

Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Week 5

Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Back & Cardio	Chest Abs & Cardio	Legs	Arms Abs & Cardio	Shoulders & Cardio	Legs	REST

NOTES:

Week 6

Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Back & Cardio	Chest Abs & Cardio	Legs	Arms Abs & Cardio	Shoulders & Cardio	Legs	REST

NOTES:

Week 7

Day 43	Day 44	Day 45	Day 46	Day 47	Day 48	Day 49
Arms Abs & Cardio	Legs	Chest Abs & Cardio	Shoulders	Legs	Back, Delts & Cardio	REST

NOTES:

Week 8

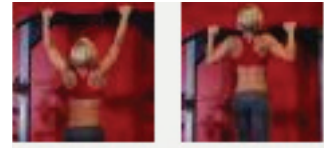
Day 50	Day 51	Day 52	Day 53	Day 54	Day 55	Day 56
Arms Abs & Cardio	Legs	Chest Abs & Cardio	Shoulders	Legs	Back, Delts & Cardio	REST

NOTES:

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Day 29 Back/Cardio:

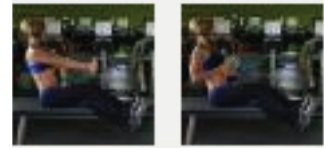
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____



Superset:

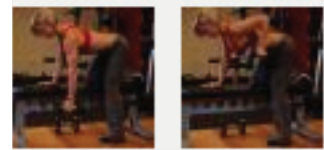
It's Day 1 of Phase 2.

Congratulations, we're now 5 weeks into Living Fit!



End of superset;

EXERCISE	SET #1	SET #2	SET #3
Wide grip overhand pull-ups: 3 sets of 10 reps			
Superset:			
Bent-over Barbell row: 3 sets of 8 reps			
Seated cable row: 3 sets of 8 reps			
Wide grip Lat Pull-down: 3 sets of 10 reps			
One-armed row: 3 sets of 8			
Hammer Strength Pull-downs: 3 sets of 10 reps			
Hyperextensions: 3 sets of 8 reps			
30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



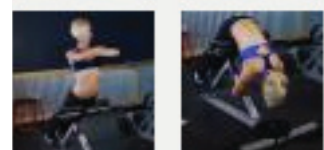
Day 29:

It's Day 1 of Phase 2. Congratulations, we're now 5 weeks into Living Fit!

We're coming fresh off two days of much-needed rest. I hope you feel revitalized, rejuvenated, and eager to hit the gym! We're kicking things off with a beautiful back and cardio workout.

Remember: don't sacrifice safety for strength, rest a little more between each set, and aim to lift with 85% of your max effort. Get ready to burn fat faster and see more muscle-tone!

For the two exercises grouped as a "superset," do each in succession and THEN rest at the end of the grouping. Having done so, go back and repeat the same sequence. Continue in this fashion until all the sets of those exercises are done.



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Day 30 Chest, Abs/Cardio:

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

Yesterday we worked on building a bombshell back. Today, we're sculpting a fabulous front.

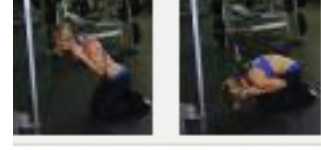
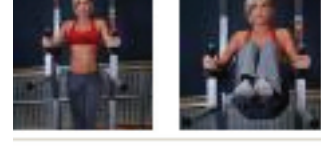
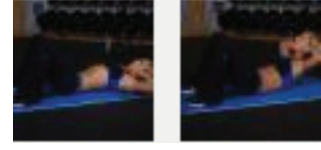
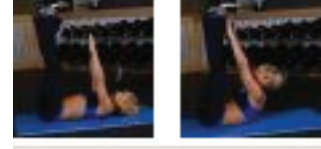
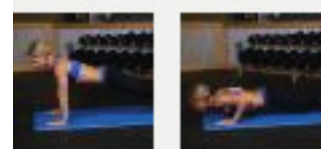
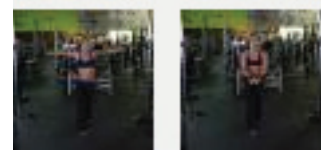
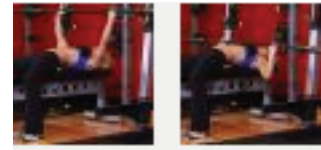
EXERCISE	SET #1	SET #2	SET #3
Wide-grip barbell bench press: 5 sets of 8 reps (1 warm-up set, 3 reg sets, 1 set of negatives)			
Wide stance push-ups: 3 sets of 15 reps			
Cable crossovers: 3 sets of 10 reps			
Smith machine incline bench press: 3 sets of 10 reps			
Side to side push-ups: 3 sets of 10 reps			
Superset:			
Toe touchers: 3 sets of 20 reps			
Crunches (legs straight in the air): 3 sets of 20 reps			
Roman Chair leg raise: 3 sets of 10 reps			
Cable crunches: 3 sets of 10 reps			
30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			

Day 30:

Yesterday we worked on building a bombshell back. Today, we're sculpting a fabulous front.

For those exercises grouped as a "superset," do each in succession and THEN rest at the end of the grouping. Having done so, go back and repeat the same sequence. Continue in this fashion until all the sets of those exercises are done.

Transformation is the name of the game, and we're playing to win. Rack up your score with chest and abs training - plus extra points for cardio - and there's no way we can lose!



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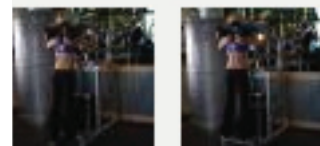
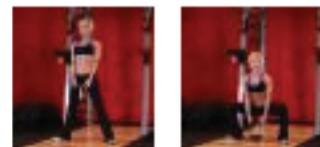
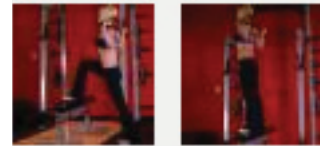
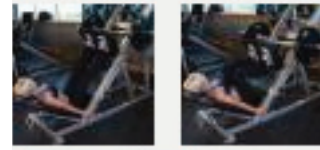
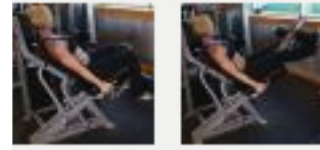
Day 31 Legs:

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

After today, you're halfway through this week's workout split. Power over the hill with a pair of strong legs.

Has cardio left your quads wanting more? Today's your chance to let them move some weight! After today, you're halfway through this week's workout split. Power over the hill with a pair of strong legs.

EXERCISE	SET #1	SET #2	SET #3
Leg extensions: 2 warm-up sets with lighter weight for 30 reps			
Wide stance barbell squat: 2 lighter sets of 15 reps, 2 heavier sets to failure			
Leg press: 4 sets of 8 reps (shoulder width stance)			
Walking Barbell Lunges: 3 sets of 20 reps (baby steps)			
Barbell Step-ups: 3 sets of 10 reps			
Plie Dumbbell squat: 3 sets of 15 reps			
Standing calf raise: 3 sets of 20 reps, last set to failure			
Donkey calf raise or Leg press calf raise: 3 sets of 20 reps, last set to failure			
Training, Nutrition & Supplement Notes:			



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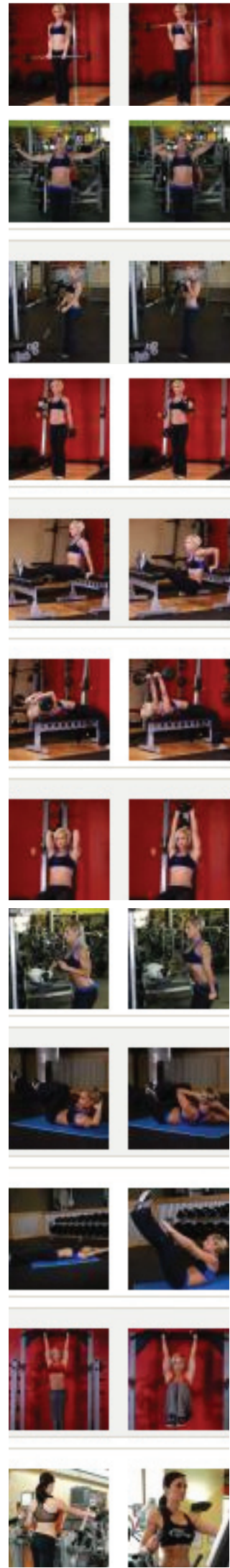
Day 32 Arms/Abs/Cardio:

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

Nothing sets a gal apart from the crowd like a pair of toned arms.

Nothing sets a gal apart from the crowd like a pair of toned arms.
 After our cardio, abs and arms training today, sleeveless dresses will beg you to buy them.
 Need some motivation in the gym? Think about that shopping spree!

EXERCISE	SET #1	SET #2	SET #3
Barbell Curls: 3 sets of 10 reps			
Superset:			
Overhead cable curl: 3 sets of 10 reps			
Cable hammer curl -Rope attachment: 3 sets of 10 reps			
Alternating Hammer curls: 3 sets of 10 reps			
Dips (bench or parallel bars): 3 sets of 15 reps			
Skullcrushers: 3 sets of 10 reps			
Seated triceps press: 3 sets of 10 reps			
Triceps Pushdown - rope attachment: 3 sets of 10 reps			
Air Bike: 3 sets of 25 reps			
Jackknife sit-ups: 3 sets of 10 reps			
Hanging leg raises (or roman chair): 3 sets of 10 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 33 Shoulders/Cardio:

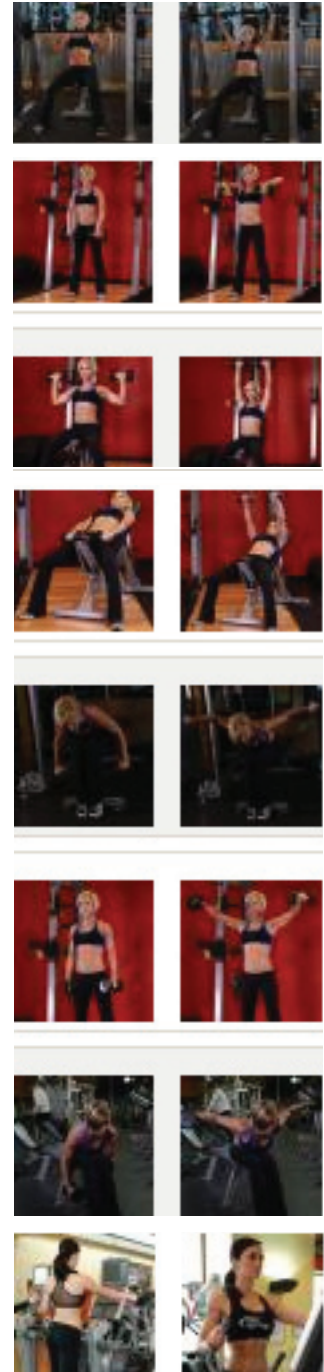
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Shoulders say strong, proud, and sexy. Let's train ours to speak loudly.

Shoulders say strong, proud and sexy. Let's train ours to speak loudly.

Only one more workout this week! Press your way to well-deserved rest.

EXERCISE	SET #1	SET #2	SET #3
Smith Machine Military Press: 1 warm-up set, 3 sets of 10 reps			
Superset:			
Upright Dumbbell Rows: 3 sets of 10 reps			
Standing Dumbbell Military Press: 3 sets of 10 reps			
Incline Bench Front Dumbbell Delt Raises (go light): 3 sets of 10 reps			
Rear Delt Cable Flyes: 3 sets of 10 reps			
Lateral Raise: 3 sets of 10 reps (Last set is a drop-set.)			
Rear Delt Raise: 3 sets of 10 reps (Last set is a drop-set.)			
30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 34 Legs:

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

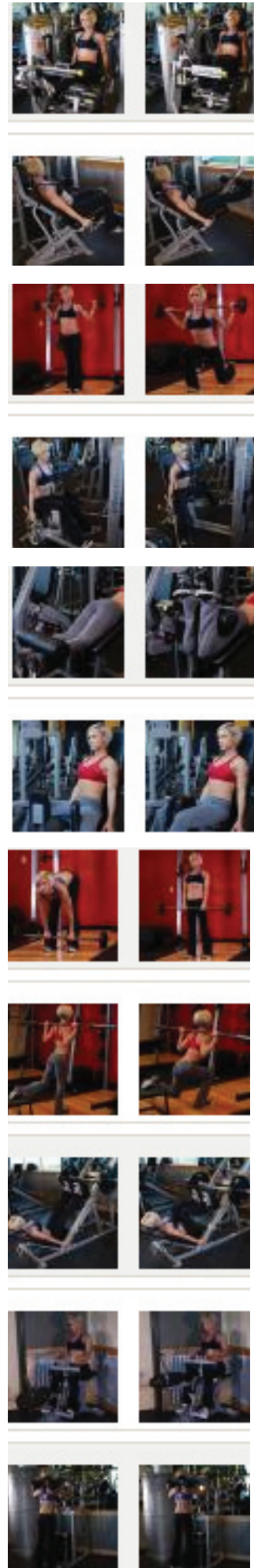
Today, I'm asking you to dig deep with me and find the strength for one more all-out legs workout. I know we're tired, but we'll both feel amazing once we're out of the gym today.

Relax... tomorrow.

Today, I'm asking you to dig deep with me and find the strength for one more all-out legs workout. I know we're tired, but we'll both feel amazing once we're out of the gym today.

Almost time to get off our feet and rest our legs. Almost. Let's earn it.

EXERCISE	SET #1	SET #2	SET #3
Superset: Seated Leg Curl: 3 sets of 10 reps Leg Extensions: 3 sets of 10 reps			
Superset: Barbell Lunge (long stride): 3 sets of 20 reps Abductor Machine: 3 sets of 20 reps			
Superset: Lying Leg Curls: 3 sets of 15 reps Adductor Machine: 3 sets of 15 reps			
Stiff-Legged Deadlift: 3 sets of 10 reps			
Single Leg Barbell Squat: 3 sets of 10 reps			
Leg Press (wide stance): 1 giant drop-set to failure			
Seated Calf Raise: 3 sets of 20 reps			
Standing Calf Raises: 3 sets of 20 reps			
Training, Nutrition & Supplement Notes:			





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Blog: www.lifestylechallenges.wordpress.com

Day 35:

Finally, a day of rest. You deserve it! Great job on a great week.

Finally, a day of rest. You deserve it! Great job on a great week.

Let's finish Week 5 by talking about fat. Don't fear it!

Yes, we've been fighting body fat, but I'm talking about healthful dietary fats, or "good" fats. Good fats are actually an essential part of your diet and are critical for performance and overall well-being. Basically, our bodies need fat to function!

Dietary fat is used for energy, is essential to cellular construction, regulates bodily processes, and is necessary for the absorption of fat-soluble vitamins.

Not all fats are created equal, of course. Healthy fat sources include olive oil, legumes, and fish. Avoid junk food, which typically contains nasty trans fats, and also limit your saturated (animal) fat and cholesterol intake.

A few easy tips include:

Eat unsalted, raw nuts - like almonds - instead of potato chips.

Use extra-virgin olive oil and vinegar on salads instead of high-calorie dressings.

Replace processed meats and cheese with fish, like salmon, which is packed with Omega-3's.

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Day 36 Back/Cardio:

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

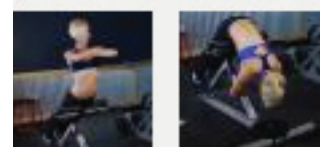
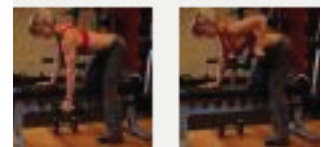
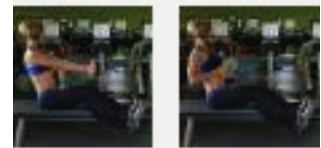
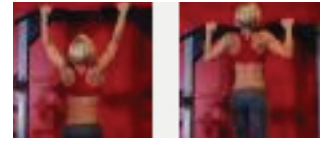
Time to hit those pull muscles again with this science-based back workout.

You're entering Week 6, and nearing the halfway point of the program. Congrats!

Time to hit those "pull" muscles again with this science-based back workout. I've also thrown some cardio into the mix to amp up the fat burning.

So let's get started, shall we? If you've come this far, you're going to make it all the way for sure!

EXERCISE	SET #1	SET #2	SET #3
Wide grip overhand pull-ups: 3 sets of 10 reps			
Superset:			
Bent-over Barbell row: 3 sets of 8 reps			
Seated cable row: 3 sets of 8 reps			
Wide grip Lat Pull-down: 3 sets of 10 reps			
One-armed row: 3 sets of 8			
Hammer Strength Pull-downs: 3 sets of 10 reps			
Hyperextensions: 3 sets of 8 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 37 Chest/Abs/Cardio:

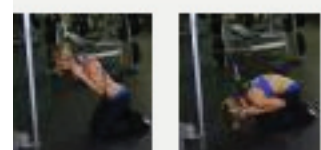
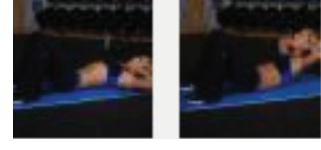
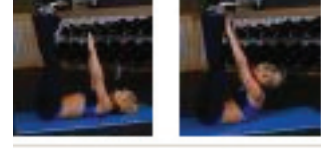
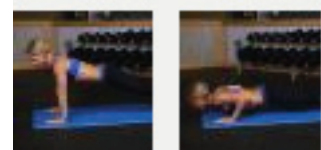
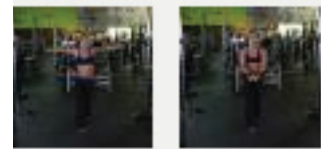
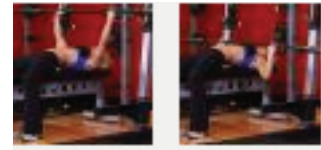
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

We're toning up your chest and midsection while burning fat to reveal your handiwork!

The beauty of my training approach is while your back is recovering from yesterday's workout, you can train chest only a day later. You're pushing -- not pulling -- so one muscle group grows while the other works.

For good measure, let's do some abdominal training and cardio as well. We'll tone up your midsection and burn some fat to reveal your handiwork!

EXERCISE	SET #1	SET #2	SET #3
Wide-grip barbell bench press: 5 sets of 8 reps (1 warm-up set, 3 reg sets, 1 set of negatives)			
Wide stance push-ups: 3 sets of 15 reps			
Cable crossovers: 3 sets of 10 reps			
Smith machine incline bench press: 3 sets of 10 reps			
Side to side push-ups: 3 sets of 10			
Seperset:			
Toe touchers: 3 sets of 20 reps			
Crunches (legs straight in the air): 3 sets of 20 reps			
Roman Chair leg raise: 3 sets of 10 reps			
Cable crunches: 3 sets of 10 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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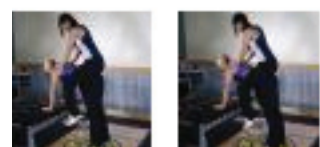
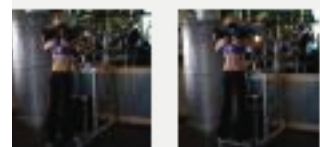
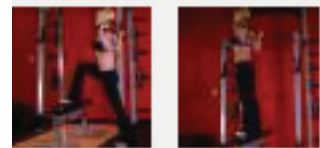
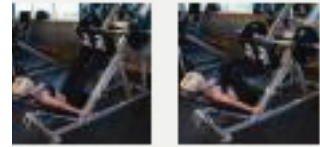
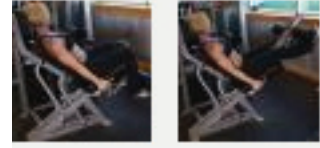
Day 38 Legs:

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

Toned, sculpted legs require resistance training. This workout hits your legs from all angles for complete, balanced development.

No need to flick the treadmill's "on" switch today -- give your lungs a breather while we work your legs. See you at the gym!

EXERCISE	SET #1	SET #2	SET #3
Leg extensions: 2 warm-up sets with lighter weight for 30 reps			
Wide stance barbell squat: 2 lighter sets of 15 reps, 2 heavier sets to failure			
Leg press: 4 sets of 8 reps			
Walking Barbell Lunges: 3 sets of 20 reps			
Barbell Step-ups: 3 sets of 10 reps			
Plie Dumbbell squat: 3 sets of 15 reps			
Standing calf raise: 3 sets of 20 reps, last set to failure			
Donkey calf raise or Leg press calf raise: 3 sets of 20 reps, last set to failure			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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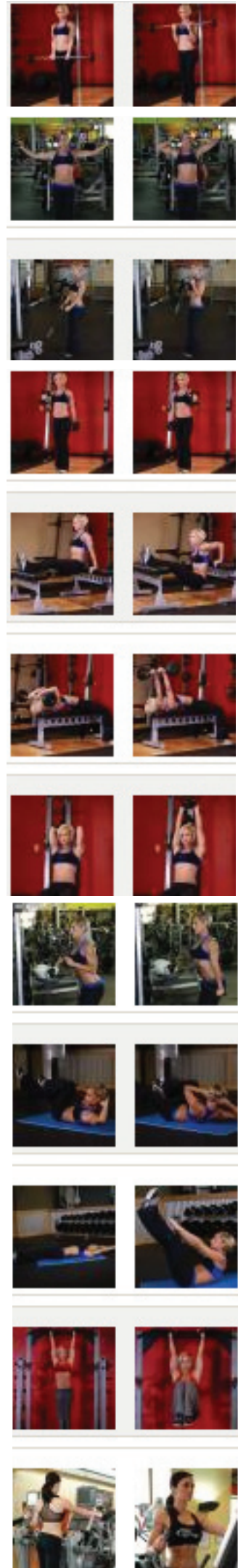
Day 39 Arms/Abs/Cardio:

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

Toned arms, tight abs, and fat loss: Who doesn't want all three? Make your body a cellulite-free zone with today's workout.

Don't be alarmed by exercise names like "skull-crushers." It's just an old-school ways of saying triceps extension, not to mention a great way to avoid chicken arms. So let's hit it hard today en route to major results!

EXERCISE	SET #1	SET #2	SET #3
Barbell Curls: 3 sets of 10 reps			
Superset:			
Overhead cable curl: 3 sets of 10 reps			
Cable hammer curl -Rope attachment: 3 sets of 10 reps			
Alternating Hammer curls: 3 sets of 10 reps			
Dips (bench or parallel bars): 3 sets of 15 reps			
Skullcrushers: 3 sets of 10			
Seated triceps press: 3 sets of 10 reps			
Triceps Pushdown - rope attachment: 3 sets of 10 reps			
Air Bike: 3 sets of 25 reps			
Jackknife sit-ups: 3 sets of 10 reps			
Hanging leg raises (or roman chair): 3 sets of 10 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 40 Shoulders/Cardio:

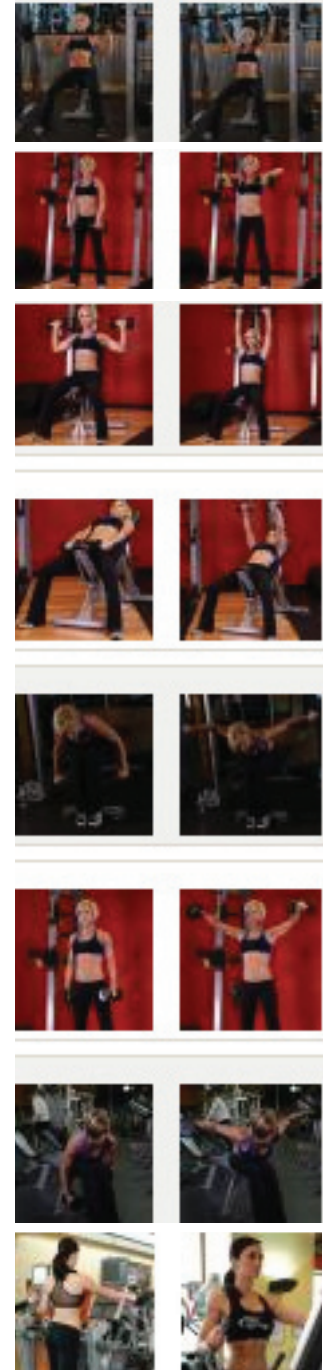
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

It's time to sculpt some nice, rounded shoulders and this workout is your chisel.

One of the best ways to make your midsection appear toned and tighter is to sculpt some nice, rounded shoulders. This workout is your chisel, basically.

Let's ace that cardiovascular training today, too. A strong heart and lungs are as important as a good-looking body, and will last your even longer!

EXERCISE	SET #1	SET #2	SET #3
Smith Machine Military Press: 1 warm-up set, 3 sets of 10 reps			
Superset:			
Upright Dumbbell Rows: 3 sets of 10 reps			
Standing Dumbbell Military Press: 3 sets of 10 reps			
Incline Bench Front Dumbbell Delt Raises (go light): 3 sets of 10 reps			
Rear Delt Cable Flyes: 3 sets of 10 reps			
Lateral Raise: 3 sets of 10 reps (Last set is a drop-set.)			
Rear Delt Raise: 3 sets of 10 reps (Last set is a drop-set.)			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 41 Legs:

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

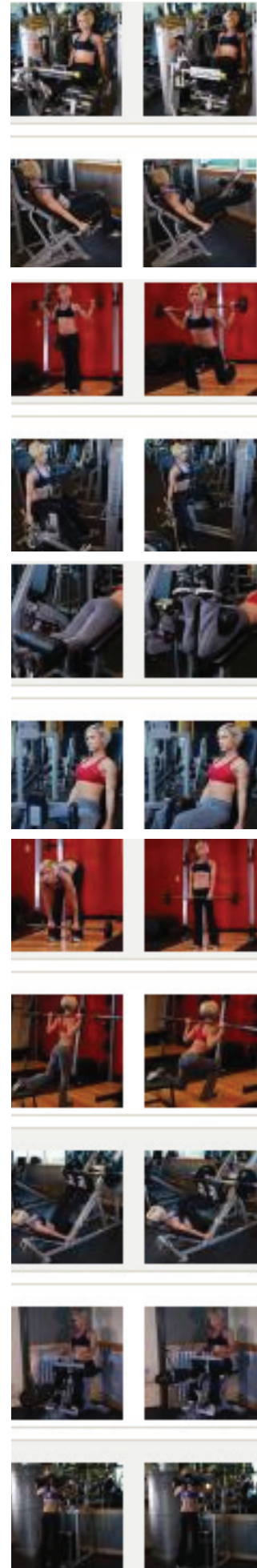
The finish line for this week is near, and some leg training will carry you across.

The finish line for this week is near, and some leg training will carry you across.

Your hamstrings, quads and calves all will benefit this cutting-edge workout.

So what are you waiting for? Let's work hard and make this one count!

EXERCISE	SET #1	SET #2	SET #3
Superset: Seated Leg Curl: 3 sets of 10 reps Leg Extensions: 3 sets of 10 reps			
Superset: Barbell Lunge (long stride): 3 sets of 20 reps Abductor Machine: 3 sets of 20 reps			
Superset: Lying Leg Curls: 3 sets of 15 reps Adductor Machine: 3 sets of 15 reps			
Stiff-Legged Deadlift: 3 sets of 10 reps			
Single Leg Barbell Squat: 3 sets of 10 reps			
Leg Press (wide stance): 1 giant drop-set to failure			
Seated Calf Raise: 3 sets of 20 reps			
Standing Calf Raises: 3 sets of 20 reps			
Training, Nutrition & Supplement Notes:			





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Blog: www.lifestylechallenges.wordpress.com

Day 42:

This is it! The end of the first half of the LiveFit trainer!

So how do you feel? Pretty amazing, I bet.

Don't stop now. If you really, really want to create lasting change, you need to stick with it for the entire 12-week program, even if you're an advanced person.

Even though I've been doing this for a long time, I still start at the beginning and go through the whole program after I've been traveling way too much or holiday time.

I'm much better off at the end when I get through the whole program versus just thinking. "I still look OK so I'll just start in the middle somewhere and just keep going."

If you haven't started a journal yet, try writing down your sets, reps and weights in black and white, allowing you to review your progress. Hopefully, you'll see strength increases and endurance gains -- as well as sticking points that need addressing.

You can even track factors like how you felt during a certain workout; what exercises or machines you got the most from; and what progressions you liked the best. Figuring out what you like is really important stuff.

The first rule of fitness is, "Be there," so those things that keep you coming back for more are keepers.

Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Day 43 Arms/Abs:

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

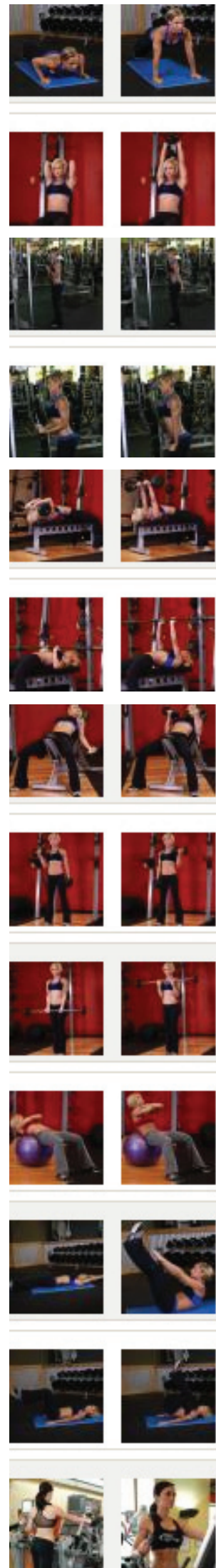
It's time to showcase your newfound strength with this serious arms and abs workout. Move as much weight as you can over these next two weeks!

It's time to showcase your newfound strength with this serious arms and abs workout. Move as much weight as you can over these next two weeks - they're our last big push to build as much muscle as possible.

Remember, building muscle is the key to burning fat. Show off toned arms and a tight stomach by giving this workout everything you've got.

After your abs are sore from the stability ball, flip on the treadmill and walk it off.

EXERCISE	SET #1	SET #2	SET #3
Narrow push-ups: 4 sets of 15 reps			
Seated triceps press: 4 sets of 8 reps			
Superset:			
Cable one-arm triceps extensions: 3 sets of 8 reps			
One-arm reverse grip triceps pushdown: 3 sets of 8 reps			
Superset:			
Skull-crushers: 3 sets of 8 reps			
Close-grip barbell bench press: 3 sets of 8 reps			
Incline Dumbbell curls: 4 sets of 8 reps			
Alternating Dumbbell curls: 4 sets of 8 reps			
Barbell Curl 21s: 2 sets 21 reps			
Stability ball crunches: 3 sets of 25 reps			
Stability ball jackknives: 3 sets of 15 reps			
Stability Ball reverse crunches (ball between feet): 3 sets of 15 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 44 Legs:

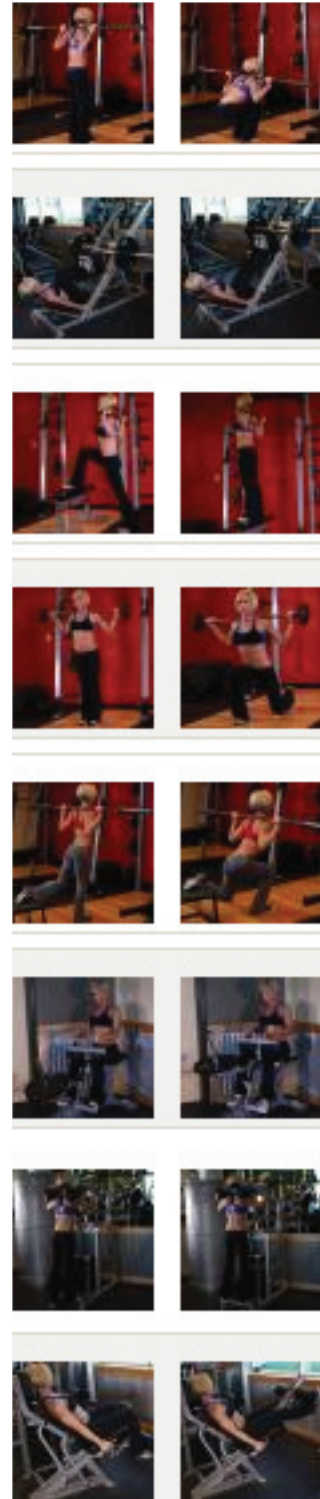
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Walk across this workout and step to victory!

Forget the treadmill, elliptical, and the stair-stepper. There's no need to worry about cardio today. Instead, we're hitting your legs with heavy weight and multiple exercises to sculpt, tone and carve those curves.

Walk across this workout and step to victory!

EXERCISE	SET #1	SET #2	SET #3
Narrow stance squats: 2 light sets of 15 reps and 2 heavier sets to failure			
Narrow stance Leg press: 4 sets of 8 reps			
Barbell Step-ups: 4 sets of 8 reps			
Walking Barbell "double" lunges (stepdown-up-down): 3 sets of 20 reps			
Single leg Barbell squats (foot on bench): 4 sets of 8 reps			
Leg extensions: 3 sets of 10 reps, last set to failure			
Seated calf raise: 3 sets of 20 reps, last set to failure			
Standing calf raise: 3 sets of 20 reps, last set to failure			
Training, Nutrition & Supplement Notes:			



Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Day 45 Chest/Abs:

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

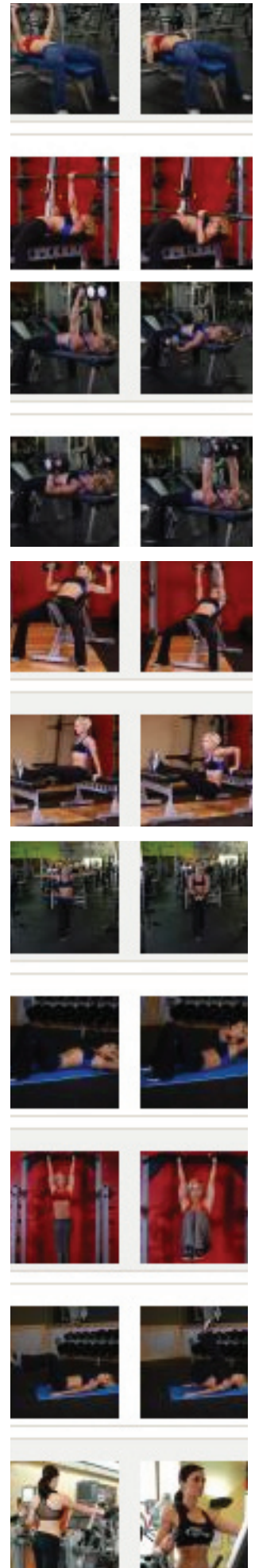
Let your lower-body rest today and focus on training chest, abs, and cardio.

Yesterday, you pushed your legs to the limit. Let your lower-body rest today and focus on training your chest.

Then, firm up your midsection even further with some intense ab work. You might sweat now, but your hard work will be 100% worth it.

Finish strong and send fat running with 30 minutes of cardio!

EXERCISE	SET #1	SET #2	SET #3
Barbell bench press: 1 warm-up set of 8 reps			
Reverse grip barbell press: 4 sets of 8 reps			
Superset:			
Dumbbell flyes: 4 sets of 8 reps			
Dumbbell bench press: 4 sets of 8 reps			
Superset:			
Incline Dumbbell press: 4 sets of 8 reps			
Dips (bench or parallel bars): 4 sets of 8 reps			
Cable crossovers: 4 sets of 8 reps			
Medicine ball or weighted crunches: 3 sets of 25 reps			
Hanging leg raises or roman chair: 3 sets of 15 reps			
Reverse crunch (on bench): 3 sets of 15 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 46 Shoulders:

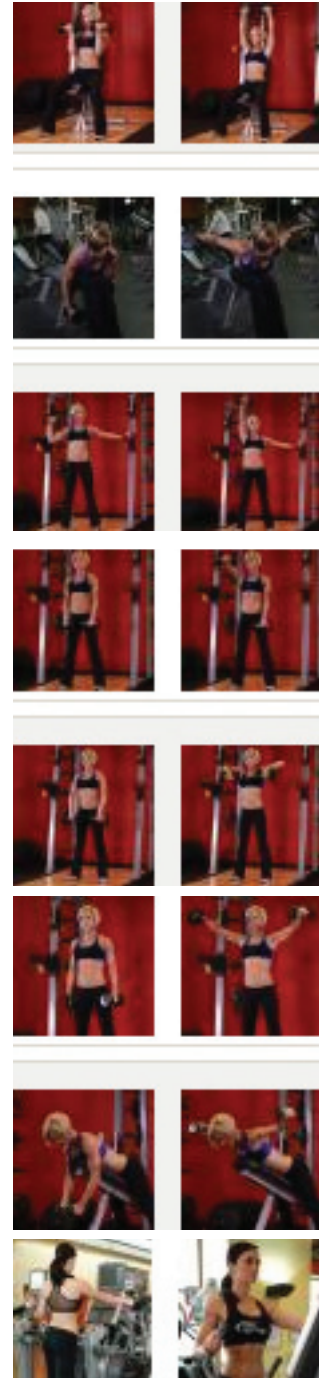
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Well-developed shoulders cap your physique and give your body a show-stopping sweep. Build strong delts to cut a lean, athletic figure.

Of course, cardio will also tighten your entire body. It's the finishing touches that count, and cardio will help you refine your masterpiece physique.

Get moving!
 Finish strong and send fat running with 30 minutes of cardio!

EXERCISE	SET #1	SET #2	SET #3
Arnold dumbbell press: 4 sets of 8 reps			
Seated bent over rear delt raise: 4 sets of 8 reps, last set to failure			
Alternating single-arm Dumbbell press: 4 sets of 8 reps			
Superset:			
Front Dumbbell raises: 4 sets of 8 reps			
Upright rows: 4 sets of 8 reps			
Side lateral raises: 4 sets of 8 reps, last set is a drop-set			
Reverse flyes: 4 sets of 8 reps			
Cardio: 30 minute - medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Day 47 Legs:

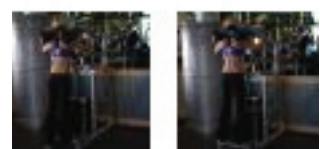
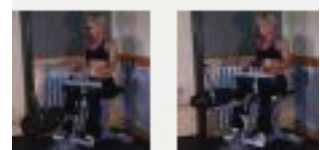
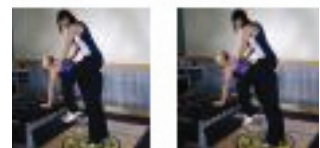
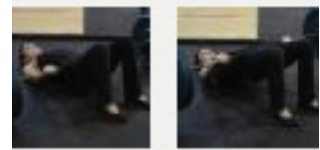
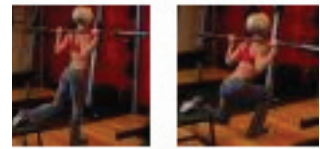
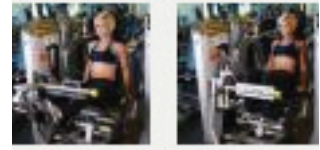
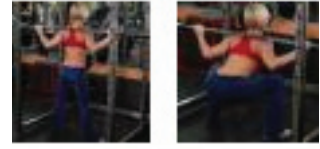
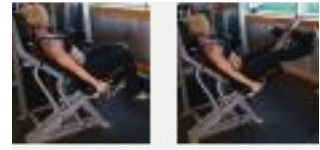
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Get ready for a good hurt with this week's second round of lower-body love.

Your legs will like you soon, I promise! Today, they might burn a little too much for anything so sentimental.

Get ready for a good hurt with our second round of lower-body love.

EXERCISE	SET #1	SET #2	SET #3
Leg extensions: 2 warm-up sets with lighter weights of 30 reps			
Wide stance barbell squat: 6 sets of 8 reps			
Seated leg curl: 4 sets of 8 reps, last set to failure			
Single legged deadlift (foot on bench): 4 sets of 8 reps			
Barbell Glute Bridge: 4 sets of 8 reps			
Donkey calf raises or Leg press calf raises: 3 sets of 20 reps			
Seated calf raises: 3 sets of 20 reps			
Standing calf raises: 3 sets of 20 reps			
Training, Nutrition & Supplement Notes:			



Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Day 48 Back/Rear Delts:

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

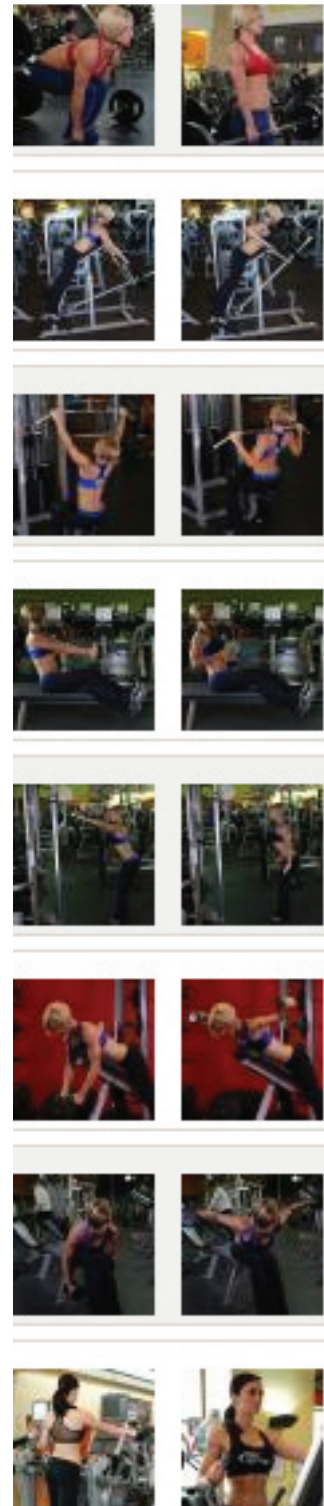
Guarantee that all eyes watch you leave a room with this fantastic back and rear delt workout.

Guarantee that all eyes watch you leave a room with this fantastic back and rear delt workout.

One more session of cardio this week will help you build a strong heart, powerful lungs, and a lifetime of great health.

Let's get to it!

EXERCISE	SET #1	SET #2	SET #3
Barbell Deadlifts: 4 sets of 8 reps			
T-bar row: 4 sets of 8 reps			
Wide-Grip Lat pulldown: 4 sets of 8 reps, last set is a drop-set			
Seated cable row: 4 sets of 8 reps, last set is a drop-set			
Straight-arm pulldowns: 4 sets of 8 reps			
Reverse flyes: 4 sets of 8 reps			
Bent-over rear delt flyes: 4 sets of 8 reps			
Cardio: 30 minutes medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



Day 49:

**This is it! The end of the first half of the LiveFit trainer!
We're way beyond halfway to the LiveFit finish line. Great work!**

Let's chat a little bit about whey protein:

Remember, whey protein is great for both men and women. It's fast-digesting and fantastic to use in the morning and around your workouts.

No time for a full breakfast? 20 grams of whey protein make a great morning shake, especially if you can eat whole food (egg whites, oats, etc.) 30-60 minutes later.

Post-workout is the whey! Take 20-30 grams of whey protein immediately after your weight-training sessions. The protein will help support muscle repair, recovery, and growth.

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!

Go to: <http://www.bodybuilding.com/fun/jamie-eason-livefit-trainer-phase-2-day-49.html>

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

Example of Calories needed by someone with weight 45.5kg

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Day 50 Arms/Abs:

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

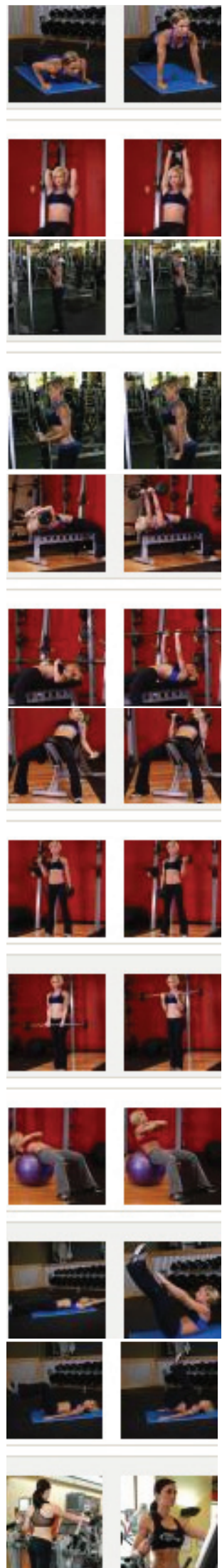
There's nothing like starting off the training week doing a great arms-and-abs workout. The volume and intensity are both high this week.

There's nothing like starting off the training week doing a great arms-and-abs workout, with some cardio thrown in for good measure.

The volume and intensity are both high this week. Week 8 is the culmination of nearly two months of dedicated body sculpting/muscle building.

You can do it! No, check that - WE can do it! I'm in this with you all the way!

EXERCISE	SET #1	SET #2	SET #3
Narrow push-ups: 4 sets of 15 reps			
Seated triceps press: 4 sets of 8 reps			
Superset:			
Cable one-arm triceps extensions: 3 sets of 8 reps			
One-arm reverse grip triceps pushdown: 3 sets of 8 reps			
Superset:			
Skull-crushers: 3 sets of 8 reps			
Close-grip barbell bench press: 3 sets of 8 reps			
Incline Dumbbell curls: 4 sets of 8 reps			
Alternating Dumbbell curls: 4 sets of 8 reps			
Barbell Curl 21s: 2 sets 21 reps			
Stability ball crunches: 3 sets of 25 reps			
Stability ball jackknives: 3 sets of 15 reps			
Stability Ball reverse crunches (ball between feet): 3 sets of 15 reps			
Cardio: 30 minutes medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Day 51 Legs:

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

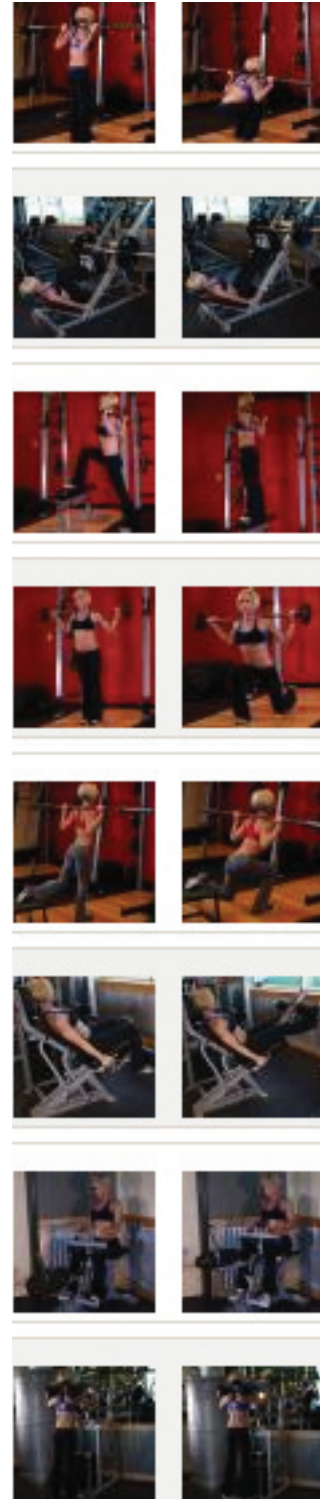
Leg day ... those two words probably filled you with anxiety at first, but you've likely grown to welcome these workouts.

Leg day ... those two words probably filled you with anxiety at first, but if you're like me, you've grown to welcome these workouts. Because they produce major results!

One thing a lot of people don't realize is that good leg training strengthens and tones the entire body, from the core up through the chest and back.

So let's continue building your body from the ground up!

EXERCISE	SET #1	SET #2	SET #3
Narrow Stance Squats: 2 light sets of 15 reps and 2 heavier sets to failure			
Narrow Stance Leg Press: 4 sets of 8 reps			
Barbell Step Ups: 4 sets of 8 reps			
Walking Barbell 'Double' Lunges (step- down-up-down) 3 sets of 20 reps			
Single Leg Barbell Squat (foot on bench) 4 sets of 8 reps			
Leg Extensions 3 sets of 10 reps, last set to failure			
Seated Calf Raise 3 sets of 20 reps, last set to failure			
Standing Calf Raises 3 sets of 20 reps, last set to failure			
Training, Nutrition & Supplement Notes:			



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Day 52 Chest/Abs:

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

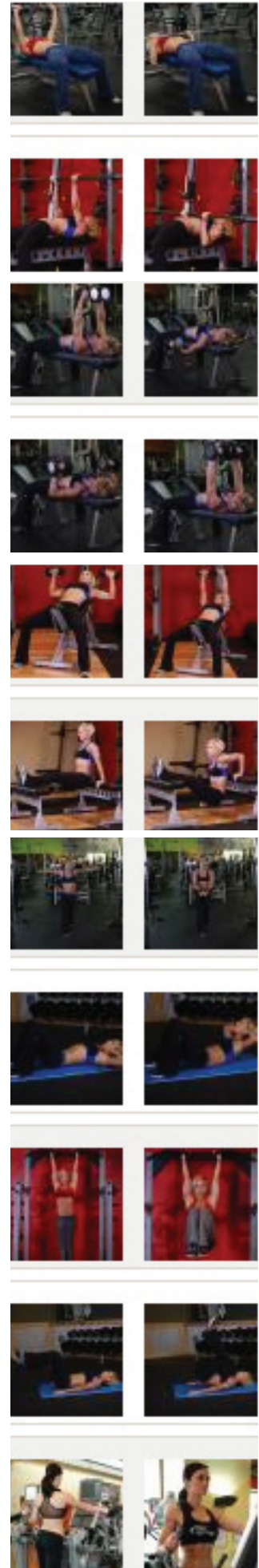
Today, we're going to focus on sculpting a shapely chest while taking your abs for another training spin.

I told you this week wouldn't be easy! Are you still with me?

Today, we're going to focus on sculpting a shapely chest while taking your abs for another training spin.

Let's also work your lungs and heart with some medium-intensity cardio.

EXERCISE	SET #1	SET #2	SET #3
Barbell bench press: 1 warm-up set of 8 reps reverse grip barbell press: 4 sets of 8 reps			
Superset: Dumbbell flies: 4 sets of 8 reps Dumbbell bench press: 4 sets of 8 reps			
Superset: Incline Dumbbell press: 4 sets of 8 reps Dips (bench or parallel bars): 4 sets of 8 reps			
Cable crossovers: 4 sets of 8 reps			
Medicine ball or weighted crunches: 3 sets of 25 reps			
Hanging leg raises or roman chair: 3 sets of 15 reps			
Reverse crunch (on bench): 3 sets of 15 reps			
Cardio: 30 minutes medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



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Day 53 Shoulders:

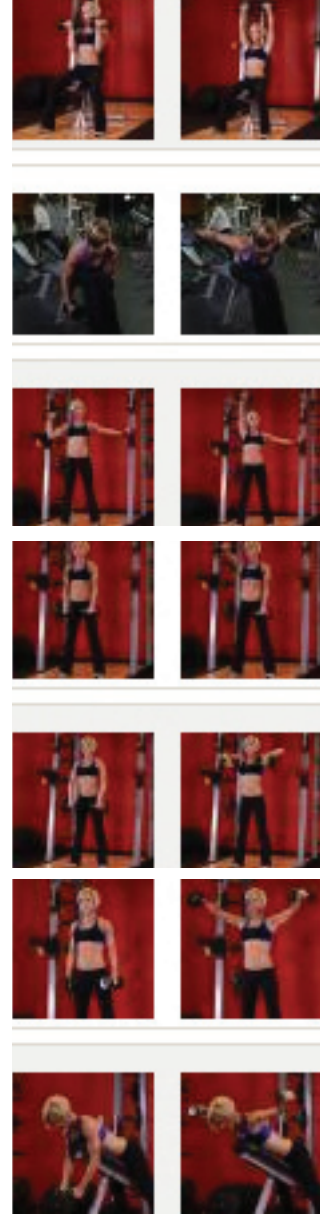
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

An advantage of shaping up is that you look better with your clothes off. But you also look better with your clothes on, especially when you sculpt a shapely pair of shoulders.

Let's be honest: An advantage of shaping up is that you look better with your clothes off. But you also look better with your clothes on, especially when you sculpt a shapely pair of shoulders.

What's great about this delt workout is that it hits all aspects of the shoulder for balanced development. That's critically important because the shoulders are injury-prone if trained improperly!

EXERCISE	SET #1	SET #2	SET #3
Arnold dumbbell press: 4 sets of 8 reps			
Seated bent over rear delt raise: 4 sets of 8 reps, last set to failure			
Alternating single-arm Dumbbell press: 4 sets of 8 reps			
Superset:			
Front Dumbbell raises: 4 sets of 8 reps upright rows: 4 sets of 8 reps			
Side lateral raises: 4 sets of 8 reps, last set is a drop-set			
Reverse flyes: 4 sets of 8 reps			
Training, Nutrition & Supplement Notes:			



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Day 54 Legs:

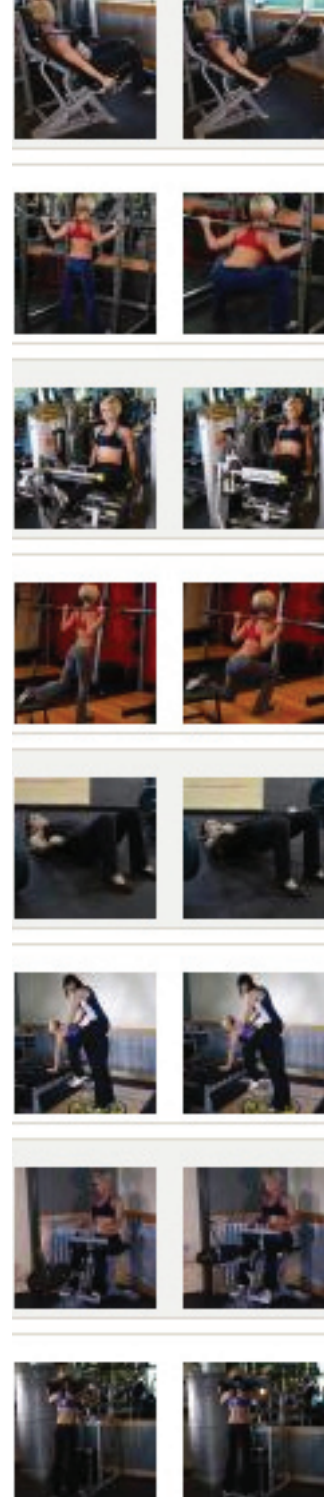
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Your legs should now be recovered from their last workout, so let's smoke 'em again, shall we?

Your legs should now be recovered from their last workout, so let's smoke 'em again, shall we?

Workouts like this one are also going to give you a shapely butt, by the way. When heads start turning our way out of the gym, you'll know LiveFit is working IN the gym!

EXERCISE	SET #1	SET #2	SET #3
Leg extensions: 2 warm-up sets with lighter weights of 30 reps			
Wide stance barbell squat: 6 sets of 8 reps			
Seated leg curl: 4 sets of 8 reps, last set to failure			
Single legged deadlift (foot on bench): 4 sets of 8 reps			
Barbell Glute Bridge: 4 sets of 8 reps			
Donkey calf raises or Leg press calf raises: 3 sets of 20 reps			
Seated calf raises: 3 sets of 20 reps			
Standing calf raises: 3 sets of 20 reps			
Training, Nutrition & Supplement Notes:			



Jamie Eason LiveFit's Workout Log - Bodybuilding.com

Day 55 Back/Rear Delts:

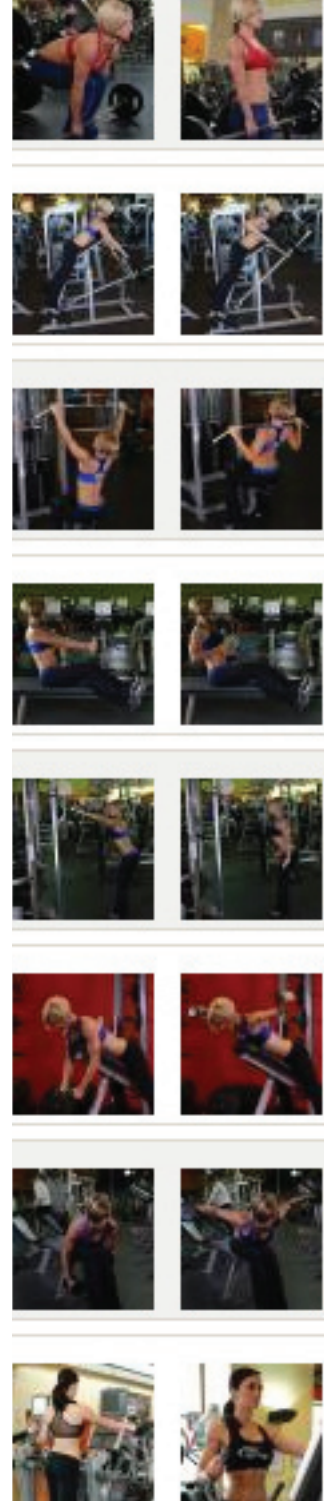
DAY: _____	DATE: _____	TIME: _____
CARDIO TODAY? YES / NO _____	EXERCISE: _____	DURATION: _____
LENGTH OF WORKOUT: _____	LOCATION: _____	MOOD WHEN STARTING: _____

Now that we've done a lot of pushing motions for upper body, it's time to hit those pull muscles of the back.

Now that we've done a lot of pushing motions for upper body, it's time to hit those pull muscles of the back. Deadlifts? You bet. Don't be intimidated - it's an awesome exercise.

More cardio equals more fat burning, so let's hit it for another 30 minutes!

EXERCISE	SET #1	SET #2	SET #3
Barbell Deadlifts: 4 sets of 8 reps			
T-bar row: 4 sets of 8 reps			
Wide-Grip Lat pulldown: 4 sets of 8 reps, last set is a drop-set			
Seated cable row: 4 sets of 8 reps, last set is a drop-set			
Straight-arm pulldowns: 4 sets of 8 reps			
Reverse flyes: 4 sets of 8 reps			
Bent-over rear delt flyes: 4 sets of 8 reps			
Cardio: 30 minutes medium intensity cardio (running, elliptical, step-mill)			
Training, Nutrition & Supplement Notes:			



Day 56:

No training today, especially for one exercise: patting yourself on the back. You're halfway through, and there's no turning back.

No training today, especially for one exercise: patting yourself on the back. You're halfway through, and there's no turning back.

One thing you should be doing regularly by now is measuring ingredients when you prepare your meals. That was a key thing for me when I started on the road to where I am now.

When you cook, it's easy to add a little bit here, and a little bit there, and not realize that you actually add a few extra calories. Those really add up through the week.

Unless you know where you're starting from, you really don't know where to go. All the weighing and measuring gives you a good sense of, OK, this is the amount of stuff I should be eating at this point. You can increase it, or decrease it, from there - whatever it might be. But at least this way you have a definite starting point.

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"/>
Results				
Lighter Days	1201 calories			
Higher Days	1501 calories			

Example of Calories needed by someone with weight 45.5kg