

## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Week 9

<b>Day 57</b>	<b>Day 58</b>	<b>Day 59</b>	<b>Day 60</b>	<b>Day 61</b>	<b>Day 62</b>	<b>Day 63</b>
Quads & Calves	Back, Arms, Abs & Sprints	Chest, Shoulders Abs, Sprints	Hamstrings Glutes & Calves	Back, Biceps, Abs, Sprints	Shoulders, Triceps, Calves & Sprints	REST

NOTES:

### Week 10

<b>Day 64</b>	<b>Day 65</b>	<b>Day 66</b>	<b>Day 67</b>	<b>Day 68</b>	<b>Day 69</b>	<b>Day 70</b>
Quads & Calves, Low Carb	Back, Arms, Abs & Sprints, Low Carb	Chest, Abs Shoulders Sprints, Low Carb	Hamstrings Glutes & Calves, High Carb	Back, Abs, Biceps & Sprints, Low Carb	Shoulders, Triceps, Calves & Sprints, Low Carb	REST, Low Carb

NOTES:

### Week 11

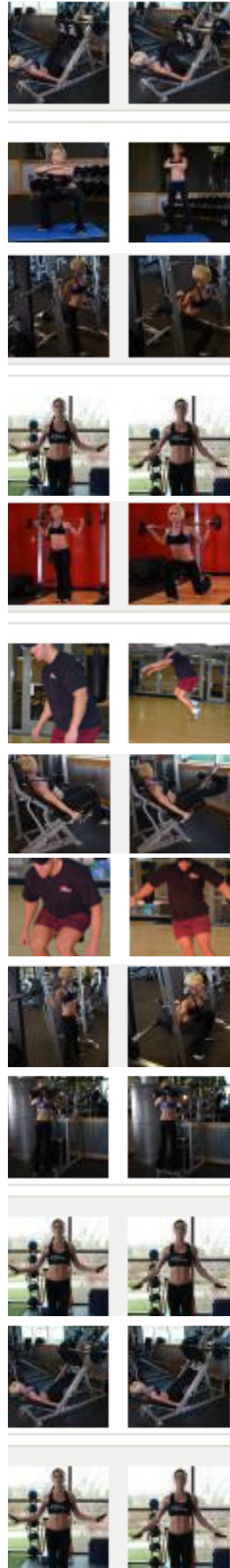
<b>Day 71</b>	<b>Day 72</b>	<b>Day 73</b>	<b>Day 74</b>	<b>Day 75</b>	<b>Day 76</b>	<b>Day 77</b>
Legs, High Carb	Back, Arms & Cardio, Low Carb	Chest, Calves & Cardio Low Carb	Arms, Abs & Cardio, Low Carb	Shoulders, Cardio, High Carb	Cardio, Low Carb	REST, Low Carb

NOTES:

### Week 12

<b>Day 78</b>	<b>Day 79</b>	<b>Day 80</b>	<b>Day 81</b>	<b>Day 82</b>	<b>Day 83</b>	<b>Day 84</b>
Legs, Low Carb	Back, Abs & Cardio, High Carb	Chest, Calves & Cardio, Low Carb	Arms, Abs & Cardio, Low Carb	Shoulders, Cardio, Low Carb	Cardio, High Carb	REST, Low Carb

NOTES:



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 57 Legs:

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

### We're going to hit the ground running in Phase 3 with some serious leg work!

You'll quickly notice that these workouts combine traditional weight moves with plyometric exercises - for example, you follow-up leg presses with jump squats. Combining strength moves with explosive movements allows you to train for hypertrophy (the fancy word for muscle growth) and strength gains at the same time that you increase power - another important quality for fitness enthusiasts and athletes alike.

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Leg Press (Shoulder stance): 3 sets of 15 reps Freehand Squat Jump: 3 sets of 15			
<b>Working Set Active Rest:</b> Smith Machine Single-leg Split Squat 3 sets of 15 reps per side Jump rope: 3 sets of 1min			
<b>Superset:</b> Walking Barbell Lunge: 3 sets of 20 reps, 10 steps down, 10 back Long Jump: 3 sets of 20 reps, 10 jumps down, 10 back			
<b>Superset:</b> Leg Extension: 3 sets of 20 reps Lateral Bound (side-to-side single leg hops): 3 sets of 20 reps			
Smith Machine Squat: 3 sets of 30 reps			
<b>Working Set Active Rest:</b> Standing Calf Raise: 3 sets of 20 reps Jump rope: 3 sets of 1 min			
<b>Working Set Active Rest:</b> Calf Press on Leg Press Machine: 3 sets of 20 reps Jump rope: 3 sets of 1 min			
Training, Nutrition & Supplement Notes:			

By hitting both fast- and slow-twitch muscle fibers, these moves also will stoke your fat-burning furnace. Picture the marbling in a steak. Our bodies have intra-muscular fat like that. Plyometric exercises help "squeeze" the fat from those areas.

### Terms you'll need to know:

**Superset:** Perform the first exercise and then immediately do the next exercise. Only then do you take the 2-minute rest in between before repeating again. **Active rest:** Instead, do the first exercise, and then instead of resting, perform the active-rest movement (for example, jump rope). Immediately repeat the first exercise. So are you ready? We're on the home stretch now. Let's do this!



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### Day 58 Back/Biceps:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_  
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 \_\_\_\_\_  
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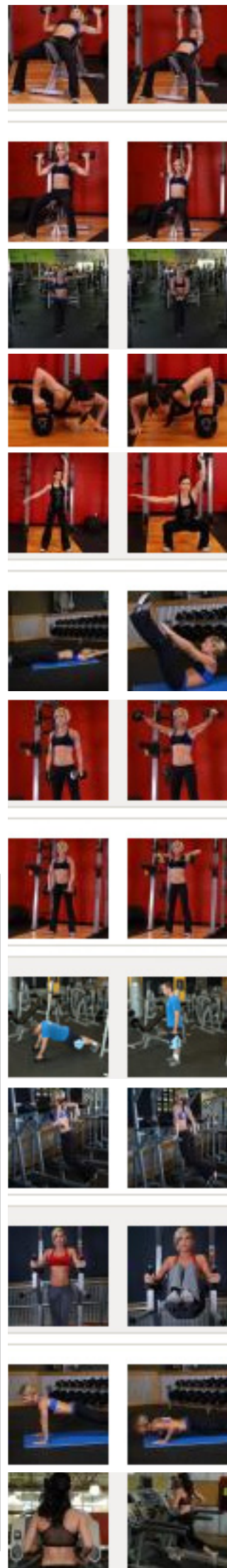
CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Today's workouts focus on muscles that pull things toward you, whether it's a guy, your kids or the groceries. This involves your biceps, but, more important, your back, namely your lats.

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Wide-grip Lat Pulldown: 3 sets of 15 reps Underhand Cable Pulldowns: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> One Arm Dumbbell Row: 3 sets of 15 reps, per arm Exercise Ball Pull-in: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Seated Cable Rows: 3 sets of 15 reps Jackknife Sit-Up on Bench: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Bent-Over Barbell Row: 3 sets of 15 reps Mountain Climbers: 3 sets of 20 reps			
<b>Superset:</b> Standing Alternating Dumbbell Curl: 3 sets of 20 reps Bench Dip: 3 sets of 12 reps			
<b>Superset:</b> Preacher Curl: 3 sets of 12 reps Narrow Push-Up: 3 sets of 12 reps			
<b>Working Set Active Rest:</b> Triceps Pushdown - rope attachment: 3 sets of 12 reps Mountain Climbers: 3 sets of 20 reps			
<b>Working Set Active Rest:</b> Cable rope overhead triceps extension: 3 sets of 12 reps Air Bike: 3 sets of 25 reps			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			





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### Day 59 Chest/Shoulders:

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

Nothing gives your body a nicer overall shape than a sculpted and toned chest-and-shoulder region. You'll look better in clothes, and you'll look better without them, too!

I also throw some abdominal moves into the mix (not to mention some sprints), to keep the fat-burning process on fire. Things are really heating up now, including your metabolism.

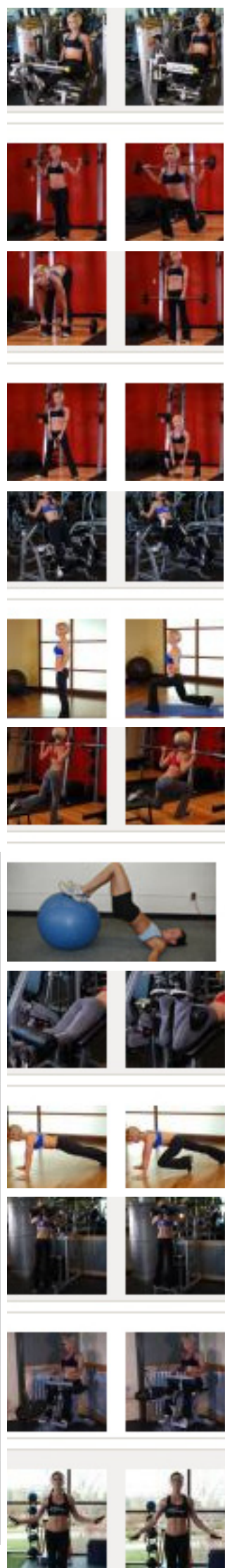
#### Terms you'll need to know:

**Superset:** Perform the first exercise and then immediately do the next exercise. Only then do you take the 2-minute rest in between before repeating again.

**Active rest:** Instead, do the first exercise, and then instead of resting, perform the active-rest movement (for example, jump rope). Immediately repeat the first exercise.

**Triple set:** Perform the first exercise, followed immediately by the second exercise, followed immediately by the third exercise. Only then do you take the 2-minute rest in between before repeating again.

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Incline Dumbbell Press: 3 sets 15 reps Dumbbell Shoulder Press: 3 sets of 15			
<b>Working Set Active Rest:</b> Cable Crossover: 3 sets of 15 reps Plyo Kettlebell Push-Up: 3 sets of 12			
<b>Working Set Active Rest:</b> One-Arm Overhead Dumbbell / Kettlebell Squats: 3 sets of 15 reps, each side Jackknife Sit-Up on Bench: 3 sets 15 reps			
<b>Superset Active Rest Combo:</b> Side Lateral Raise: 3 sets of 15 reps Standing Dumbbell Upright Row: 3 sets of 15 Burpee: 3 sets of 10 reps			
<b>Triple Set:</b> Dips (Tricep Version): 3 sets of 15 reps Roman Chair Leg Raise: 3 sets of 15 reps Push-Ups: 3 sets of 15 reps			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			



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### Day 60 Hamstrings/Glutes/Calves:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_

Time to give hamstrings, glutes and calves a serious workout. This is the perfect day, since your lower body should be recovered nicely from Monday's quad workout.

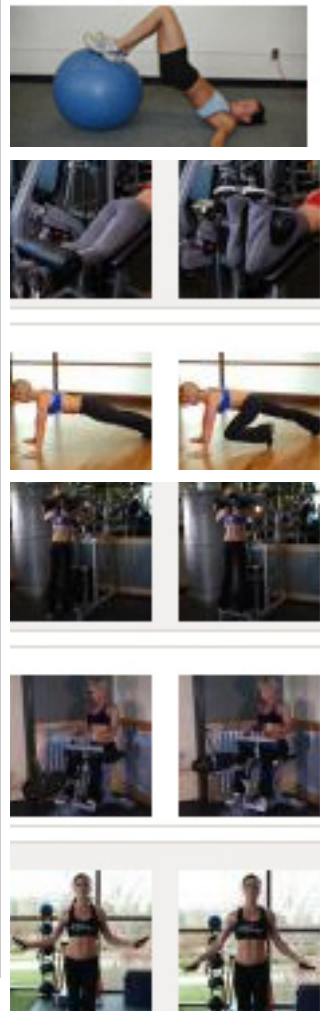
Dear Thursday: Time to give hamstrings, glutes and calves a serious workout. This is the perfect day, since your lower body should be recovered nicely from Monday's quad workout.

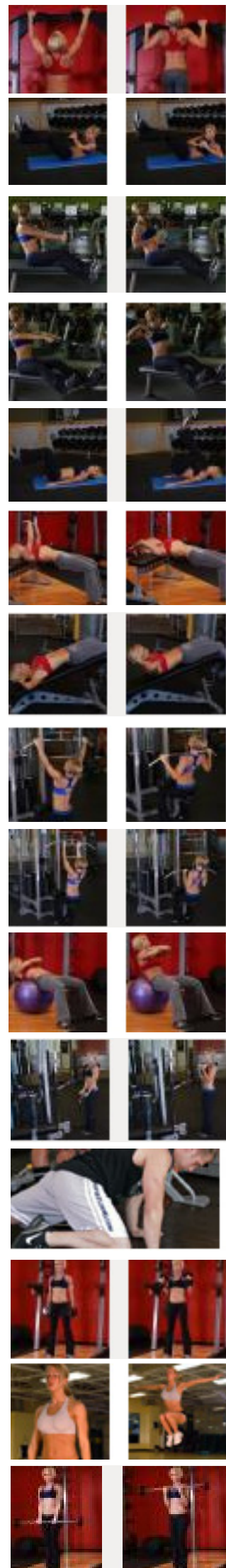
As before, you combine conventional weight moves with more ballistic-type drills, guaranteeing that all the fibers in these muscles will be activated.

This is essential for both muscle building and fat burning. This workout also pays special attention to the often-overlooked calf muscles.

These exercises will give them the nice diamond shapes that will turn heads on stage, in the office or anywhere you wear heels!

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Seated Leg Curl: 3 sets of 15 reps Barbell Lunge: 3 sets of 15 reps per side			
<b>Superset:</b> Stiff-Legged Barbell Deadlift: 3 sets of 15 reps Bounce-Bounce-Squat: 3 sets of 15 reps (Two jumps in place and then open up into a plie squat)			
<b>Superset:</b> Standing Leg Curl: 3 sets of 15 reps Split Squats: 3 sets of 15 reps			
<b>Superset:</b> Single-Leg Barbell Squat on Bench: 3 sets of 15 reps Stability Ball Leg Curl: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Lying Leg Curl (one leg at a time): 3 sets of 20 reps Mountain Climbers: 3 sets of 20 reps			
<b>Triple Set:</b> Standing Calf Raises: 3 sets of 20 reps Seated Calf Raise: 3 sets of 20 reps Jump rope: 3 sets of 1 min			
Training, Nutrition & Supplement Notes:			





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### Day 61 Back & Biceps:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_

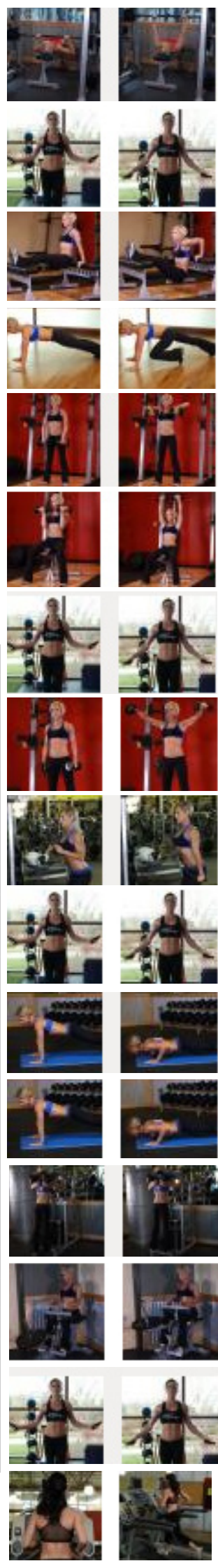
**Your toned, defined biceps will announce themselves to the world before anything else that changed your body for the better, and in a dramatic way.**

This may remind you a bit of Day 58, but now we zero-in on biceps. Your toned, defined biceps will announce themselves to the world before anything else that changed your body for the better, and in a dramatic way.

Near the end of the workout you'll see "21s" listed as an exercise, and I want to explain that, because it's a little different. It's barbell curls, but the reps are done in a certain way. The first 7 reps use the lower half of the range of motion; the next 7 use the upper half; and the final 7 use full range of motion.

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Wide-Grip Pull-Up: 3 sets of 12 reps Medicine Ball Twist: 3 sets of 12 reps			
<b>Superset Active Rest Combo:</b> Seated Cable Row: 3 sets of 15 reps Low pulley row to neck: 3 sets of 15 reps Reverse Crunch (active rest): 3 sets of 25 reps			
<b>Superset:</b> Bent-Arm Bench Dumbbell Pull-Over: 3 sets of 15 reps Decline Crunches: 3 sets of 15 reps			
<b>Superset Active Rest Combo:</b> Wide-Grip Lat Pulldown: 3 sets of 15 reps Underhand Cable Pulldown: 3 sets of 15 reps Exercise Ball Crunch (active rest): 3 sets of 15 reps			
<b>Superset Active Rest Combo:</b> Standing Biceps Cable Curl 3 sets of 15 reps Spider Crunch 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Hammer Curl: 3 sets of 15 reps Tuck Jump (active rest): 3 sets of 15 reps			
Barbell Curl 21s: 3 sets of 21 reps			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			





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### Day 62 Shoulders/Triceps/Calves:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_

Today we'll be rounding those shoulders, firming-up triceps and sculpting calves.

The fat burning will persist with the jump rope work attached to many sets - I told you you'd need one!

So join me at the gym for the week's final session as we close out the workout part of Phase 3!

EXERCISE	SET #1	SET #2	SET #3
<b>Working Set Active Rest:</b> Smith Machine Bench Press: 3 sets of 15 reps Jump Rope: 3 sets of 1 min			
<b>Working Set Active Rest:</b> Bench Dips: 3 sets of 15 reps Mountain Climber: 3 sets of 15 reps			
<b>Superset Active Rest Combo:</b> Standing Dumbbell Upright Row: 3 sets of 12 reps Arnold Dumbbell Press: 3 sets of 12 reps Jump Rope: 3 sets of 1 minute			
<b>Superset Active Rest Combo:</b> Side Lateral Raise: 3 sets of 12 reps Triceps Pushdown - rope attachment: 3 sets of 12 reps Jump Rope (high knees): 3 sets of 1 min			
<b>Superset:</b> Medicine Ball Push-Up (both hands on ball): 3 sets of 10 reps Push-Ups: 3 sets of 10 reps			
<b>Triple Set:</b> Standing Calf Raise: 3 sets of 20 reps Seated Calf Raise: 3 sets of 20 reps Jump Rope: 3 sets of 1 minute			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			

## Day 63:

So how do you feel at the end of Week 9? Don't worry if you're a little taxed. This week was supposed to be challenging. Now you can rest a day before we head to the Week 10 workouts.

Definitely take the rest part to heart. You don't need to do anything physical today; in fact, I recommend that you not. Your muscles need to recuperate after what they've just been through.

I like to go to church on Sunday, so I nourish my soul as I rest my body. This is also a good day to focus on your diet, and to prepare your meals for the week ahead.

### No workout today!

#### Time To Count Calories!

Up to this point, the focus with the meal plan has been to consume adequate calories to support your weight training goals. Moving forward, it will be necessary to determine a specific calorie range to increase your fat burning potential while maintaining your hard earned muscle.

Follow this simple formula to determine the number of calories you should consume moving forward, using the foods included in the meal plans: Multiply your goal weight by 10 to arrive at your baseline.

Add between 200 and 500 calories to determine the ideal calorie range that will support the rest of your Phase Two and Phase Three workout routines.

(So, for me, that would be  $110 \text{ (lbs)} \times 10 + 200 = 1300$  and  $110 \text{ (lbs)} \times 10 + 500 = 1600$ ).

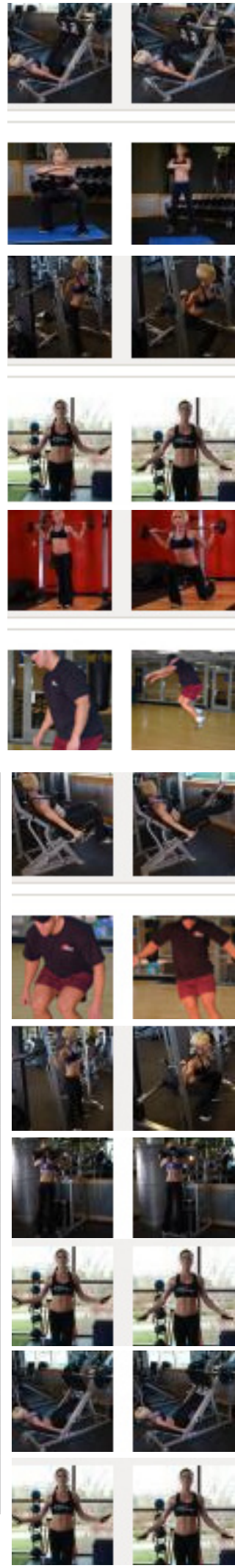
On rest days and lighter days (arms, shoulders, abs), eat in the lower range (1,300 calories). On heavier days (chest, legs, back), eat in the higher range (1,600 calories).

Once we arrive at Phase 3, the lower number will become the starting point for the carbohydrate cycling we'll do!

CALORIE CALCULATOR				
Enter Your Weight	<input type="text" value="45.5"/>	<input type="text" value="Kilograms"/>	<input type="button" value="Calculate"/>	<input type="button" value="Reset"/>
<b>Results</b>				
<b>Lighter Days</b>	1201 calories			
<b>Higher Days</b>	1501 calories			

Example of Calories needed by someone with weight 45.5kg





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### Day 64 Quads & Calves:

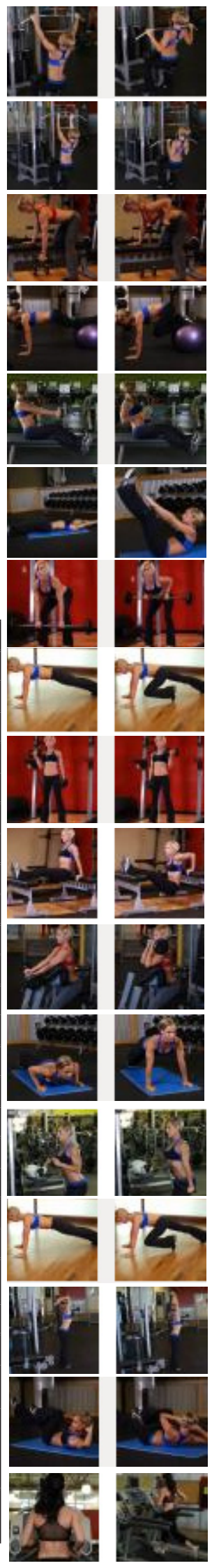
DAY:	DATE:	TIME:
_____	_____	_____
CARDIO TODAY? YES / NO	EXERCISE:	DURATION:
_____	_____	_____
LENGTH OF WORKOUT:	LOCATION:	MOOD WHEN STARTING:
_____	_____	_____

### Welcome to Week 10!

This particular leg day may have been challenging the first go 'round, but your body should be ready to rock it this time. Anytime you add new exercises to the mix, your body has to learn how to perform them to receive maximum benefit. Progress isn't just about an adaptive response by your muscles. Your central nervous system must also adjust.

That's particularly true on workouts like this one. Moves like the split squat and walking lunge really test your coordination. If you don't know what you're doing, your form might make it look like you're training during an earthquake. It's not your fault (no pun) - your body is just adjusting to the new demands being placed upon it.

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Leg Press (shoulder stance): 3 sets of 15 reps Freehand Jump Squat: 3 sets of 15			
<b>Working Set Active Rest:</b> Smith Machine Single-leg Split Squat 3 sets of 15 reps per side Jump rope: 3 sets of 1 min			
<b>Superset:</b> Walking Barbell Lunge: 3 sets of 20 reps, 10 steps down, 10 back Long Jump: 3 sets of 20 reps, 10 jumps down, 10 back			
<b>Superset:</b> Leg Extension: 3 sets of 20 reps Lateral Bound (side-to-side single leg hops): 3 sets of 20 reps Smith Machine Squat: 3 sets of 30 reps			
<b>Working Set Active Rest:</b> Standing Calf Raise: 3 sets of 20 reps Jump rope: 3 sets of 1 min			
<b>Working Set Active Rest:</b> Calf Press on Leg Press Machine: 3 sets of 20 reps Jump rope: 3 sets of 1 min			
Training, Nutrition & Supplement Notes:			



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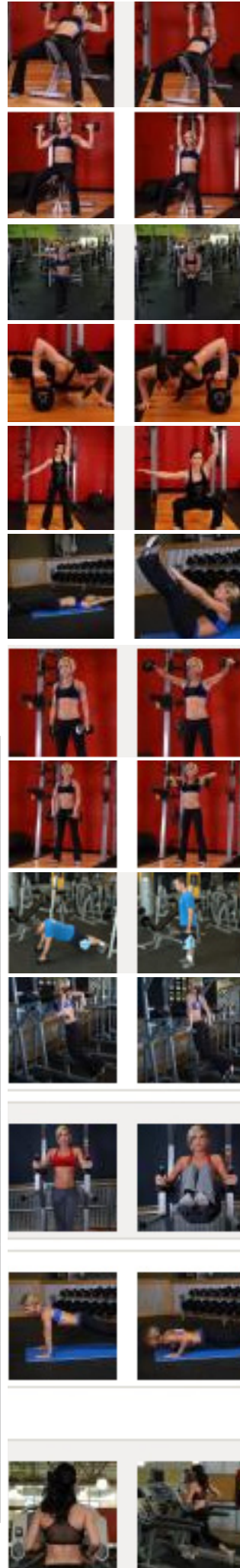
### Day 65 Back/Biceps/Abs/Sprints:

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

**Your upper body should be primed for action. Really focus on the muscles you're working at a given moment!**

Time to get busy with another back and arms blast! You had a rest day Sunday, followed by a leg day yesterday. So your upper body should be primed for action. Really focus on the muscles you're working at a given moment!

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Wide-grip Lat Pulldown: 3 sets of 15 reps Underhand Cable Pulldown: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> One Arm Dumbbell Row: 3 sets of 15 reps, per arm Exercise Ball Pull-in: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Seated Cable Row: 3 sets of 15 reps Jackknife Sit-Up on Bench: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Bent-Over Barbell Row: 3 sets of 15 reps Mountain Climbers: 3 sets of 20 reps			
<b>Superset:</b> Standing Alternating Dumbbell Curl: 3 sets of 20 reps Bench Dips: 3 sets of 12 reps			
<b>Superset:</b> Preacher Curl: 3 sets of 12 reps Narrow Push-Ups: 3 sets of 12 reps			
<b>Working Set Active Rest:</b> Triceps Pushdown - rope attachment: 3 sets of 12 reps Mountain Climbers: 3 sets of 20 reps			
<b>Working Set Active Rest:</b> Cable rope overhead tricep extension: 3 sets of 12 reps Air Bike: 3 sets of 25 reps			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			



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### Day 66 Chest/Shoulders:

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

**Can you believe you've come this far? If you reached this point, you're going to make it all the way to the end.**

Day 66! Can you believe you've come this far? If you reached this point, I know you're going to make it all the way to the end. What's amazing about this program, or any transformation, is the far-reaching nature of its benefits. Think about it: You've been training for a little more than two months now, but if you stick with it, the results will remain for the rest of your life - which will probably now last longer than it would have otherwise!

Now that's what I call winning!

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Incline Dumbbell Press: 3 sets 15 reps Dumbbell Shoulder Press: 3 sets of 15			
<b>Working Set Active Rest:</b> Cable Crossover: 3 sets of 15 reps Plyo Kettlebell Push-Up: 3 sets of 12 reps			
<b>Working Set Active Rest:</b> One-Arm Overhead Dumbbell/Kettlebell Squats: 3 sets of 15 reps each side Jackknife Sit-Up on Bench: 3 sets 15 reps			
<b>Superset Active Rest Combo:</b> Side Lateral Raise: 3 sets of 15 reps Standing Dumbbell Upright Row: 3 sets of 15 Burpee: 3 sets of 10 reps			
<b>Triple Set:</b> Dips Triceps Version: 3 sets of 15 reps Roman Chair Leg Raise: 3 sets of 15 reps Push-Ups: 3 sets of 15 reps			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 67 Hamstrings/Glutes/Calves:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_

CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_  
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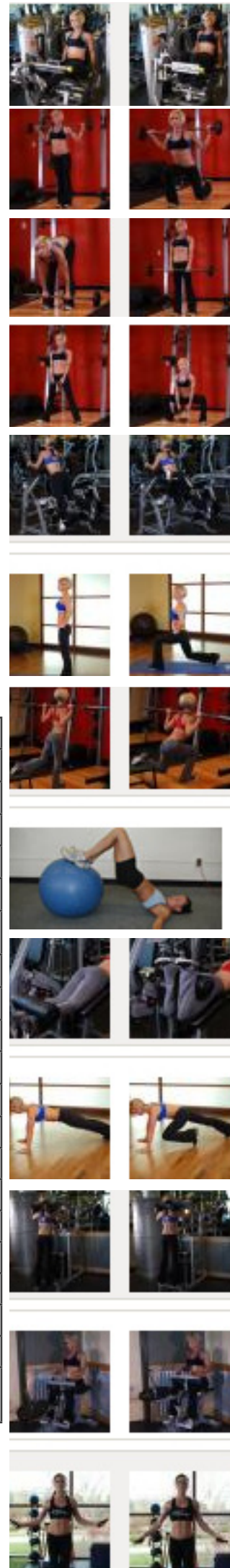
LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_  
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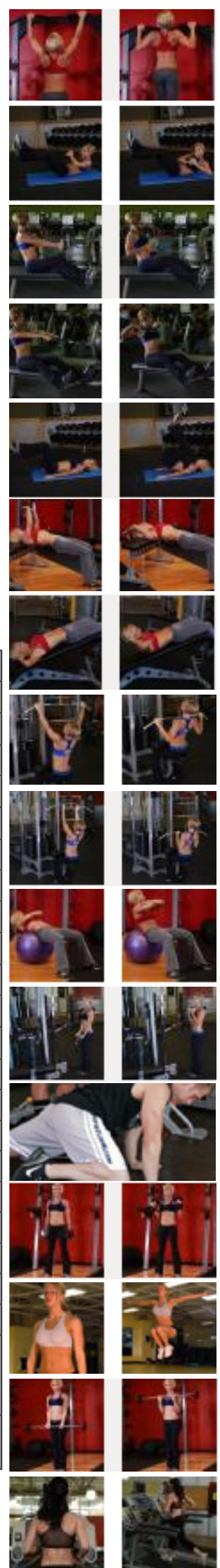
**These aren't the easiest muscles to target, but once your form is tight, you'll literally feel the muscles working on every rep.**

Let's make today count! These aren't the easiest muscles to target, but once your form is tight, you'll literally feel the muscles working on every rep. The single-leg barbell squat on the bench, a.k.a. the Bulgarian squat, is a particular favorite of mine.

At the bottom, you should feel a deep stretch in your glutes. Meanwhile, your hamstrings are also being hit!

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Seated Leg Curl: 3 sets of 15 reps Barbell Lunge: 3 sets of 15 reps, per side			
<b>Superset:</b> Stiff-Legged Barbell Deadlift: 3 sets of 15 reps Bounce-Bounce-Squat: 3 sets of 15 reps (two jumps in place and then open up into a plie squat)			
<b>Superset:</b> Standing Leg Curl: 3 sets of 15 reps Split Squat: 3 sets of 15 reps			
<b>Superset:</b> Single-Leg Barbell Squat on Bench: 3 sets of 15 reps Stability Ball Leg Curl: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Lying Leg Curl (one leg at a time): 3 sets of 20 reps Mountain Climbers: 3 sets of 20 reps			
<b>Triple Set:</b> Standing Calf Raises: 3 sets of 20 reps Seated Calf Raise: 3 sets of 20 reps Jump rope: 3 sets of 1 min			
Training, Nutrition & Supplement Notes:			





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### Day 68 Back & Biceps:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

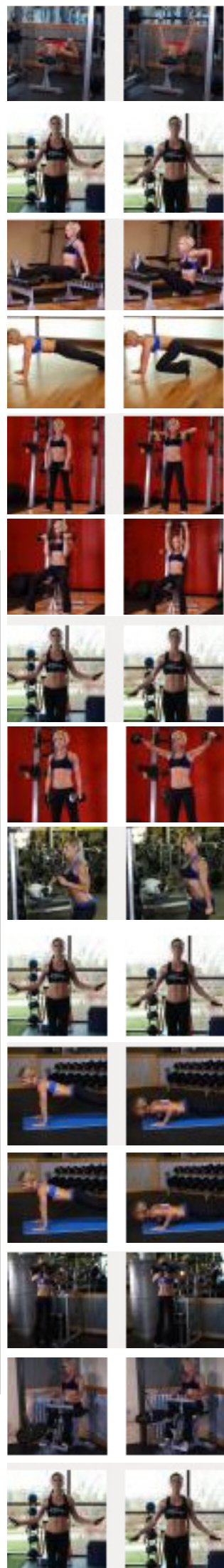
CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_

Time to refocus attention on upper body. I always like combining back and biceps in one workout because they work together in everyday life. What's more, if I separated them, neither muscle group would likely have enough time to recover properly.

Don't forget to finish up strong with the treadmill sprints, either. Remember, the primary goal during Phase 3 is melting stubborn body fat. Consider sprints your blowtorch.

EXERCISE	SET #1	SET #2	SET #3
<b>Superset:</b> Wide-Grip Pull-Up: 3 sets of 12 reps Medicine Ball Twist: 3 sets of 12 reps			
<b>Superset Active Rest Combo:</b> Seated Cable Row: 3 sets of 15 reps Low pulley row to neck: 3 sets of 15 reps Reverse Crunch (active rest): 3 sets of 25 reps			
<b>Superset:</b> Bent Arm Bench Dumbbell Pull-Over: 3 sets of 15 reps Decline Crunches: 3 sets of 15 reps			
<b>Superset Active Rest Combo:</b> Wide-Grip Lat Pulldown: 3 sets of 15 reps Underhand Cable Pulldowns: 3 sets of 15 reps Exercise Ball Crunch (active rest): 3 sets of 15 reps			
<b>Superset:</b> Standing Biceps Cable Curl: 3 sets of 15 reps Spider Crunch: 3 sets of 15 reps			
<b>Working Set Active Rest:</b> Hammer Curl: 3 sets of 15 reps Tuck Jump (active rest): 3 sets of 15 reps			
Barbell Curl 21s: 3 sets of 21 reps			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 69 Shoulders/Triceps/Calves:

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

CARDIO TODAY? YES / NO \_\_\_\_\_ EXERCISE: \_\_\_\_\_ DURATION: \_\_\_\_\_

LENGTH OF WORKOUT: \_\_\_\_\_ LOCATION: \_\_\_\_\_ MOOD WHEN STARTING: \_\_\_\_\_

Let's really knock this one out of the park, gang! Shoulders and triceps work together, so it makes sense to train them together.

EXERCISE	SET #1	SET #2	SET #3
<b>Working Set Active Rest:</b> Smith Machine Bench Press: 3 sets of 15 reps Jump Rope: 3 sets of 1 min			
<b>Working Set Active Rest:</b> Bench Dips: 3 sets of 15 reps Mountain Climbers: 3 sets of 15 reps			
<b>Superset Active Rest Combo:</b> Standing Dumbbell Upright Row: 3 sets of 12 reps Arnold Dumbbell Press: 3 sets of 12 reps Jump Rope: 3 sets of 1 min			
<b>Superset Active Rest Combo:</b> Side Lateral Raise: 3 sets of 12 reps Triceps Pushdown - rope attachment: 3 sets of 12 reps Jump Rope (high knees): 3 sets of 1 min			
<b>Superset:</b> Medicine Ball Push-Up (both hands on ball): 3 sets of 10 reps Push-Ups: 3 sets of 10 reps			
<b>Triple Set:</b> Standing Calf Raise: 3 sets of 20 reps Seated Calf Raise: 3 sets of 20 reps Jump Rope: 3 sets of 1 min			
<b>Cardio:</b> 30-second sprints on treadmill; Level 8; 30 seconds on/30 off; 30 minutes total			
Training, Nutrition & Supplement Notes:			



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 70:

As I said before, truly treat your rest day as a rest day. Do something fun - as long as it doesn't totally sabotage your diet.

You have put forth a major effort here, and you don't want a rogue pizza setting you back. Not this close to the end of your journey!

**No workout today!**

### The Meal Plan:

See the introduction to Phase 3 for guidance on manipulating your calories and portions:

[Go online to make use of the calorie calculator](#)

### LOW-CARB DAY CALORIE CALCULATOR

Enter Your Weight

Kilograms



#### Results

**Total Calories**

1201 total calories per day.

**Carbs**

240 calories or 60 grams per day.

**Protein**

673 calories or 168 grams per day.

**Fat**

288 calories or 32 grams per day.

## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 71 Legs Circuit: 2-3 rounds:

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

### Two weeks to go! Congratulations on making it to Week 11!

This is where things become really interesting, training-wise. (No, I'm not grinning mischievously while I say that!) "Interesting" means fun, inspiring and, yes, a little taxing. But you can do it.

Starting today, you'll be doing a set of high repetitions for legs, and then move directly into other exercises with similarly high reps. You will complete 150 reps by the time you finish today's first "giant" set. Only then can you rest 3-to-5 minutes.

As a result, the weights you use should be pretty light. You won't be able to go heavy with this style of training. But your muscles will be taxed because of the time under tension.

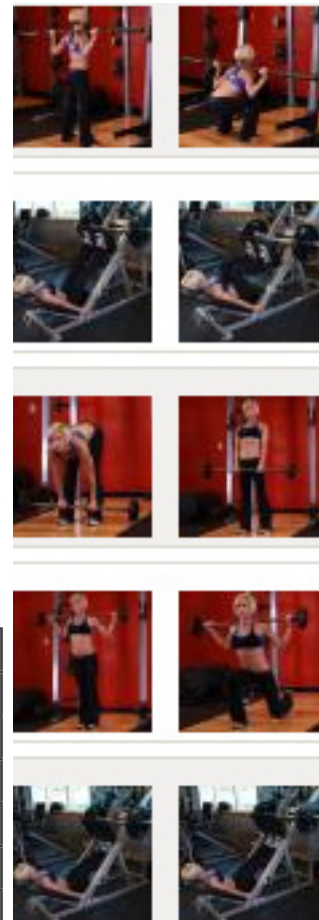
***So let's get started, shall we? There's no time like the present to build a healthy and fit future!***

#### The Workout

Complete 30 reps for every exercise back to back, without rest, for a total of 150 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2-to-3 more times.

EXERCISE	SET #1	SET #2	SET #3	SET #4
Barbell Squat: 30 reps				
Leg Press: 30 reps				
Stiff-Legged Barbell Deadlift: 30 reps				
Barbell Lunge: 30 reps				
Calf Press on leg press machine: 30 reps				
Training, Nutrition & Supplement Notes:				

**Rest 3-to-5 minutes.**



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 72 Back/Abs:

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

**Today we shift focus to our backs back, with some abdominal work added to the back-end of the workout.**

Again, find weights you can lift for the desired number of reps. This workout is all about muscle endurance, not about being a He-Man or She-Ra.

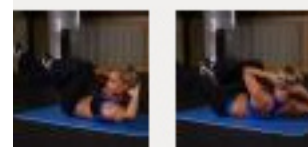
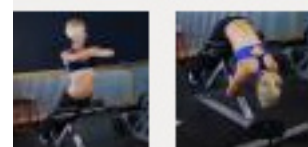
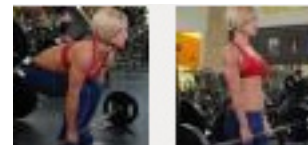
#### The Workout

Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

EXERCISE	SET #1	SET #2	SET #3
Barbell Deadlift: 20 reps			
Bent-over Barbell Row: 20 reps			
Wide-grip Lat Pulldown: 20 reps			
Seated Cable Row: 20 reps			
Hyperextension (Back Extensions): 20 reps			
Roman Chair Leg Raise: 20 reps			
Air Bike: 20 reps			
Training, Nutrition & Supplement Notes:			





## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 73 Chest/Calves Circuit:

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

When was the last time you trained chest and calves together? It's actually a great pairing I think you'll enjoy working out in tandem. I certainly do!

The high-volume circuit training continues apace. The beauty of these workouts is how they also target the most important muscle of them all, your heart.

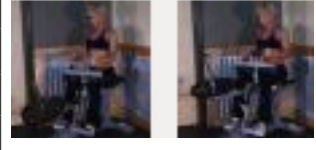
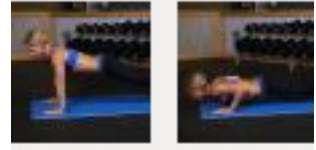
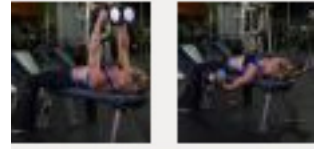
#### The Workout

Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

EXERCISE	SET #1	SET #2	SET #3
Barbell Bench Press: - Medium Grip 20 reps			
Incline Dumbbell Press: 20 reps			
Dumbbell Flyes: 20 reps			
Dips Chest Version: 20 reps			
Push-ups: 20 reps			
Standing Calf Raise: 20 reps			
Seated Calf Raise: 20 rep			



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 74 Arms/Abs Circuit:

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

### Arms and abs, the glamour muscles, take center stage today!

For arms, you'll alternate between biceps and triceps to ensure complete and balanced development. The jackknives and crunches that follow will tone your stomach big time.

Follow that with some steady-state cardio, and you're done for the day!

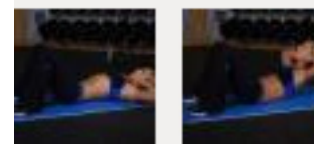
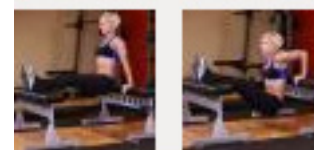
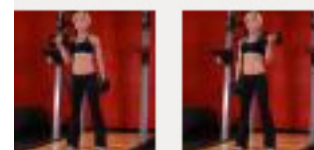
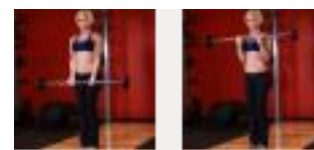
### The Workout

Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

EXERCISE	SET #1	SET #2	SET #3
Barbell Biceps Curl (EZ curl bar): 20 reps			
Lying Triceps Press: 20 reps			
Dumbbell Alternating Bicep Curl: 20 reps			
Standing Overhead Dumbbell Triceps Extension: 20 reps			
Bench Dips: 20 reps			
Jackknife Sit-Up: 20 reps			
Crunches: 20 reps			

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 75 Shoulders/Calves Circuit:

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

Today's resistance training is divided between an upper-body part (shoulders); and a lower-body part (calves). You'll be doing high reps in circuit training fashion.

After three days on low-carb, it's time to feed some carbs back into your diet for a day.

So are you ready to hit the gym? Let's do this!

#### The Workout

Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

EXERCISE	SET #1	SET #2	SET #3
Dumbbell Shoulder Press: 20 reps			
Seated Bent Over Rear Delt raise: 20 reps			
Front Dumbbell Raise: 20 reps			
Side Lateral Raise: 20 reps			
Standing Dumbbell Upright Row: 20 reps			
Calf Press on Leg Press Machine: 20 reps			
Standing Calf Raise: 20 reps			

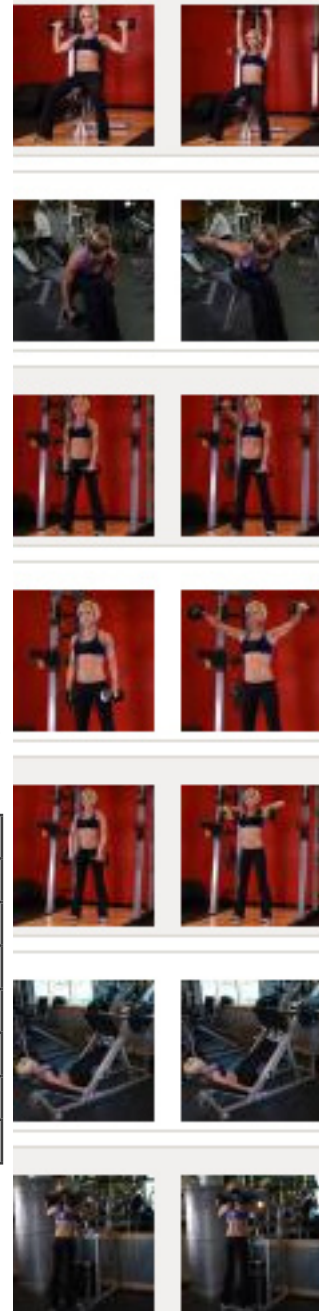
After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

### Day 76 - Cardio

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

After those tough workouts this past week, it's time to shift into cardio-only mode today. I just want you to spend an hour keeping your heart rate up through some mode of your choosing, whether it's riding a stationary cycle, going for a jog, swimming - whatever. Eating-wise, switch back to your low-carb menu today.



Cardio (your choice)

1 hr



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 77 Rest Day:

**Your body needs this day to recharge, and your mind needs this day to refocus.**

All I want you to do today is RELAX. Get a massage. Go the movies (but skip the popcorn and soda). Shop, maybe for some new clothes to adorn your new body.

First, you're rewarding yourself for 11 weeks of kicking butt in the gym. Second, you're allowing your body to gear up for the week ahead. Your body needs this day to recharge, and your mind needs this day to refocus.

Don't cheat on your diet, though, not this close to the finish line. You can do it!

No workout today!

## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 78 Legs Circuit: 2-3 rounds:

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

**One week to go! Congratulations on having made it to Week 12!**

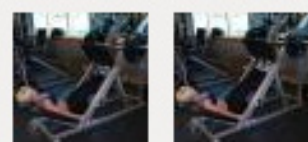
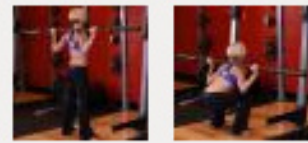
Press your foot on the accelerator with your training intensity. And slam your foot on the brake pedal when you crave unhealthy foods. Let's have an awesome first day for Week 12, setting the tone for the rest of the week!

#### The Workout

Complete 30 reps for every exercise back to back, without rest, for a total of 150 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2-to-3 more times.

EXERCISE	SET #1	SET #2	SET #3	SET #4
Barbell Squat: 30 reps				
Leg Press: 30 reps				
Stiff-Legged Barbell Deadlift: 30 reps				
Barbell Lunge: 30 reps				
Calf Press on leg press machine: 30 reps				

### CIRCUIT: 3-4 ROUNDS



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 79 Back/Abs:

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

This is the second time around with this identical back-and-abs workout, so your muscles should be ready to rock it now.

Accentuate the mind-muscle connection on the abdominal moves; feel your muscles contract intensely each repetition.

Let's get started. See you at the gym!

### The Workout

Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

EXERCISE	SET #1	SET #2
Barbell Deadlift: 20 reps		
Bent-over Barbell Row: 20 reps		
Wide-grip Lat Pulldown: 20 reps		
Seated Cable RowS: 20 reps		
Hyperextension (Back Extensions): 20 reps		
Roman Chair Leg Raise: 20 reps		
Air Bike: 20 reps		

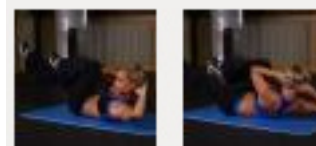
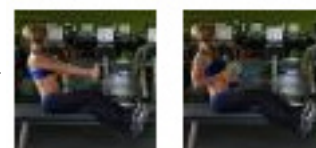
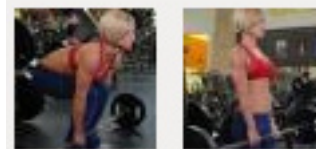
After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

### CIRCUIT: 3 ROUNDS



### HEART RATE CALCULATOR

Enter Your Age

### Results

Max Heartrate

Keep your heart rate beneath 194 beats per minute.

## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 80 Chest/Calves Circuit:

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

The reps are high and the carbs are low today, but you can do it! Chest is one of my favorite body parts to work, and hopefully you're taking a liking to it as well.

While the meal plan is low in carbs, it's high in taste and variety. So bon appétit!

#### The Workout

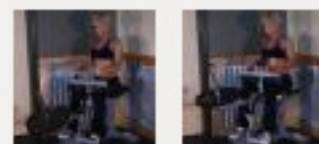
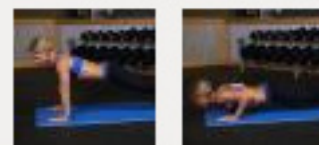
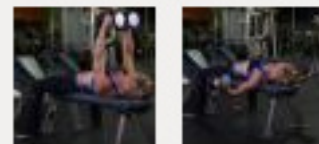
Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

EXERCISE	SET #1	SET #2	SET #3
Barbell Bench Press Medium Grip: 20 reps			
Incline Dumbbell Press: 20 reps			
Dumbbell Flyes: 20 reps			
Dips - Chest Version: 20 reps			
Push-ups: 20 reps			
Standing Calf Raises: 20 reps			
Seated Calf Raise: 20 reps			

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

### CIRCUIT: 3 ROUNDS



### HEART RATE CALCULATOR

Enter Your Age

#### Results

Max Heartrate

Keep your heart rate beneath 194 beats per minute.



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 81 Arms/Abs Circuit:

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

Arms and abs bear the brunt in today's workout, so get ready for an A+ effort.

You're almost there! Keep going strong - momentum is on your side now!

#### The Workout

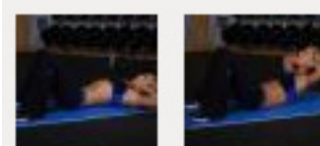
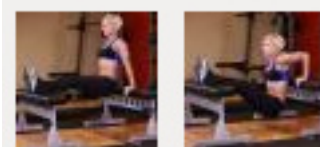
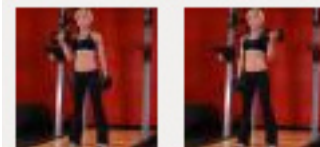
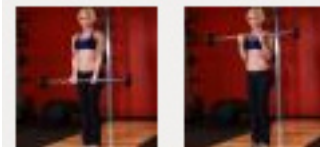
Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

EXERCISE	SET #1	SET #2	SET #3
Barbell Biceps Curl (EZ curl bar): 20 reps			
Lying Triceps Press: 20 reps			
Alternating Dumbbell Bicep Curl: 20 reps			
Standing Overhead Dumbbell Extension: 20 reps			
Bench Dips: 20 reps			
Jackknife Sit-Ups: 20 reps			
Crunches: 20 reps			

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

### CIRCUIT: 3 ROUNDS



## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Day 82 Shoulders/Calves Circuit:

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

Looking back, you may feel as though you carried the weight of the world on your shoulders the past 11 weeks. Think about what you've undertaken: You decided literally to transform your entire being. IN 12 WEEKS! That's amazingly ambitious.

Now think about what you've accomplished. You look much better. You are much healthier. You are more attractive. You have more energy. You are in charge of your life.

That, my friends, is nothing to sneeze at! But we still have a little work to do. Appropriately enough, today we target shoulders, with some calf work thrown in for good measure.

#### The Workout

Complete 20 reps for every exercise back to back, without rest, for a total of 140 consecutive reps. Rest 3-to-5 minutes between each circuit and then repeat 2 more times.

EXERCISE	SET #1	SET #2	SET #3
Dumbbell Shoulder Press: 20 reps			
Seated Bent Over Rear Delt Raise: 20 reps			
Front Dumbbell Raise: 20 reps			
Side Lateral Raise: 20 reps			
Standing Dumbbell Upright Row: 20 reps			
Calf Press on Leg Press Machine: 20 reps			
Standing Calf Raises: 20 reps			

After you complete the workout, perform 30-40 minutes of cardio (your choice). Aim to keep your heart rate below 220 - your age.

(Example: 220 - 35 years old = 185 beats per minute.)

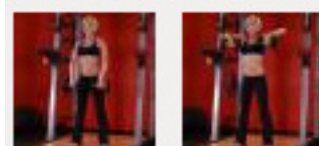
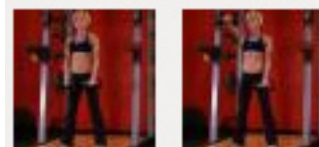
### Day 83 Cardio

You now have one actual hour of training ahead of you. Just one. And it's cardio, the training mode you didn't even do during Phase 1. Remember?

The LiveFit trainer hasn't always followed conventional wisdom, but then again, the goal has been unconventional results. And if you did everything I asked, I have no doubt that you're pleasantly surprised by what you see in the mirror.

Let's make this final hour of cardio a good one, shall we? Consider it the final exclamation point!

### CIRCUIT: 3 ROUNDS



Cardio (your choice)  
1 hr



Join me on the [Jamie Eason LiveFit Program](#)  
MyFitnessPal / Twitter / BB.com: ClaudineKidson  
Blog: [www.lifestylechallenges.wordpress.com](http://www.lifestylechallenges.wordpress.com)

## Jamie Eason LiveFit's Workout Log - Bodybuilding.com

### Congratulations! You did it!

I'm so proud of you for taking this journey with me!

What's next? Keep training. Keep eating clean and smart. Keep striving. For the tools and guidance you'll need, keep coming back to Bodybuilding.com. Along with my 12-week trainer, the site contains 30,000 pages of content geared toward every imaginable user with every imaginable goal.

Whether you want to get bigger, leaner, more athletic, more limber, faster - you name it, we've got it.

As for today's workout, I only ask that you to do one rep of one new exercise. Stand with your feet shoulder-width apart, arms at your sides. Flex your right elbow to raise that arm until the upper half is parallel with the floor, at which point your hand should be back by your ear.

***Reach down ... and pat yourself on the back one time. No need to repeat for reps.***

# Well done...

# You did it...