

JAMIE EASON'S
FLAT TO ALL THAT
 12-Week Workout Program

WEEKS 11 & 12

Monday

| CHEST/ BACK | SETS & |
|--|--------|
| DB Press + Incline DB Press + DB Flyes | 3 x 8 |
| Push-Ups + Cable Crossovers + Cable Scoops | 3 x 8 |
| Cable Bent over Rows + Cable Pushdowns + Renegade Rows | 3 x 8 |
| Lat Pull-downs + Seated Rows + DB Pullover | 3 x 8 |
| | |
| | |

Tuesday

| ARMS/ABS | SETS & |
|---|--------|
| Incline DB Curls + Standing BB Curls + Cable Cross-body curls | 3 x 8 |
| Preacher Curls + Cable Conceited Curls + Hammer Curls | 3 x 8 |
| Rope Pushdowns + Rope Overhead Extensions + Skull-crushers | 3 x 8 |
| Overhead DB Triceps Press + narrow Push-Ups + Bench Dips | 3 x 8 |
| Swiss Ball Crunches + Weighted Stability Ball Twists + Swiss Ball | 3 x 10 |
| Bicycles + Hanging Leg Raises + Mountain Climbers | 3 x 10 |

Wednesday

| LEGS | SETS & |
|--|--------|
| Leg Press + Walking DB Lunges + BB Squats | 3 x 8 |
| Stiff Leg DL + Lying Hamstring Curls + Alternating Jump lunges | 3 x 8 |
| Leg Extensions + Zercher Step-ups + Jump Squat | 3 x 8 |
| Standing Calf + Seated Calf + Jump Rope (100) | 3 x 8 |

Thursday

| SHOULDERS/ABS | SETS & |
|---|--------|
| DB Press + Lateral Raise + Rear Delt Raise | 3 x 8 |
| Front BB Delt Raise + BB Upright Rows + BB Press | 3 x 8 |
| Single Arm DB Snach + Rope Face Pulls + Jump Rope (100) | 3 x 8 |
| Reverse Crunch + V-Ups + Plank Hip Dips | 3 x 8 |

Friday

| CARDIO CIRCUIT 2 X 20-25 MIN | SETS & |
|------------------------------|-----------------|
| Jump Rope | 100 Revolutions |
| Mountain Climbers | 1 minute |
| Jump Rope | 100 Revolutions |
| Pop Squats | 1 minute |
| Jump Rope | 100 Revolutions |
| Push-Ups | 1 minute |
| Jump Rope | 100 Revolutions |
| Alternating Ab Toe Touches | 1 minute |
| Jump Rope | 100 Revolutions |
| Jump Lunges | 1 minute |
| Jump Rope | 100 Revolutions |
| Burpees | 1 minute |

Saturday/Sunday

| CARDIO GIANT SETS 3 | SETS & |
|-----------------------|---------|
| 1 DB Flat Bench Press | x 12 |
| 1 BB DL Stiff Legged | x 12 |
| 1 Bent Over Row | x 12 |
| 1 Mountain Climbers | x 50 |
| 2 Squat Press | x 12 |
| 2 BB Walking Lunges | x 12 |
| 2 DB Plie Squat | x 12 |
| 2 Bicycle Crunches | x 50 |
| 3 Hyper extensions | x 12 |
| 3 Pull-ups | x 12 |
| 3 Push-ups | x 12 |
| 3 Jump Rope | 100 Rev |