

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

MONDAY – GLUTES / ABS	WEEK THREE –	WEEK FOUR –
SQUATS: 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 ____
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 ____
DEADLIFTS: 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-LEG SQUAT: 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 ____
BAND SIDE-STEPS (abduction): 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 ____
WEIGHTED STRAIGHT LEG CRUNCH: 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 ____
HEELS TO CEILING CRUNCHES: 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 ____
BICYCLE CRUNCHES: 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 3 & 4

TUESDAY – SHOULDERS / TRIS / CARDIO	WEEK THREE –	WEEK FOUR –
DB SHOULDER 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 ____
DB FRONT DELT RAISES: 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 ____
45 DEGREE LYING LATERAL RAISES: 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 ____
REAR DELT ROPE PULLS: 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 ____
NARROW PUSH-UPS: 3 X 15	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 BENCH SKULLCRUSHERS: 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: REPEAT 6 TIMES		
STEPMILL: 3 MINS	1 <input type="checkbox"/> SET ____ 2 <input type="checkbox"/> SET ____ 3 <input type="checkbox"/> SET ____ 4 <input type="checkbox"/> SET ____ 5 <input type="checkbox"/> SET ____ 6 <input type="checkbox"/> SET ____	1 <input type="checkbox"/> SET ____ 2 <input type="checkbox"/> SET ____ 3 <input type="checkbox"/> SET ____ 4 <input type="checkbox"/> SET ____ 5 <input type="checkbox"/> SET ____ 6 <input type="checkbox"/> SET ____
JUMP LUNGES: 20	1 <input type="checkbox"/> SET ____ 2 <input type="checkbox"/> SET ____ 3 <input type="checkbox"/> SET ____ 4 <input type="checkbox"/> SET ____ 5 <input type="checkbox"/> SET ____ 6 <input type="checkbox"/> SET ____	1 <input type="checkbox"/> SET ____ 2 <input type="checkbox"/> SET ____ 3 <input type="checkbox"/> SET ____ 4 <input type="checkbox"/> SET ____ 5 <input type="checkbox"/> SET ____ 6 <input type="checkbox"/> SET ____
BICYCLE CRUNCHES: 25	1 <input type="checkbox"/> SET ____ 2 <input type="checkbox"/> SET ____ 3 <input type="checkbox"/> SET ____ 4 <input type="checkbox"/> SET ____ 5 <input type="checkbox"/> SET ____ 6 <input type="checkbox"/> SET ____	1 <input type="checkbox"/> SET ____ 2 <input type="checkbox"/> SET ____ 3 <input type="checkbox"/> SET ____ 4 <input type="checkbox"/> SET ____ 5 <input type="checkbox"/> SET ____ 6 <input type="checkbox"/> SET ____

FitQuest WORKOUT LOG
Weeks 3 & 4

WEDNESDAY – CHEST / ABS	WEEK THREE –	WEEK FOUR –
INCLINE CHEST 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 ____
WIDE PUSH-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 ____
DB PULL-OVERS: 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 ____
CABLE FLYES: 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 ____
UP-UP DOWN-DOWN PLANK PUSH-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 ____
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 ____
SWISS BALL AB 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 ____

FitQuest WORKOUT LOG
Weeks 3 & 4

THURSDAY – GLUTES / HAMS / CALVES	WEEK THREE –	WEEK FOUR –
QUADS PRE-FATIGUE LEG LEG-EXTENSIONS: 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 ____
WALKING LUNGES: 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 ____
WIDE BB SQUAT: 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 ____
ZERCHER STEP-UPS: 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 ____
LYING 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 ____
WEIGHTED HYPEREXTENSIONS: 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 ____
STANDING 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 3 & 4

FRIDAY – BACK / BICEP / CARDIO	WEEK THREE –	WEEK FOUR –
WIDE GRIP LAT PULL-DOWN: 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 ____
NARROW GRIP LAT PULL-DOWN: 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 ____
LYING INCLINE BENCH DB ROWS: 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 ____
CABLE STRAIGHT ARM PUSH-DOWN: 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 ____
ALTERNATING BICEP CURLS: 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 ____
CONCENTRATION CURLS: 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 ____
ROPE CABLE CURLS: 3 X 15	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 3 & 4

SATURDAY – LEGS / ABS / CALVES	WEEK THREE –	WEEK FOUR –
LEG PRESS: 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 ____
SINGLE LEG SQUAT: 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 ____
LEG EXTENSIONS: 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 ____
SUMO SQUATS: 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 ____
DEADLIFTS: 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 ____
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 ____
STANDING 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 ____
SIDE CRUNCHES: 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 ____
SCISSOR KICKS: 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 ____
REVERSE CRUNCHES: 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 ____

NOTES: