



Join me on the Jamie Eason LiveFit Program

MyFitnessPal / Twitter / BB.com: ClaudineKidson

Blog: www.lifestylechallenges.wordpress.com

Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Chest & Triceps	Back & Biceps	Legs & Calves	Shoulders & Abs	REST	REST	REST

NOTES:

Week 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Chest & Triceps	Back & Biceps	Legs & Calves	Shoulders & Abs	REST	REST	REST

NOTES:

Week 3

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Legs	Back & Biceps	Chest & Triceps	Legs	Shoulders & Abs	REST	REST

NOTES:

Week 4

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Legs	Back & Biceps	Chest & Triceps	Legs	Shoulders & Abs	REST	REST

NOTES:

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Day 1 Chest/Triceps:

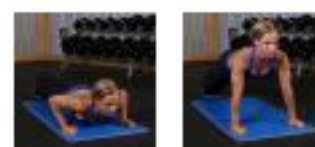
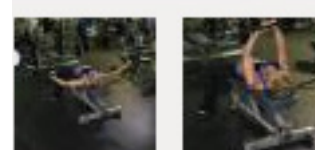
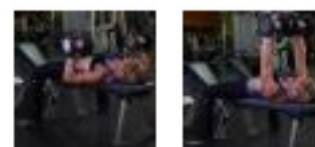
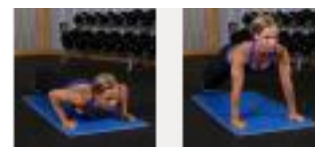
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

It's the first day of your new lifestyle, the first step toward your new body, and our first workout together.

Today is a day of firsts.

It's the first day of your new lifestyle, the first step toward your new body, and our first workout together. I hope you're excited, committed and ready to transform! Remember, there's absolutely nothing to fear: I'll be training with you through every exercise, helping you push each and every rep.

EXERCISE	SET #1	SET #2	SET #3
Wide Pushup (standard or on knees): 3 sets of 12 reps			
Dumbbell or Barbell Bench Press: 3 sets of 12 reps			
Flat Bench Cable Flyes: 3 sets of 12 reps			
Narrow Pushup (standard or on knees): 3 sets of 12 reps			
Overhead Triceps Dumbbell Extension: 3 sets of 12 reps			
Triceps Pushdowns: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			



Day 1:

Before we hit the gym, focus on these training notes:

This is the muscle endurance phase: we're prepping your muscles for heavier weight and more intense training down the road.

You'll be doing 3 sets of 12 repetitions (3 X 12) for each exercise.

Aim for 1 minute of rest between each set.

The amount of weight you lift should be 60% of your maximum effort. Lifting too much too soon will lead to excessive muscle soreness.

Each workout, depending on gym traffic and your training pace, should take about an hour.

See you in the gym!

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Day 2 Back/Biceps:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

EXERCISE	SET #1	SET #2	SET #3
Wide grip Lat Pull-Down: 3 sets of 12 reps			
One-Arm Dumbbell Row: 3 sets of 12 reps			
Seated Cable Row: 3 sets of 12 reps			
Underhand Cable Pulldowns: 3 sets of 12 reps			
Alternating Dumbbell Bicep Curl: 3 sets of 12 reps			
One-Arm Dumbbell Preacher Curl: 3 sets of 12 reps			
Standing Biceps Cable Curl: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			

Day 2:

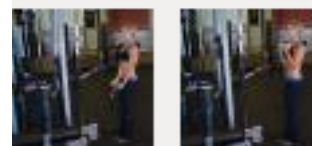
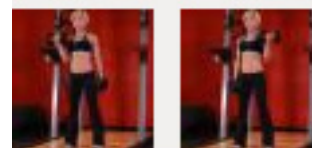
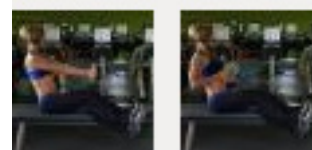
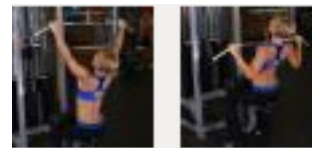
Today we're in the gym working on the bombshell muscles: back and biceps.

Training these puppies will make you look like a knockout, especially in your favorite dress.

Remember that we're not lifting with 100% intensity on every rep. Be proud and push yourself, but leave the 100s on the rack. They'll get their chance.

Before your workout, leave work at work and home at home. When you reach the gym, the business meetings go bye-bye and the kitchen cleans itself.

If you're in the gym physically, you should be in the gym mentally.



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Day 3 Legs/Calves:

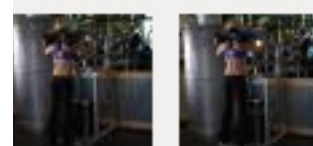
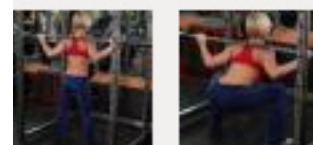
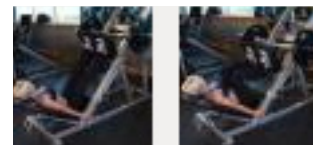
DAY:	DATE:	TIME:
CARDIO TODAY? YES / NO	EXERCISE:	DURATION:
LENGTH OF WORKOUT:	LOCATION:	MOOD WHEN STARTING:

Today is a day of firsts.

It's the first day of your new lifestyle, the first step toward your new body, and our first workout together. I hope you're excited, committed and ready to transform!

Remember, there's absolutely nothing to fear: I'll be training with you through every exercise, helping you push each and every rep.

EXERCISE	SET #1	SET #2	SET #3
Leg Press: 3 sets of 12 reps			
Leg Extensions: 3 sets of 12 reps			
Sumo BB Squat: 3 sets of 12 reps			
Seated Leg Curl: 3 sets of 12 reps			
Standing Calf Raises: 3 sets of 12 reps			
Seated Calf Raises: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			



Day 3:

We're here to build a beautiful lower body, but with zero treadmill torture.

We're here to build a stunning pair of legs, but with zero treadmill torture. Remember, there's no need to worry about cardio right now! Instead, we'll lift our way to the look we want.

Before we hit the gym, review these quick tips for a beautiful lower body:

Visualize your workout before you step into the gym.

If you have a pre-existing injury, take care warming up your muscles and loosen your joints.

Even though your legs are probably stronger than you think, watch the exercise videos carefully and focus on good form!

With legs like yours, get ready to leave this workout in the dust.

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Day 4 Shoulders/Abs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

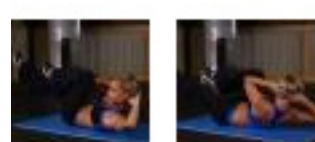
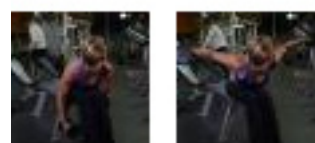
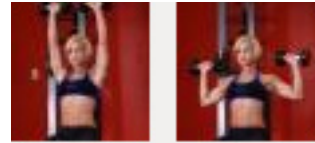
EXERCISE	SET #1	SET #2	SET #3
Seated Dumbbell Press: 3 sets of 12 reps			
Front Delt Raise to a "T" (up and open)			
Side Lateral Raises: 3 sets of 12 reps			
Seated Bent Over Rear Delt Fly: 3 sets of 12 reps			
Exercise Ball Crunches: 3 sets of 12 reps			
Air Bike: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			

Day 4:

You're nearly done with your first week of workouts. Celebrate by hitting your shoulders and abs with everything you've got!

If you've been following my meal plan and resting after you train, you should have plenty of energy for your shoulders and abs.

You're nearly done with your first week of workouts. Celebrate by giving the weights everything you've got!





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Day 5:

Today is a day of rest, so take it for yourself! Recover, reflect, and relax.

Today is a day of rest. Enjoy: you've earned it!

You might be a little sore from yesterday's workout, but you shouldn't have any trouble picking up the kids or hefting heavy groceries.

If your muscles ache, don't grow discouraged. In fact, you should be proud! Your body is adjusting to your new lifestyle and responding to the challenge. A little soreness means you're making progress. It's natural, and it's why we rest.

On your non-workout days, we'll cover nutrition in more detail down the road. For now, make sure you:

- Drink at least 64 oz. of water
- Take your multivitamin with a meal.
- Don't forget to take your tablespoon of flax or fish oil.

What now? There's a long way to go, so take today for yourself. Recover, reflect on everything you've accomplished, and designate some time to relax.

Day 6:

Keep an eye out for positive changes!

Today's another rest day, so you can relax and let your body cool down.

Even though we're in the first week of your life-changing transformation, keep an eye out for positive changes! Maybe your body fat hasn't budged, but your energy and attitude should be on the rise.

Keep yourself motivated by thinking about the end of the week. You'll look great, feel better and be incredibly empowered.

This is it, the last day of the first week of your lifetime transformation. Pat yourself on the back!

Day 7:

This is it, the last day of the first week of your lifetime transformation. Pat yourself on the back! You're on your way to becoming the best you possible.

Remember:

You should still be eating every few hours to keep your body fueled with sustained energy.

If your body knows it's going to be fed frequently, it will start releasing fat instead of storing it for future energy.

Keeping your body properly fueled can help keep your blood sugar levels stable, your mind alert and your body energized.

We've got chest and triceps tomorrow, so aim to get 8 hours of sleep tonight.

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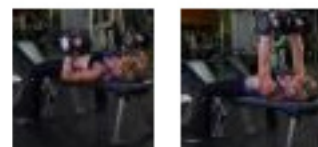
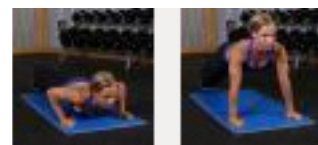
Day 8 Chest/Triceps:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

One week down, 11 more to go. Take a moment to celebrate because we're pressing into Week 2 with another chest and triceps workout.

One week down, 11 more to go. Take a moment to celebrate, because we're pressing into Week 2 with another chest and triceps workout. We've been resting for 3 days, so you should feel fresh and eager to hit the weights. Time to kick off Week 2 with a bang. Let's get back in the saddle and into the gym!

EXERCISE	SET #1	SET #2	SET #3
Wide Pushup (standard or on knees): 3 sets of 12 reps			
Dumbbell or Barbell Bench Press: 3 sets of 12 reps			
Flat Bench Cable Flyes: 3 sets of 12 reps			
Narrow Pushup (standard or on knees): 3 sets of 12 reps			
Overhead Triceps Dumbbell Extension: 3 sets of 12 reps			
Triceps Pushdowns: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			



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Day 9 Back/Biceps:

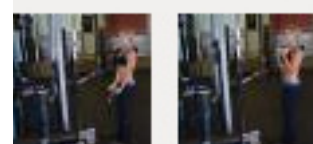
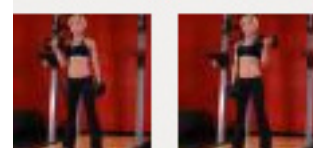
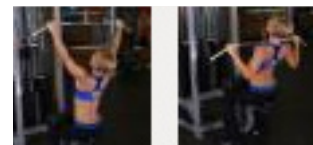
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Grab your gym bag! Time to build a gorgeous back and beautiful biceps.

For today's session, we're back to training a toned back and a sexy set of bi's.

Grab the gym bag - it's time to get fit!

EXERCISE	SET #1	SET #2	SET #3
Wide grip Lat Pull-Down: 3 sets of 12 reps			
One-Arm Dumbbell Row: 3 sets of 12 reps			
Seated Cable Row: 3 sets of 12 reps			
Underhand Cable Pulldown: 3 sets of 12 reps			
Alternating Dumbbell Curl: 3 sets of 12 reps			
One-Arm Dumbbell Curl: 3 sets of 12 reps			
Standing Biceps Cable Curl: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			



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Day 10 Legs/Calves:

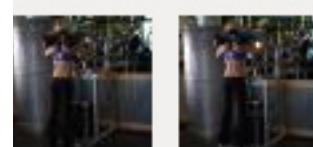
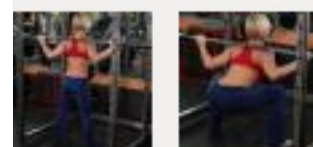
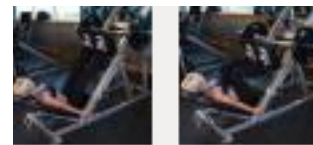
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Toned legs that turn heads!

Today, we're getting back to those gams, stems, legs or whatever you call them!

You want toned legs that turn heads, so let's get those strut-machines in shape.

EXERCISE	SET #1	SET #2	SET #3
Leg Press: 3 sets of 12 reps			
Leg Extensions: 3 sets of 12 reps			
Sumo Barbell Squat: 3 sets of 12 reps			
Seated Leg Curl: 3 sets of 12 reps			
Standing Calf Raises: 3 sets of 12 reps			
Seated Calf Raises: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			



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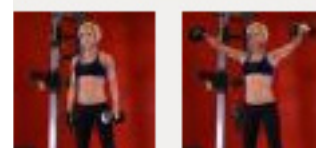
Day 11 Shoulders/Abs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Swimsuits and shoulder-flattering dresses are in your near future.

Swimsuits and shoulder-flattering dresses are in the near future for you, because this shoulder and abs workout will have you shopping for them in no time!

EXERCISE	SET #1	SET #2	SET #3
Seated Dumbbell Press: 3 sets of 12 reps			
Front Delt Raise to a "T" (up&open) 3 sets of 12 reps			
Side Lateral Raises: 3 sets of 12 reps			
Seated Bent Over Rear Delt Fly (raise): 3 sets of 12 reps			
Exercise Ball Crunches: 3 sets of 12 reps			
Air Bike: 3 sets of 12 reps			
Training, Nutrition & Supplement Notes:			





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Day 12:

Since you aren't working your muscles, let's work your brain and take a peek at preservatives.

Take a load off: you deserve it after the last few days!

Since you aren't working your muscles, let's work your brain. I'd like to chat about something that a lot of people overlook: preservatives.

It's easy to ignore the microscopic and indecipherable terms on the back of packaged foods, but oh are they important. As a general rule, if you can't pronounce something, you might not want to eat it.

Two common additives I'd definitely suggest limiting (or avoiding) are:

Sodium - yikes!

High Fructose Corn Syrup - danger!

In general, if you check the label on a package of broccoli and instead find a long list of mystery ingredients, put the package back on the shelf. The shorter the list of ingredients, the healthier the food is likely to be! (Not applicable if the only ingredient is sugar.)

Day 13:

If we were racing cars, today would be another pit stop! Give your body some R&R and a healthy pat on the back.

If we were racing cars, today would be another pit stop! Give your body some R&R as well as a pat on the back for a job well done. But if you're looking for a good brain buster to pass time, I'll school you a little bit on almonds!

So delicious and nutritious! Almonds contain a beautiful combination of healthy fats (yes, they exist) and protein.

My favorite almond foods include almond butter, almond milk (minus the sweeteners and additives), or even just a plain old bag of almonds - it's the ultimate convenient and healthy snack.

When it comes to nutrition, being a little "nutty" is just what the doctor ordered!

Day 14:

Today we're talking about xylitol. Use it to make your diet as smart as it is sweet!

If I had a whistle, I'd blow it. Time out! Relax, stretch, eat some healthy food and get ready to learn about an awesome sweetener most people don't know about - xylitol.

This sugar alcohol is a completely natural, low-calorie option that comes from many fruits and vegetables. It works great for baking, or use it to sweeten a meal without added guilt.

It can be a little tough to find, but is often stocked in the organic section. It's definitely worth the search.

Your diet can be as smart as it is sweet!

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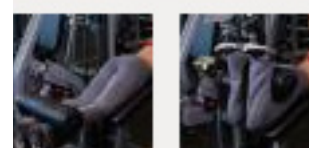
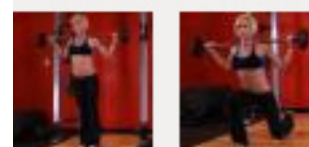
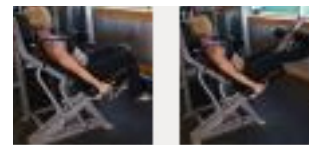
Day 15 Legs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Today marks the first workout of the muscle-building portion of my 12-week trainer!

Today marks the first workout of the muscle-building portion of my 12-week trainer! This segment will continue for the next 6 weeks, with a variety of different exercises and training variables.

EXERCISE	SET #1	SET #2	SET #3
Leg Extension: 3 sets of 10 reps			
Wide Stance Barbell Squat: 3 sets of 10 reps			
Walking Barbell Lunge: 3 sets of 10 reps			
Single-Leg Barbell Deadlift: 3 sets of 10 reps			
Lying Leg Curls: 3 sets of 10 reps			
Seated calf Raise: 3 sets of 10 reps			
Standing Calf Raise: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



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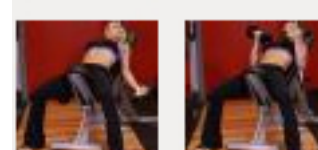
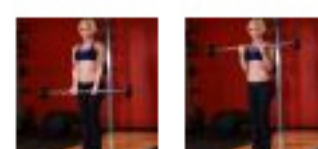
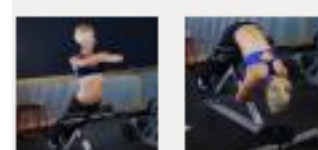
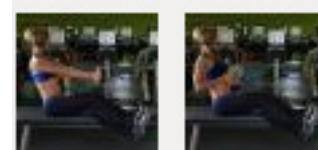
Day 16 Back/Biceps:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Today we've got a back and biceps appointment, and they don't like to be kept waiting.

If you were hoping to rest today, you'll have to squeeze it in after we train. Right now, we've got a back and biceps appointment, and they don't like to be kept waiting.

EXERCISE	SET #1	SET #2	SET #3
Hammer Strength Lat Pull: 3 sets of 10 reps			
Wide Grip Lat Pulldown Or Pullup: 3 sets of 10 reps			
Seated Narrow Grip Cable Rows: 3 sets of 10 reps			
T-Bar Row Or Bent-Over Barbell Row: 3 sets of 10 reps			
Back Extensions: 3 sets of 10 reps			
Barbell Curl: 3 sets of 10			
Incline Dumbbell Curl: 3 sets of 10 reps			
Alternate Hammer Curl: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



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Day 17 Chest/Triceps:

DAY:

DATE:

TIME:

CARDIO TODAY? YES / NO

EXERCISE:

DURATION:

LENGTH OF WORKOUT:

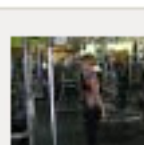
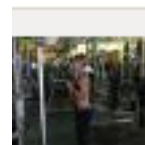
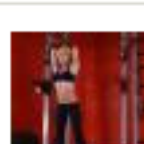
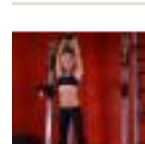
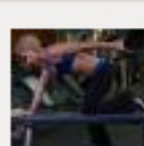
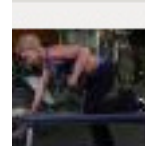
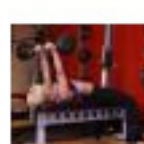
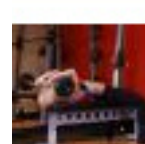
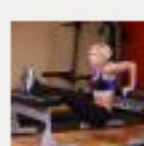
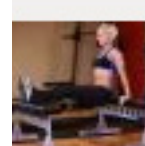
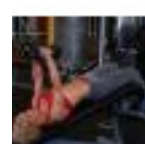
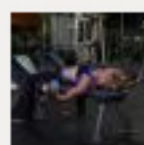
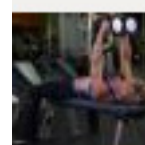
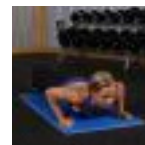
LOCATION:

MOOD WHEN STARTING:

Let's hit the gym and accomplish even more. Every day from here is fitter, stronger, and healthier than the last!

Another workout? You know it! By now, your body should be able to handle the higher frequency and extra weight. Keep going strong. You might be doing things now that you've never done in your life. You're making huge strides, and getting this far is a great accomplishment. Let's hit the gym and accomplish even more. Every day from here is fitter, stronger, and healthier than the last!

EXERCISE	SET #1	SET #2	SET #3
Wide Pushups: 3 sets of 10 reps			
Incline Dumbbell Press: 3 sets of 10 reps			
Flat Bench Or Machine Flyes: 3 sets of 10 reps			
Decline Flyes: 3 sets of 10 reps			
Bench Or Bar Dips: 3 sets of 10 reps			
Lying EZ Bar Triceps Extension: 3 sets of 10 reps			
Dumbbell Triceps Kickback: 3 sets of 10 reps			
Overhead Two-Handed Triceps Extensions: 3 sets of 12			
Cable One-Arm Triceps Extension: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



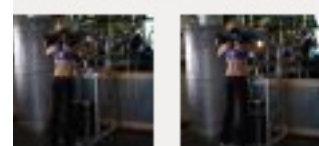
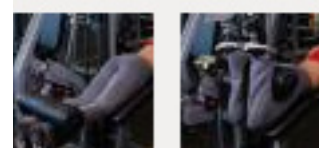
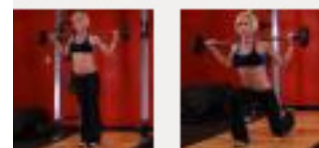
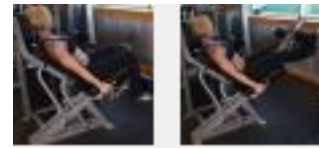
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Day 18 Legs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Today we give some extra TLC to your lagging body part of choice. In this example, we're working legs. If you'd rather focus on a different body part, now's the time to do it!

EXERCISE	SET #1	SET #2	SET #3
Leg Extension: 3 sets of 10 reps			
Wide Stance Barbell Squat: 3 sets of 10 reps			
Walking Barbell Lunge: 3 sets of 10 reps			
Single-Leg Barbell Deadlift: 3 sets of 10 reps			
Lying Leg Curls: 3 sets of 10 reps			
Seated calf Raise: 3 sets of 10 reps			
Standing Calf Raise: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



Day 18:

However, things get a bit tricky here if you want to customize the program. Since we trained chest/triceps yesterday, you wouldn't want to train them today. However, if they're your lagging body parts, you'll basically have to reorganize your workouts to allow for enough recovery time between sessions.

Don't train the same body parts back-to-back. Instead, allow for ample recovery time and reorganize your workouts as necessary so that you have 24-48 hours of rest before training the same body part.

If you're sticking with me, let's get in the gym and get to work on our legs!

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Day 19 Shoulders/Abs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

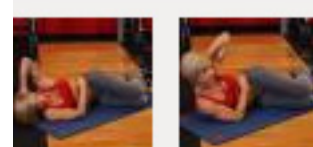
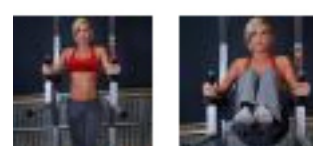
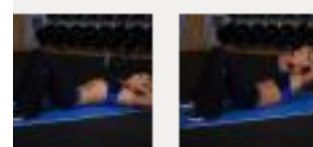
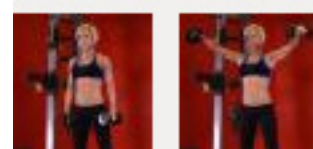
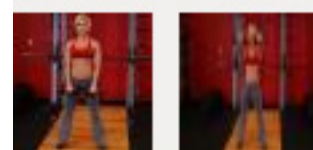
We're back to shoulders and abs today. The gym's calling. I'll see you there!

No rest yet in the quest for your incredible physique. We're back to shoulders and abs today.

If you need a motivation boost, think how gorgeous your shoulders will look in that little black dress.

The gym's calling. I'll see you there!

EXERCISE	SET #1	SET #2	SET #3
Seated Dumbbell Press: 3 sets of 10 reps			
Rear-Delt Cable Flyes: 3 sets of 10 reps			
Dumbbell Front Raise: 3 sets of 10 reps			
Seated Arnold Press: 3 sets of 10 reps			
Dumbbell Lateral Raise: 3 sets of 10 reps			
Seated Bent-Over Rear Delt Raise: 3 sets of 10 reps			
Crunches: 3 sets of 10 reps			
Roman Chair Leg Raise: 3 sets of 10 reps			
Oblique Crunches - On The Floor: 3 sets of 10 reps per side			
Training, Nutrition & Supplement Notes:			





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Day 20:

Yup, we finally get a break from training! However, we never get a break from proper nutrition, cooking, and food prep.

Yup, we finally get a break from training! However, we never get a break from proper nutrition, cooking and food prep. With that in mind, here are a few handy tips:

How you cook has a huge impact on the final quality of your food. The healthiest forms of cooking include steaming, broiling, grilling, or baking. All of these tend to be delicious, low-calorie cooking techniques.

Fry it? Forget about it! Never fry anything with oil or butter. Instead, sauté your food in low-sodium chicken broth or a dab of olive oil.

Spice up your life. To help flavor your foods, consider adding some herbs or low-sodium spices. They won't add additional calories and some even provide positive health benefits!

Day 21:

Today, let's spend a bit more time in the grocery store with these helpful tips.

Another day of rest? Life's simple luxuries tend to be the sweetest! Yesterday we talked about some great cooking methods. Today, let's spend a bit more time in the grocery store with these helpful tips.

Read nutrition labels carefully! Like we talked about, watch out for crazy ingredients that don't come from a farm or garden. Look out for high saturated fat, and especially watch out for hydrogenated and partially hydrogenated oils!

Fat-Free doesn't always mean good for you. Even fat-free foods can be loaded with sugar, so don't be swayed by popular marketing buzzwords. Be careful with Fat-Free, 100% Natural, No Added Sugar and other catch-phrases. While these options are sometimes healthful, it's always best to check for strange ingredients and high sugar or fat content.

Limit packaged food. Sometimes we need to buy from a box or a wrapper. Whenever possible, try to avoid packaged foods and opt for fresh. Not all boxed food is bad, but it can easily be over-processed, drained of nutrients and packed with sugar. Stick to the land: produce and fresh meats will be the best for your body.

We are entering Week 4 the last week of Phase 1. Give it your all, believe in yourself and let me know how it goes. Share your experience on:

www.lifestylechallenges.wordpress.com

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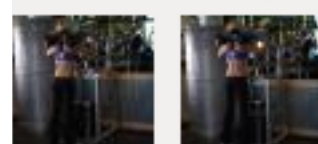
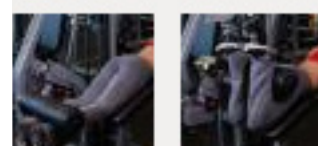
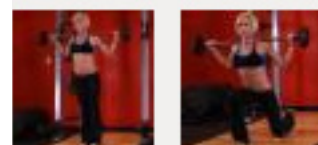
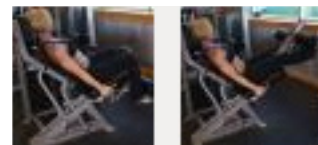
Day 22 Legs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

If your boots are made for walkin', then your legs are made for workin'.

If your boots are made for walkin', then your legs are made for workin'. Get a good stretch and prepare to walk all over this workout!

EXERCISE	SET #1	SET #2	SET #3
Leg Extension: 3 sets of 10 reps			
Wide Stance Barbell Squat: 3 sets of 10 reps			
Walking Barbell Lunge: 3 sets of 10 reps			
Single-Leg Barbell Deadlift: 3 sets of 10 reps			
Lying Leg Curls: 3 sets of 10 reps			
Seated calf Raise: 3 sets of 10 reps			
Standing Calf Raise: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



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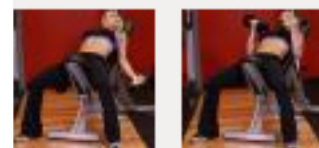
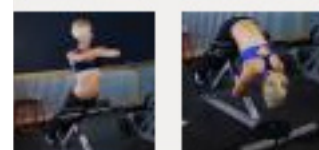
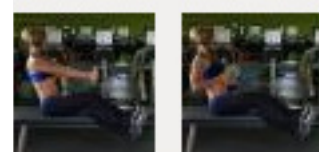
Day 23 Back/Biceps:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

If you want to be the total package, your back and biceps should be as strong as they are toned.

We're not about to let our backs slack off and our arms soften up. If you want to be the total package, your back and biceps should be as strong as they are toned.

EXERCISE	SET #1	SET #2	SET #3
Hammer Strength Lat Pull: 3 sets of 10 reps			
Wide Grip Lat Pulldown Or Pullup: 3 sets of 10 reps			
Seated Narrow Grip Cable Rows: 3 sets of 10 reps			
T-Bar Row Or Bent-Over Barbell Row: 3 sets of 10 reps			
Back Extensions: 3 sets of 10 reps			
Barbell Curl: 3 sets of 10 reps			
Incline Dumbbell Curl: 3 sets of 10 reps			
Alternate Hammer Curl: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



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Day 24 Chest/Triceps:

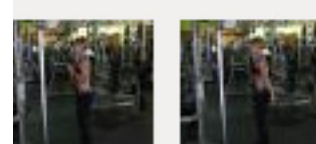
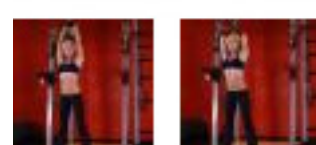
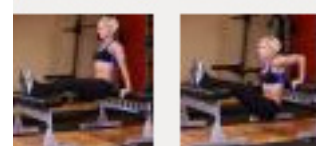
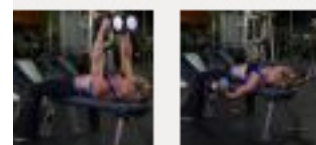
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Say goodbye to the pinch test with today's flab-fighting chest and triceps workout.

Has a guy ever done the pinch test on the back of your arm?

So annoying! Well, say goodbye to that with today's flab-fighting chest and triceps workout.

EXERCISE	SET #1	SET #2	SET #3
Wide Pushups: 3 sets of 10 reps			
Incline Dumbbell Press: 3 sets of 10 reps			
Flat Bench Or Machine Flyes: 3 sets of 10 reps			
Decline Flyes: 3 sets of 10 reps			
Bench Or Bar Dips: 3 sets of 10 reps			
Lying EZ Bar Triceps Extension: 3 sets of 10 reps			
Dumbbell Triceps Kickback: 3 sets of 10 reps			
Overhead Two-Handed Triceps Extensions: 3 sets of			
Cable One Arm Triceps Extension: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



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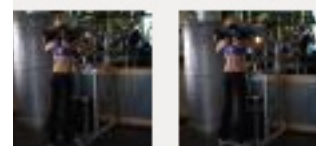
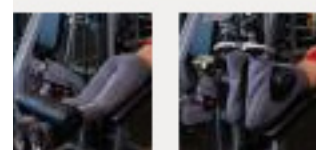
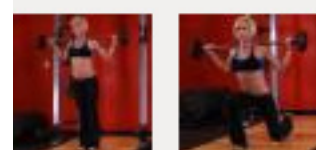
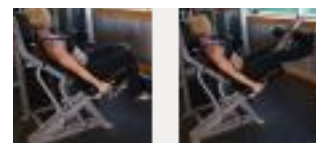
Day 25 Legs:

DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Those heels will be begging you to step into them with this workout designed to give your calves, quads, and hams some tough love!

Those heels will be begging you to step into them with this workout designed to give your calves, quads and hams some tough love!

EXERCISE	SET #1	SET #2	SET #3
Leg Extension: 3 sets of 10 reps			
Wide Stance Barbell Squat: 3 sets of 10 reps			
Walking Barbell Lunge: 3 sets of 10 reps			
Single-Leg Barbell Deadlift: 3 sets of 10 reps			
Lying Leg Curls: 3 sets of 10 reps			
Seated calf Raise: 3 sets of 10 reps			
Standing Calf Raise: 3 sets of 10 reps			
Training, Nutrition & Supplement Notes:			



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Day 26 Shoulders/Abs:

DAY:

DATE:

TIME:

CARDIO TODAY? YES / NO

EXERCISE:

DURATION:

LENGTH OF WORKOUT:

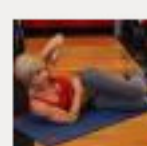
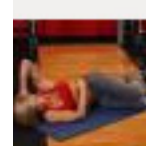
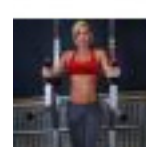
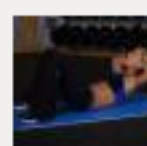
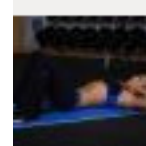
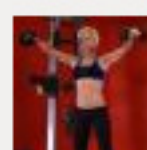
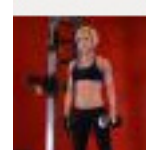
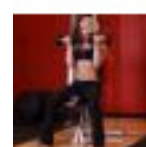
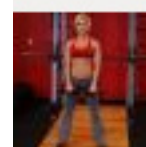
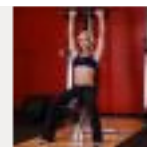
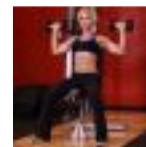
LOCATION:

MOOD WHEN STARTING:

Let's show everyone how strong and sexy we are with a workout designed to speak volumes.

Shoulders say a lot about a woman, and so do abs. Let's show everyone how strong and sexy we are with a workout designed to speak volumes.

EXERCISE	SET #1	SET #2	SET #3
Seated Dumbbell Press: 3 sets of 10 reps			
Rear-Delt Cable Flyes: 3 sets of 10 reps			
Dumbbell Front Raise: 3 sets of 10 reps			
Seated Arnold Press: 3 sets of 10 reps			
Dumbbell Lateral Raise: 3 sets of 10 reps			
Seated Bent-Over Rear Delt Raise: 3 sets of 10 reps			
Crunches: 3 sets of 10 reps			
Roman Chair Leg Raise: 3 sets of 10 reps			
Oblique Crunches - On The Floor: 3 sets of 10 reps per side			
Training, Nutrition & Supplement Notes:			





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Day 27:

Recovery, rest, and repair are the name of the game for today, so give yourself some me time.

Recovery, rest and repair are the name of the game for today, so give yourself some "me" time. For starters, take time to learn about a little thing called casein protein!

Casein protein is usually derived from milk, as is whey. The main difference between the two is that, whereas whey is a fast-absorbing protein great for post-workout, casein is your save-the-day protein for long-term muscle repair.

Casein is slow-digesting and great for continuous muscle support for roughly 7-8 hours. Isn't it convenient that bed-time usually lasts 8 hours, and that one of the most important periods for effective recovery and repair occurs during sleep?

Whether right before bed or during long stretches without solid food, casein is your protein for the long-haul!

Day 28:

Another day for some much-needed rest, maybe even some meditation. If you'd like to enlighten yourself, let's learn a little about various protein sources.

Another day for some much-needed rest, maybe even some meditation. If you'd like to enlighten yourself, let's learn a little about various protein sources.

First off, we're looking for lean. Your top two choices include chicken and turkey. And even though both are tasty and versatile meats, here's a little secret-chicken tends to hold flavor a little better.

As far as fish go, you can't ignore tilapia. It's easy to cook, tastes great in a variety of cuisines, and it's one of the healthiest fish in the sea.

If you've got to have red meat every once in awhile, go for packages that have London broil printed on the top, because that's the leanest option around.

For all the vegetarians out there, you've got plenty of nuts, peas, hemp and soy products to choose from as well.

Remember that protein is crucial to muscle growth, recovery and repair. Don't skimp on this knockout nutrient!