

Jamie Eason's
30-DAY KNOCKOUT
TOTAL BODY WORKOUT

FOR WOMEN
FITNESSRx™ **PRINT AND GO**
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

MONDAY: UPPER BODY

EXERCISE	SETS	REPS
SEATED DB SHOULDER PRESS (SHOULDERS/TRI'S)	3	10
SKULL-CRUSHERS <i>SUPERSET WITH</i>	3	10
NARROW GRIP BENCH PRESS (CHEST/TRI'S)	3	10
DB LATERAL RAISES (SHOULDERS)	3	10
CABLE CHEST FLYES (CHEST)	3	10
REAR DELT CABLE FLYES (SHOULDERS/BACK)	3	10
WIDE-GRIP LAT PULLDOWN (BACK)	3	10
REVERSE GRIP PULLDOWN (BACK/BICEPS)	3	10
ALTERNATING DB CURLS (BICEPS)	3	10
BICYCLE CRUNCHES	3	25
BASIC CRUNCHES	3	25

TUESDAY: LOWER BODY

EXERCISE	SETS	REPS
LEG EXTENSIONS (QUADS)	3	10
SINGLE-LEG BB SQUAT ON BENCH (QUADS, HAMS, GLUTES)	3	10
WALKING BB LUNGES (QUADS, HAMS, GLUTES)	3	10
LEG PRESS/NARROW STANCE (QUADS, GLUTES, HAMS)	3	10
STIFF-LEGGED DEADLIFTS (HAMS, GLUTES)	3	10
SUMO BB SQUAT (HAMS, GLUTES, QUADS)	3	10
SEATED LEG CURL (HAMS)	3	10
STANDING CALF RAISE (CALVES)	3	10
SEATED CALF RAISE (CALVES)	3	10

WEDNESDAY: REST/OFF

THURSDAY: SAME AS MONDAY

FRIDAY: SAME AS TUESDAY

SATURDAY: FULL-BODY CIRCUIT

Perform each exercise consecutively and then repeat

EXERCISE	REPS
SQUAT/WIDE STANCE TO DB SHOULDER PRESS (LEGS, SHOULDERS)	15
DB LATERAL RAISES WITH ALTERNATING LUNGES (SHOULDERS, LEGS)	15
STIFF-LEGGED DEADLIFT WITH BB ROW (LEGS, BACK)	15
GLUTE BRIDGE/FLOOR WITH DB CHEST PRESS (GLUTES, CHEST)	15
BENCH DIPS WITH BENCH CRUNCHES/TUCKS (TRICEPS, ABS)	15
TWENTY-ONES/BB (BICEPS)	
DECLINE PUSH-UPS/STABILITY BALL WITH AB TUCK (CHEST, TRICEPS, ABS)	10
1-MINUTE JUMP ROPE	

SUNDAY: REST/OFF