

FROM FLAT TO ALL THAT – Adapted from *Jamie Eason's* Program

MONDAY - CIRCUIT 1	WEEK ONE –	WEEK TWO –
WIDE GRIP LAT PULL-DOWN: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED INCLINE DUMBBELL PRESS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
WIDE STANCE BARBELL SQUAT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
PREACHER CURLS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED CABLE ROW: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
NARROW STANCE BARBELL SQUAT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SKULLCRUSHERS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED DUMBBELL SHOULDER PRESS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
FRONT BARBELL SQUAT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____

TUESDAY - CIRCUIT 2	WEEK ONE –	WEEK TWO –
SEATED ARNOLD PRESSES: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
WIDE PUSH-UPS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SOFT KNEE BARBELL DEADLIFT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
REVERSE GRIP LAT PULL-DOWN: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED INCLINE DUMBBELL CURLS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SOFT KNEE BARBELL DEADLIFT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
TRICEP ROPE PUSH-DOWNS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
STANDING CALF RAISES: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SOFT KNEE BARBELL DEADLIFT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____

WEDNESDAY – HIIT / ABS	WEEK ONE -	WEEK TWO -
HIIT		
HANGING SINGLE LEG RAISES	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
AB ROLLER	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
OBLIQUE CABLE TWISTS	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
WEIGHTED PULL-DOWN CRUNCHES	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
BALL SIT-UPS (right, center, left, REPEAT)	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____

THURSDAY - CIRCUIT 1	WEEK ONE –	WEEK TWO –
WIDE GRIP LAT PULL-DOWN: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED INCLINE DUMBBELL PRESS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
WIDE STANCE BARBELL SQUAT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
PREACHER CURLS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED CABLE ROW: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
NARROW STANCE BARBELL SQUAT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SKULLCRUSHERS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED DUMBBELL SHOULDER PRESS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
FRONT BARBELL SQUAT: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____

FRIDAY - CIRCUIT 2 (GLUTE BRIDGE VS. DEADLIFT)	WEEK ONE –	WEEK TWO –
SEATED ARNOLD PRESSES: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
WIDE PUSH-UPS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
GLUTE BRIDGE: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
REVERSE GRIP LAT PULL-DOWN: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
SEATED INCLINE DUMBBELL CURLS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
GLUTE BRIDGE: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
TRICEP ROPE PUSH-DOWNS: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
STANDING CALF RAISES: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
GLUTE BRIDGE: 3 X 15-20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____

SATURDAY – HIIT / ABS	WEEK ONE -	WEEK TWO -
HIIT		
HANGING LEG RAISES	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
AB ROLLER	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
CANDLESTICKS	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
RUSSIAN TWIST	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Weight used - Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____
BALL PIKES	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____	Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____