

FROM FLAT TO ALL THAT – Modified from [Jamie Eason Middleton's Program 2015](#)

MONDAY – GLUTES / ABS	WEEK FIVE –	WEEK SIX –
SS DUMBBELL GOBLET SQUAT: 4 X 20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
WEIGHTED STEP-UPS: 3 X 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 ____
SS WEIGHTED HIP THRUSTS: 3 X 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 ____
SIDE-LYING HIP RAISE W/ ISOMETRIC LEG RAISE : 3 X 10 (each side)	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 ____
SS GLUTE BRIDGE W/ PLATE: 4 X 20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
1 MINUTE PLANK: 3 X 1 MINUTE	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 ____
TRI-SET PLANK TOE TAPS (spider): 3 X 20 (10 each)	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 ____
STANDARD CRUNCH: 3 X 25	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 CRUNCH W/ STRAIGHT LEGS: 3 X 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 ____

FitQuest WORKOUT LOG
Weeks 5 & 6

TUESDAY – SHOULDERS / TRIS / CARDIO	WEEK FIVE –	WEEK SIX –
SS SIDE LATERAL RAISE: 3 X 10	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 ____
OVERHEAD TRICEPS PRESS: 3 X 10	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 ____
SS ARNOLD PRESSES: 3 X 10	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 ____
DIPS: 3 X 10	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 ____
SS REAR-DELT FLYES (last set drop-set): 3 X 10	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 ____
SINGLE-ARM DUMBBELL SNATCH: 3 X 10 (10 each side)	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 ____
SS UPRIGHT ROWS: 3 X 10	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 ____
ROPE PUSH-DOWNS: : 3 X 10	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 ____
CARDIO OF YOUR CHOICE HIIT: 20 MINS		

FitQuest WORKOUT LOG
Weeks 5 & 6

WEDNESDAY – GLUTES / HAMS / CALVES	WEEK FIVE –	WEEK SIX –
SS LEG PRESS (feet high and wide): 4 X 12	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
BARBELL GOOD MORNINGS: 4 X 10	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
SS BARBELL SQUATS: 4 X 6	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
CABLE STANDING ABDUCTOR (moving out): 3 X 10	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 ____
SS HEX BAR STRAIGHT LEG DEADLIFT: 3 X 10	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 LEG CURLS: 3 X 10	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 ____
TRI-SET JUMP ROPE: 3 X 100	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 ____
DONKEY CALF RAISES: 3 X 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 CALF RAISES: 3 X 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 ____

FitQuest WORKOUT LOG
Weeks 5 & 6

THURSDAY – HIIT / ABS	WEEK FIVE –	WEEK SIX –
1 MIN PLANK: 1 MINUTE	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 ____
HANGING STRAIGHT LEG RAISES: 3 X 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 ____
V-UPS: 3 X 12	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 ____
AB SWISS BALL TUCKS: 3 X 12	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 – LEGS / ABS / CALVES	WEEK FIVE –	WEEK SIX –
SS DEEP BARBELL SQUAT: 4 X 12	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
WALKING LUNGES (long stride): 3 X 20 (10 each)	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 ____
SS LEG EXTENSIONS: 3 X 12	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
STEP-UPS: 3 X 12	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 ____
SS CABLE GLUTE KICK-BACKS (lighter weight): 3 X 20	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____	Weight Used – Sets – 1 <input type="checkbox"/> reps ____ 2 <input type="checkbox"/> reps ____ 3 <input type="checkbox"/> reps ____ 4 <input type="checkbox"/> reps ____
SIDE LEG PRESS: 3 X 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 ____
TRI-SET HEX SQUATS (lighter): 3 X 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 ____
HIGH STEP-UPS (barstool): 3 X 20 (each side)	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 ____
SWISS BALL LEG CURLS: 3 X 12	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 ____
ABS		
KNEE, KNEE, DOUBLE KNEE (abs): 3 X 10	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 ____
CRISS CROSS ABS: 3 X 20	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 ____
MOUNTAIN CLIMBERS: 3 X 20	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 ____
ELBOW PLANK W/LEG LIFTS: 3 X 20 (10 each)	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 ____

FitQuest WORKOUT LOG
Weeks 5 & 6

SATURDAY – BACK / BICEP / CARDIO	WEEK FIVE –	WEEK SIX –
SS PULL-UPS (assisted): 3 X 10	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 ____
INCLINE CONCEITED CURLS: 3 X 10	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 ____
SS SEATED ROWS: 3 X 10	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 ____
IN & OUT CURLS: 3 X 10	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 ____
Tri-Set ONE-ARMED ROWS: 3 X 10 EACH SIDE	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 ____
TWENTY-ONES: 3 X 21	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 ____
SUPERMANS: 3 X 10	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 ____
CARDIO OF CHOICE HIIT: 20 MINUTES		

NOTES: