms, glutes, core).
 - **Infrared Sauna:** 3–4 times/week, post-workout.
 - **Rest/Active Recovery:** 1–2 days/week.
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MONTH 1: Foundation (Weeks 1–4)

Goal: Build consistency, calorie deficit, strengthen joints.

Workouts

- **Mon:** Walk 45 min + Glutes (squats, hip thrusts, glute bridges, step-ups).
- **Tue:** Walk 30 min + Arms (push-ups, dumbbell curls, tricep dips, shoulder press).
- **Wed:** Walk 40 min (brisk).
- **Thu:** Walk 30 min + Glutes (add resistance band).
- **Fri:** Walk/Jog Intervals 20–30 min + Arms.
- **Sat:** Walk 60 min.
- **Sun:** Rest + stretch.

Meal Plan (1500–1700 cal/day)

- **Breakfast:** Greek yogurt + berries + chia seeds.
 - **Snack:** Protein shake + 10 almonds.
 - **Lunch:** Grilled chicken + quinoa + roasted veggies.
 - **Snack:** Apple + 2 tbsp peanut butter.
 - **Dinner:** Lean ground turkey + sweet potato + broccoli.
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MONTH 2: Progression (Weeks 5–8)

Goal: Jogging intervals, increase weights.

Workouts

- **Mon:** Jog/Walk Intervals 30 min + Glutes (add weights).

- **Tue:** Jog 20 min + Arms (increase weight, 3×12).
- **Wed:** Brisk walk 40 min.
- **Thu:** Jog 25 min + Glutes (lunges, hip thrusts, step-ups).
- **Fri:** Circuit: 5 min jog + arms + glutes × 3.
- **Sat:** Long Walk/Jog 60 min.
- **Sun:** Rest.

Meal Plan

- **Breakfast:** Scrambled eggs + spinach + whole-grain toast.
 - **Snack:** Protein bar.
 - **Lunch:** Ground beef lettuce wraps + avocado.
 - **Snack:** Carrots + hummus.
 - **Dinner:** Grilled chicken breast + asparagus + cauliflower mash.
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MONTH 3: Intensification (Weeks 9–12)

Goal: More jogging, muscle growth.

Workouts

- **Mon:** Jog 35 min + Glutes (heavier weights, band walks).
- **Tue:** Arms + Core (planks, push-ups, bicep curls, overhead press).
- **Wed:** Jog 40 min.
- **Thu:** Glutes (deadlifts, hip thrusts, squats).
- **Fri:** Jog Intervals 25 min (1 min jog / 2 min walk × 8) + Arms.
- **Sat:** Long Jog/Walk 70 min.
- **Sun:** Rest.

Meal Plan

- **Breakfast:** Protein smoothie (protein powder, banana, spinach, almond milk).
 - **Snack:** Cottage cheese + pineapple.
 - **Lunch:** Grilled turkey burger + roasted zucchini.
 - **Snack:** Celery + peanut butter.
 - **Dinner:** Lean beef stir-fry + mixed vegetables + brown rice.
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MONTH 4: Peak (Weeks 13–16)

Goal: Sustainable jogging, sculpt arms & glutes.

Workouts

- **Mon:** Jog 40 min + Glutes (weighted hip thrusts, squats, lunges).
- **Tue:** Full Upper Body (arms + shoulders + chest).
- **Wed:** Jog 45 min.
- **Thu:** Glutes + Core.
- **Fri:** HIIT: 20 min jog/run + strength circuit (arms/glutes).
- **Sat:** Long Jog/Walk 75 min.
- **Sun:** Rest.

Meal Plan

- **Breakfast:** Veggie omelet + avocado.
 - **Snack:** Protein shake + walnuts.
 - **Lunch:** Chicken salad + olive oil dressing.
 - **Snack:** Boiled egg + cucumber slices.
 - **Dinner:** Grilled turkey meatballs + quinoa + roasted carrots.
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Key Notes

- **Protein Goal:** 120–150g/day → helps prevent loose skin.
- **Hydration:** 3–4L/day (sauna sweats out electrolytes, so add electrolyte tablets if needed).
- **Supplements:** Collagen peptides, vitamin C, zinc.
- **Strength Training:** Heavier weights = better muscle definition under skin.
- **Infrared Sauna:** 3–4×/week, 20–30 min after workouts.

7-Day High-Protein Meal Plan (No Fish, Includes Mexican Meals)

Calories: 1500–1700/day

Protein: 120–150g/day

Carbs: Moderate (whole grains, beans, veggies)

Fats: Healthy (avocado, olive oil, nuts)

Day 1 – Classic Start

- **Breakfast:** Greek yogurt + blueberries + chia seeds + 1 tbsp almond butter
 - **Snack:** Protein shake + handful of almonds
 - **Lunch:** Grilled chicken breast + quinoa + roasted broccoli & carrots
 - **Snack:** Apple + 2 tbsp peanut butter
 - **Dinner:** Lean ground turkey + sweet potato mash + green beans
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Day 2 – Mexican-Inspired 🌮

- **Breakfast:** Breakfast burrito (scrambled eggs, black beans, avocado, salsa, whole wheat tortilla)
 - **Snack:** Cottage cheese + pineapple chunks
 - **Lunch:** Chicken fajita bowl (grilled chicken, brown rice, sautéed peppers & onions, guacamole)
 - **Snack:** Baby carrots + hummus
 - **Dinner:** Lean ground beef tacos (corn tortillas, lettuce, tomato, avocado, salsa verde)
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Day 3 – Lean & Clean

- **Breakfast:** Veggie omelet (egg whites + spinach + mushrooms) + slice of whole-grain toast
 - **Snack:** Protein bar (low sugar, 20g protein)
 - **Lunch:** Turkey burger (no bun) + roasted zucchini + cauliflower mash
 - **Snack:** Celery sticks + peanut butter
 - **Dinner:** Grilled chicken thighs + asparagus + baked potato
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Day 4 – Mexican-Inspired 🌮

- **Breakfast:** Huevos rancheros (2 eggs, black beans, salsa, avocado, on corn tortillas)
 - **Snack:** Protein smoothie (protein powder, banana, spinach, almond milk)
 - **Lunch:** Chicken enchilada bowl (shredded chicken, pinto beans, Spanish rice, low-fat cheese, salsa)
 - **Snack:** Greek yogurt + cinnamon + walnuts
 - **Dinner:** Turkey chili (ground turkey, beans, tomatoes, peppers)
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Day 5 – Strength Day Fuel

- **Breakfast:** Overnight oats (rolled oats, almond milk, protein powder, cinnamon, berries)
 - **Snack:** Hard-boiled eggs (2) + cucumber slices
 - **Lunch:** Grilled steak strips + brown rice + green beans
 - **Snack:** Protein shake + 10 almonds
 - **Dinner:** Ground beef stir-fry (beef, broccoli, onions, garlic, coconut aminos or soy sauce)
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Day 6 – Light & Energizing

- **Breakfast:** Scrambled eggs + spinach + sausage
 - **Snack:** Apple slices + string cheese
 - **Lunch:** Chicken salad (grilled chicken, avocado, tomato, cucumber, olive oil)
 - **Snack:** Protein bar
 - **Dinner:** sausage meatballs + zucchini noodles + marinara sauce
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Day 7 – Balanced Reset

- **Breakfast:** Veggie omelet (bell peppers, onions, turkey bacon)
 - **Snack:** Protein smoothie (protein powder, almond milk, peanut butter, banana)
 - **Lunch:** Ground beef lettuce wraps (romaine, beef, avocado, salsa)
 - **Snack:** Cottage cheese + strawberries
 - **Dinner:** Grilled chicken breast + roasted sweet potato + sautéed spinach
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Notes for Success

- **Mexican meals (Day 2 & Day 4):** Flavorful but balanced → use lean proteins, beans, avocado, salsa, and corn/whole wheat tortillas.
- **Protein priority:** Each meal/snack has **20–35g protein**.
- **Hydration:** 3–4 liters/day, especially with sauna.
- **Flexibility:** You can swap lunch & dinner across days to keep it fresh.

4 Month Starter Package



Weekly Workout Calendar (4-Month Plan)

Each week follows this same **7-day calendar**, with **progression built in**:

- **Month 1:** More walking, lighter weights, basic moves.
 - **Month 2:** Jogging intervals, moderate weights.
 - **Month 3:** Longer jogs, heavier weights, more sets.
 - **Month 4:** Full jogs, advanced moves, circuits/HIIT.
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Weekly Calendar

Monday – Glutes + Cardio

- 30–45 min walk/jog (progress each month)
 - Glute workout:
 - Squats (3×12)
 - Hip thrusts (3×12)
 - Glute bridges (3×15)
 - Step-ups (3×10 per leg)
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Tuesday – Arms + Cardio

- 20–30 min jog/walk
 - Arm workout:
 - Push-ups (3×10–15)
 - Dumbbell curls (3×12)
 - Tricep dips (3×12)
 - Shoulder press (3×12)
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Wednesday – Endurance Walk/Jog

- 40–60 min brisk walk → transition to steady jog by Month 3–4
 - Light stretching
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Thursday – Glutes (Strength Focus)

- 20–30 min jog/walk
 - Glute workout:
 - Deadlifts (3×10)
 - Hip thrusts (4×12, go heavier)
 - Bulgarian split squats (3×10 per leg)
 - Resistance band side walks (3×15 steps per side)
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Friday – Arms + Cardio Intervals

- Interval jog (ex: 1 min jog / 2 min walk × 8 rounds, increase intensity monthly)
 - Arm workout:
 - Bicep curls (3×12)
 - Overhead triceps extension (3×12)
 - Lateral raises (3×12)
 - Plank (3×30–60 sec)
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Saturday – Long Cardio Day

- Month 1: 60 min brisk walk
 - Month 2: Walk/jog mix 60 min
 - Month 3: Jog 60–70 min
 - Month 4: Jog 70–75 min
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Sunday – Rest/Recovery

- Stretching or yoga
 - Optional sauna session
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Progression Across Months

- **Month 1:** Mostly walking, light weights/bodyweight.
- **Month 2:** Jogging intervals, add resistance bands/dumbbells.
- **Month 3:** More jogging, increase weights/reps.
- **Month 4:** Full jogs, heavier weights, HIIT circuits

Progression Plan

MONTH 1 – Foundation (Weeks 1–4)

Focus: Build consistency, strengthen joints, establish calorie burn.

Weekly Calendar

Monday – Glutes + Cardio

- Warm-up: 5 min brisk walk
- Glutes: 3×12 squats, 3×12 glute bridges, 3×10 step-ups per leg
- Cardio: Walk 30–40 min at brisk pace
- Sauna: 20 min

Tuesday – Arms + Light Cardio

- Warm-up: 5 min dynamic stretches
- Arms: 3×10 push-ups, 3×12 dumbbell curls, 3×12 tricep dips, 3×12 shoulder press
- Cardio: Walk 20–30 min
- Sauna: Optional

Wednesday – Cardio Endurance

- Walk 45 min at brisk pace (slight incline if treadmill)
- Core finisher: 3×30 sec planks + 3×20 Russian twists
- Stretch 10 min

Thursday – Glutes + Cardio

- Warm-up: 5 min walk
- Glutes: 3×12 lunges, 3×12 hip thrusts, 3×15 resistance band side steps
- Cardio: Walk 25–30 min
- Sauna: 20 min

Friday – Arms + Intervals

- Warm-up: 5 min walk
- Arms: 3×12 dumbbell curls, 3×12 lateral raises, 3×12 bench press or floor press
- Cardio: 20 min walk/jog intervals (1 min jog, 2 min walk × 7 rounds)
- Sauna: 25 min

Saturday – Long Cardio Day

- Walk 60 min outdoors or treadmill
- Light bodyweight glute/arm circuit: squats, push-ups, hip bridges (2 rounds)

Sunday – Recovery

- Gentle yoga or stretching (20–30 min)
 - Optional sauna session
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MONTH 2 – Progression (Weeks 5–8)

Focus: Transition to jogging, increase weights for strength.

Weekly Calendar

Monday – Glutes + Jog Intervals

- 3×12 weighted squats, 3×12 hip thrusts, 3×12 lunges per leg, 3×15 band walks
- Cardio: 25–30 min jog/walk intervals (2 min jog, 1 min walk)

Tuesday – Arms + Jog

- 3×12 overhead press, 3×12 dumbbell curls, 3×12 tricep kickbacks, 3×12 push-ups
- Cardio: Jog 15–20 min continuous

Wednesday – Endurance

- Walk/jog 40 min steady
- Core: 3×20 bicycle crunches + 3×30 sec planks

Thursday – Glutes + Jog

- 3×12 Romanian deadlifts, 3×15 hip thrusts, 3×12 step-ups, 3×12 glute bridges
- Cardio: 20 min jog

Friday – Arms + Circuit

- Strength circuit: 3 rounds (10 push-ups, 12 curls, 12 lateral raises, 12 dips)
- Cardio: 15 min jog

Saturday – Long Cardio

- Jog/walk combo for 60 min (focus on distance, not speed)

Sunday – Recovery

- Mobility work, foam rolling, sauna optional
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MONTH 3 – Intensification (Weeks 9–12)

Focus: Jogging becomes primary cardio, heavier weights for strength.

Weekly Calendar

Monday – Glutes Power Day

- 4×10 barbell hip thrusts or heavy dumbbell hip thrusts
- 4×12 weighted squats
- 3×12 walking lunges per leg
- Cardio: 15 min jog

Tuesday – Arms + Core

- 3×12 dumbbell bench press
- 3×12 overhead press
- 3×12 bicep curls
- 3×12 tricep dips
- Core: 3×20 Russian twists, 3×15 leg raises
- Cardio: Jog 20 min steady

Wednesday – Jog Endurance

- Jog 35–40 min continuous

Thursday – Glutes + Intervals

- 3×12 Bulgarian split squats
- 3×15 banded side steps
- 3×12 Romanian deadlifts
- Cardio: 20 min jog/walk intervals (3 min jog, 1 min walk)

Friday – Arms + HIIT Circuit

- Circuit: 4 rounds (10 push-ups, 12 curls, 12 lateral raises, 12 dips)
- Cardio: 20 min interval jog (alternate slow jog/fast jog)

Saturday – Long Cardio

- Jog/walk 70 min total

Sunday – Recovery

- Stretching + sauna session
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MONTH 4 – Peak (Weeks 13–16)

Focus: Longer sustained jogging, strength for muscle definition, toning.

Weekly Calendar

Monday – Glutes Strength & Endurance

- 4×12 squats (heavy if possible)
- 4×12 hip thrusts
- 3×12 deadlifts
- 3×15 glute bridges
- Cardio: Jog 30 min steady

Tuesday – Upper Body Power

- 3×12 dumbbell bench press
- 3×12 shoulder press
- 3×12 curls
- 3×12 tricep kickbacks
- 3×10 push-ups
- Cardio: Jog 20 min

Wednesday – Endurance Run

- Jog 40–45 min continuous

Thursday – Glutes & Core

- 4×12 hip thrusts
- 3×12 Bulgarian split squats
- 3×15 resistance band side steps
- Core: 3×30 sec planks, 3×20 bicycle crunches
- Cardio: Jog 25 min

Friday – HIIT Cardio + Arms

- 20 min HIIT jog (1 min sprint / 2 min jog × 6)
- Arms: 3×12 overhead press, 3×12 curls, 3×12 dips

Saturday – Long Distance

- Jog/walk 75 min total

Sunday – Full Recovery

- Yoga, mobility, foam rolling
 - Optional sauna
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Extra Notes

- **Progression:** Increase jogging distance weekly, and weights every 2 weeks.
- **Tracking:** Keep a log of weights, jog times, and sauna sessions.
- **Loose Skin Prevention:** Prioritize protein, hydration, and strength training.
- **Flexibility:** If joints feel stressed, swap a jog day for a brisk walk + resistance training

Disclaimer

Disclaimer & Safety Notice

Please note: The workout guidance provided is **voluntary** in nature. You are under absolutely **no obligation** to follow any of the regimens or tips. Always recognize and respect your personal limits when engaging in exercise or fitness routines. Before beginning any new physical activity:

- Consult a licensed medical professional—such as a doctor or physical therapist—if you have any existing health conditions or concerns.
- Pay close attention to your body. Stop immediately if you experience unusual pain, dizziness, shortness of breath, or other concerning symptoms.

Safety practices to reduce risk of injury or worse:

- When lifting weights or attempting potentially dangerous exercises, **always use a spotter**, especially for heavy lifts like bench presses or squats.
 - Warm up adequately before training and cool down afterward.
 - Use appropriate equipment (e.g., proper footwear, supportive gear) and check that your environment is safe (e.g., clear space, no clutter).
 - Never push beyond what feels safe and manageable.
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Emergency Medical Resources in Las Cruces, NM

Local Hospitals & Emergency Departments

Here are several key medical facilities in and around Las Cruces:

1. Memorial Medical Center

- Address: 2450 S Telshor Blvd, Las Cruces, NM 88011
- Phone: (575) 522-8641 [mmcl.org](https://www.mmcl.org) [Wikipedia](https://en.wikipedia.org/wiki/Memorial_Medical_Center)
- Emergency Room: Open 24/7, Level IV Trauma Center [mmcl.org](https://www.mmcl.org) [Wikipedia](https://en.wikipedia.org/wiki/Memorial_Medical_Center)

2. MountainView Regional Medical Center

- Address: 4311 E Lohman Ave, Las Cruces, NM 88011 (also a second site at 2811 N Main St)
- Phone: (575) 556-7600 issnmsu.edumountainviewregional.com
- Emergency Department available 24 hours
issnmsu.edumountainviewregional.com

3. Mesilla Valley Hospital (Psychiatric services)

- Address: 3751 Del Rey Blvd, Las Cruces, NM 88012
- Phone: (800) 877-3500 or (575) 382-3500 issnmsu.eduWikipedia

4. Three Crosses Regional Hospital

- Address: 2560 Samaritan Dr, Las Cruces, NM 88001
- Phone: 1-800-421-8274 threecrossesregional.comWikipedia

5. Advanced Care Hospital of Southern New Mexico (Long-term acute care)

- Address: 4451 E Lohman Ave, Las Cruces, NM 88011
- Phone: (575) 521-6600 issnmsu.edu

6. Rehabilitation Hospital of Southern New Mexico

- Focused on post-acute care for injuries or strokes Wikipedia

Emergency Dispatch & EMS

- **Dial 9-1-1** immediately in case of any medical emergency—that's the fastest way to get professional help dispatched.
- **Memorial Medical Center's ER** is equipped and staffed to handle various emergencies and is designated a Level IV Trauma Center mmcl.org.

- **MountainView Regional Medical Center** also offers emergency services available 24 hours mountainviewregional.com/miss.nmsu.edu.
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Summary Table: Quick Reference

Situation	What to Do / Where to Go
Medical emergency	Call 9-1-1 immediately
Nearest full-service ER	Memorial Medical Center – 2450 S Telshor Blvd (24/7)
Alternative ER option	MountainView Regional Medical Center – 4311 E Lohman Ave
Psychiatric emergencies	Mesilla Valley Hospital – 3751 Del Rey Blvd
Advanced/long-term care	Advanced Care Hospital – 4451 E Lohman Ave
Post-injury rehabilitation	Rehabilitation Hospital of Southern New Mexico
Acute care/ER & clinics	Three Crosses Regional Hospital – 2560 Samaritan Dr

Final Notes

- **Always have emergency contacts & locations in mind before starting a new workout plan**, especially if you'll be training legs, core, or any movements that could risk falls or injury.
- Know the **nearest facility** in case you need urgent care.
- If using weights, heavy resistance, or trying new techniques—be smart, use a spotter, warm up properly, and listen to your body.

Stay safe. Prioritize your well-being and train responsibly.