

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

MONDAY – CHEST / BACK	WEEK 11 -	WEEK 12 –
Tri-Set DB PRESS: 3 X 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 ____
INCLINE DB PRESS: 3 X 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 FLYES: 3 X 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 ____
Tri-Set PUSH-UPS: 3 X 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 ____
CABLE CROSSOVERS: 3 X 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 ____
CABLE SCOOPS: 3 X 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 ____
Tri-Set CABLE BENT OVER ROWS: 3 X 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 ____
CABLE PUSH-DOWNS: 3 X 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 ____
RENEGADE ROWS: 3 X 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 ____
Tri-Set LAT PULL-DOWNS: 3 X 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 ROWS: 3 X 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 PULL-OVER: 3 X 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 ____

FitQuest WORKOUT LOG
Weeks 11 & 12

TUESDAY – ARMS / ABS	WEEK 11 -	WEEK 12 –
Tri-Set INCLINE DB CURLS: 3 X 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 ____
STANDING BB CURLS: 3 X 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 ____
CABLE CROSS-BODY CURLS: 3 X 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 ____
Tri-Set PREACHER CURLS: 3 X 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 ____
CABLE CONCEITED CURLS: 3 X 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 ____
HAMMER CURLS: 3 X 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 ____
Tri-Set ROPE PUSH-DOWNS: 3 X 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 ____
ROPE OVERHEAD EXTENSIONS: 3 X 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 ____
SKULL-CRUSHERS: 3 X 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 ____
Tri-Set OVERHEAD DB TRICEPS PRESS: 3 X 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 ____
NARROW PUSH-UPS: 3 X 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 ____
BENCH DIPS: 3 X 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 ____
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FitQuest WORKOUT LOG
Weeks 11 & 12

Tri-Set SWISS BALL CRUNCHES: 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 SWISS BALL TWISTS: 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 ____
SWISS BALL TUCKS: 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 BICYCLES: 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 ____
HANGING LEG 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 ____
MOUNTAIN CLIMBERS: 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 ____

FitQuest WORKOUT LOG
Weeks 11 & 12

WEDNESDAY – LEGS	WEEK 11 -	WEEK 12 –
Tri-Set LEG PRESS: 3 X 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 ____
WALKING DB LUNGES: 3 X 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 ____
BB SQUATS: 3 X 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 ____
Tri-Set STIFF LEG DL: 3 X 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 ____
LYING HAMSTRING CURLS: 3 X 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 ____
ALTERNATING JUMP LUNGES: 3 X 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 ____
Tri-Set LEG EXTENSIONS: 3 X 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 ____
ZERCHER STEP-UPS: 3 X 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 ____
JUMP SQUAT: 3 X 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 ____
Tri-Set STANDING CALF: 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 ____
SEATED CALF: 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 ____
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 ____

FitQuest WORKOUT LOG
Weeks 11 & 12

THURSDAY – SHOULDERS / ABS	WEEK 11 -	WEEK 12 –
Tri-Set DB PRESS: 3 X 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 ____
LATERAL RAISE: 3 X 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 ____
REAR DELT RAISE: 3 X 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 ____
Tri-Set FRONT BB DELT RAISE: 3 X 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 ____
BB UPRIGHT ROWS: 3 X 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 ____
BB PRESS: 3 X 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 ____
Tri-Set SINGLE ARM DB SNATCH: 3 X 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 ____
ROPE FACE PULLS: 3 X 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 ____
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 ____
Tri-Set REVERSE CRUNCH: 3 X 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 ____
V-UPS: 3 X 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 ____
PLANK HIP DIPS: 3 X 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 ____
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FitQuest WORKOUT LOG
Weeks 11 & 12

Tri-Set SIDE CRUNCHES: 3 X 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 ____
PLANK THRUSTS: 3 X 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 ____
PLANK JACKS: 3 X 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 ____

FitQuest WORKOUT LOG
Weeks 11 & 12

FRIDAY – CARDIO CIRCUITS 2 X 20-25mins	WEEK 11 -	WEEK 12 –
JUMP ROPE: 2 X 100	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 ____
MOUNTAIN CLIMBERS: 2 X 1 MINUTE	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 ____
JUMP ROPE: 2 X 100	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 ____
POP SQUATS: 2 X 1 MIN	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 ____
JUMP ROPE: 2 X 100	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 ____
PUSH-UPS: 2 X 1 MIN	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 ____
JUMP ROPE: 2 X 100	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 ____
ALTERNATING AB TOUCHES: 2 X 1 MIN	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 ____
JUMP ROPE: 2 X 100	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 ____
JUMP LUNGES: 2 X 1 MIN	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 ____
JUMP ROPE: 2 X 100	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 ____
BURPEES: 2 X 1 MIN	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 ____

FitQuest WORKOUT LOG
Weeks 11 & 12

SATURDAY – CARDIO GIANT SETS	WEEK 11 -	WEEK 12 –
Quad-Set DB FLAT BENCH PRESS: 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 ____
BB DL STIFF LEGGED: 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 ____
BENT OVER ROW: 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 ____
MOUNTAIN CLIMBERS: 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 ____
Quad-Set SQUAT PRESS: 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 ____
BB WALKING LUNGES: 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 ____
DB PLIE SQUAT: 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 ____
BICYCLE CRUNCHES: 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 ____
Quad-Set HYPERTENSION: 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 ____
PULL-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 ____
PUSH-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 ____
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 ____

NOTES: