

Jamie Eason

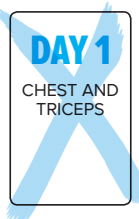
# LIVEFIT

12-WEEK TRAINER

PHASE 1: WEEKS 1-4



<b>DAY 1</b> CHEST AND TRICEPS	<b>DAY 2</b> BACK AND BICEPS	<b>DAY 3</b> LEGS AND CALVES	<b>DAY 4</b> SHOULDERS AND ABS	<b>DAY 5</b> REST	<b>DAY 6</b> REST	<b>DAY 7</b> REST
<b>DAY 8</b> CHEST AND TRICEPS	<b>DAY 9</b> BACK AND BICEPS	<b>DAY 10</b> LEGS AND CALVES	<b>DAY 11</b> SHOULDERS AND ABS	<b>DAY 12</b> REST	<b>DAY 13</b> REST	<b>DAY 14</b> REST
<b>DAY 15</b> LEGS	<b>DAY 16</b> BACK AND BICEPS	<b>DAY 17</b> CHEST AND TRICEPS	<b>DAY 18</b> LEGS	<b>DAY 19</b> SHOULDERS AND ABS	<b>DAY 20</b> REST	<b>DAY 21</b> REST
<b>DAY 22</b> LEGS	<b>DAY 23</b> BACK AND BICEPS	<b>DAY 24</b> CHEST AND TRICEPS	<b>DAY 25</b> LEGS	<b>DAY 26</b> SHOULDERS AND ABS	<b>DAY 27</b> REST	<b>DAY 28</b> REST



**DAY 1**  
CHEST AND TRICEPS

CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS

**WHAT'S YOUR GOAL?** \_\_\_\_\_

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\_\_\_\_\_ **ACHIEVED YOUR GOAL:** YES / NO

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**PHASE 2: WEEKS 5-8**



<b>DAY 29</b> BACK AND CARDIO	<b>DAY 30</b> CHEST, ABS AND CARDIO	<b>DAY 31</b> LEGS	<b>DAY 32</b> ARMS, ABS AND CARDIO	<b>DAY 33</b> SHOULDERS AND CARDIO	<b>DAY 34</b> LEGS	<b>DAY 35</b> REST
<b>DAY 36</b> BACK AND CARDIO	<b>DAY 37</b> CHEST, ABS AND CARDIO	<b>DAY 38</b> LEGS	<b>DAY 39</b> ARMS, ABS AND CARDIO	<b>DAY 40</b> SHOULDERS AND CARDIO	<b>DAY 41</b> LEGS	<b>DAY 42</b> REST
<b>DAY 43</b> ARMS, ABS AND CARDIO	<b>DAY 44</b> LEGS	<b>DAY 45</b> CHEST, ABS AND CARDIO	<b>DAY 46</b> SHOULDERS	<b>DAY 47</b> LEGS	<b>DAY 48</b> BACK, DELTS AND CARDIO	<b>DAY 49</b> REST
<b>DAY 50</b> ARMS, ABS AND CARDIO	<b>DAY 51</b> LEGS	<b>DAY 52</b> CHEST, ABS AND CARDIO	<b>DAY 53</b> SHOULDERS	<b>DAY 54</b> LEGS	<b>DAY 55</b> BACK, DELTS AND CARDIO	<b>DAY 56</b> REST

WHAT'S YOUR GOAL? \_\_\_\_\_

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ACHIEVED YOUR GOAL: YES / NO

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**PHASE 3: WEEKS 9-12**



<b>DAY 57</b> QUADS AND CALVES	<b>DAY 58</b> BACK, ARMS, ABS AND SPRINTS	<b>DAY 59</b> CHEST, SHOULDERS, ABS AND CARDIO	<b>DAY 60</b> HAMSTRING, GLUTES AND CALVES	<b>DAY 61</b> BACK, BICEPS, ABS AND SPRINTS	<b>DAY 62</b> SHOULDERS, TRICEPS, CALVES AND SPRINTS	<b>DAY 63</b> REST
<b>DAY 64</b> QUADS AND CALVES	<b>DAY 65</b> BACK, ARMS, ABS AND SPRINTS	<b>DAY 66</b> CHEST, SHOULDERS, ABS AND CARDIO	<b>DAY 67</b> HAMSTRING, GLUTES AND CALVES	<b>DAY 68</b> BACK, BICEPS, ABS AND SPRINTS	<b>DAY 69</b> SHOULDERS, TRICEPS, CALVES AND SPRINTS	<b>DAY 70</b> REST
<b>DAY 71</b> LEGS	<b>DAY 72</b> BACK, ABS AND CARDIO	<b>DAY 73</b> CHEST, CALVES AND CARDIO	<b>DAY 74</b> ARMS, ABS AND CARDIO	<b>DAY 75</b> SHOULDERS AND CARDIO	<b>DAY 76</b> CARDIO	<b>DAY 77</b> REST
<b>DAY 78</b> LEGS	<b>DAY 79</b> BACK, ABS AND CARDIO	<b>DAY 80</b> CHEST, CALVES AND CARDIO	<b>DAY 81</b> ARMS, ABS AND CARDIO	<b>DAY 82</b> SHOULDERS AND CARDIO	<b>DAY 83</b> CARDIO	<b>DAY 84</b> REST

WHAT'S YOUR GOAL? \_\_\_\_\_

 LOW CARB  HIGH CARB

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ACHIEVED YOUR GOAL: YES / NO