

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

MONDAY – GLUTES / ABS	WEEK 9 –	WEEK 10 –
DEEP SQUATS (1 warm-up set): 5 X 5 Smith Machine	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
BB HIP THRUSTS: 5 X 5 Smith Machine	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
BULGARIAN SPLIT SQUAT: 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
SS WALKING BB LUNGES : 3 X 10 (5 each) ----- HEX SQUATS: 3 X 5	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 ___	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 KICK-BACKS: 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
HAMSTRING LEG CURL: 5 X 5 (lying or seated)	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
ABS ROMAN CHAIR MERMAIDS - 3 X 15 (obliques)	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 ___
KNEE, KNEE, DOUBLE KNEE: 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 ___
MEDICINE BALL RUSSIAN TWISTS: 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 ___
MEDICINE BALL TOE TOUCHES: 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 9 & 10

TUESDAY – SHOULDERS / TRIS / CARDIO	WEEK 9 –	WEEK 10 –
SEATED DB PRESS: 3 X 6-8 (1 warm-up set)	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 MACHINE PRESS (or DB): 3 X 6-8 (EACH ARM)	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 FACE PULLS: 3 X 6-8	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 DB LATERAL RAISES: 3 X 6-8	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 REAR-DELT FLYES: 3 X 6-8	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 CLOSE GRIP CHEST PRESS : 3 X 6-8 ----- SKULL CRUSHERS: 3 X 6-8	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 ____	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 TRICEPS ROPE PUSH-DOWNS : 3 X 6-8 ----- TRICEPS ROPE EXTENSIONS: 3 X 6-8	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 ____	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 DB TRICEPS PRESS: : 3 X 6-8	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 SPRINT HIIT 30 sec on 30 sec off: 20 MINS		

FitQuest WORKOUT LOG
Weeks 9 & 10

WEDNESDAY – LEGS / CALVES / ABS	WEEK 9 –	WEEK 10 –
SINGLE LEG EXTENSION (each leg): 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
BB SQUAT (deep, wide): 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
STATIC LUNGE (each leg): 5 X 5 SMITH MACHINE	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
STRAIGHT LEG DEADLIFT : 5 X 5 HEX BAR	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
SINGLE LYING LEG CURL (each leg): 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
WEIGHTED HYPEREXTENSION: 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
STANDING CALF RAISE: 2 X ? (drop-set heaviest to fatigue)	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___
SEATED CALF RAISE: 2 X ? (drop-set heaviest to fatigue)	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___
ABS HANGING LEG RAISES: 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 ___
AB WHEEL: 3 X 20 (right, middle, left, middle)	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 ___
SIDE PLANK HIP DROPS: 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 ___

THURSDAY – HIIT / ABS	WEEK 9 –	WEEK 10 –
ABS PLANK: 1 MINUTE	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 ____
CABLE OBLIQUES - 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 ____
WEIGHTED CANDLESTICKS: 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 ____
ROMAN CHAIR 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 9 & 10

FRIDAY – GLUTES / CALVES	WEEK 9 –	WEEK 10 –
BB SQUATS TO A BENCH: 5 X 5	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
SINGLE LEG DB BENCH SQUAT: 5 X 5 (EACH LEG)	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
BB HIP THRUSTS: 5 X 5 SMITH MACHINE	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
BB SIDE LUNGE S: 5 X 5 (EACH SIDE)	Weight Used – Sets – 1 <input type="checkbox"/> reps ___ 2 <input type="checkbox"/> reps ___ 3 <input type="checkbox"/> reps ___ 4 <input type="checkbox"/> reps ___ 5 <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 ___ 5 <input type="checkbox"/> reps ___
SS SIDE-LYING HIP RAISES: 3 X 15 (EACH SIDE) ----- CROSS-OVER STEP-UPS: 3 X 20 (EACH SIDE) BODYWEIGHT ----- BODY-WEIGHT CALF RAISES TO FAILURE: 3 X ?	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 ___ 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 ___ 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 : 3 X 25 (EACH SIDE) – light weight ----- CABLE ADDUCTION: 3 X 25 (EACH SIDE) – light weight ----- CABLE ABDUCTION: 3 X 25 (EACH SIDE) – light weight	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 ___ 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 ___ 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 PUSH-DOWN: 3 X 15 ON UNIVERSAL MACHINE, OR ASSISTED PULL-UP MACHINE	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 9 & 10

SATURDAY – BACK / BICEP / ABS / CARDIO	WEEK 9 –	WEEK 10 –
CLOSE-GRIP SMITH MACHINE PULL-UPS: 3 X 6-8	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 WIDE GRIP LAT PULL-DOWN: 3 X 6-8	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 PREACHER CURL: 3 X 6-8 (EACH ARM)	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 ONE ARM DB ROW: 3 X 6-8 (EACH ARM)	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 ALTERNATING DB CURLS: 3 X 6-8 (EACH ARM)	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 6-8	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 CROSS BODY CURLS: 3 X 6-8 (EACH ARM)	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 SIDE PLANK: 1 MINUTE (EACH SIDE)	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 ____
HANGING 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 ____
SEATED SWIMMER KICKS: 3 X 50 (SIT ON THE EDGE OF A BENCH)	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 SCISSOR KICKS: 3 X 50	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 HIIT OF YOUR CHOICE: 20 MINUTES		

NOTES: