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Jamie eason live fit pdf

Okay so if you've been following my blog for a while you know that I followed 12-week LiveFit coach Jamie Eason back in August 2013 and lost 30 pounds!! You can read more about it HERE. I started the program AGAIN last January BUT after finding out I was pregnant (after trying for 3.5 years!!) I have a terrible morning sick disease! So I never finished my full second round. You can read more about our pregnancy story HERE. I pretty much only ate salted crackers and ginger ale the first 16 weeks of my pregnancy! OH:) So after the baby, one year perspective and much less sleep.... Ive decided to start 2015 by doing Jamie Eason's Live Fit program again! I hope that you will follow along with me and join! I have some tips below if you are thinking of getting started! Now that I know we've all done this year, Is your Year!! You can do it! I believe in you! Do you want to lose weight, or just want to try a healthier lifestyle. We can do it together! Tip #1 - Stick with the exercise plan. Yes that means NO Cardio first phase. I get A LOT from people who ask me Do you really don't do cardio the first month The answer is YES! Bodybuilding.com and Jamie Eason put A LOT from people who ask me Do you want to add cardio then that's your call. BUT I truly believe that if you follow this program AS IS you will get great results! Just like I did. Ive said this before, but I have run three and a half marathons and do cardio regularly and still can't lose weight. It wasn't until I started lifting weights that I lost inches and pounds! Stick with it, I know it works! Tips #2 follow the meal plan. If you're like me, I have to google Clean Eating I don't know what it is! Basically it eats only the food closest to their natural state. So that means little or no processed foods, think of it as grocery shopping edge outside the store, especially fresh fruits, vegetables and whole grains. The preparation for the meal was huge for me! It really helped me stay on track! I cooked ALL my meals for this week (excluding dinner) on Sundays. It took about 3 hours. I choose to cook my dinner fresh every so i won't eat ALL the same food every day. Honestly it makes my life so much easier! And yes driving through Chick Fil A (my weakness ???? was much easier at the time, BUT if you spend only a few hours a week you can actually have healthy fast food at your fingertips ALL DAY! And believe me it's a better way to Tips #3 Find your motivation. I found Michelle Myers Cross Training Couture's workout line and I fell in love with positive messages and motivating verses! This is one of my personal favorite tanks for exercising! Why are you doing this program? To lose weight, eat healthier, to put yourself first?! Whatever your reasons, you will need inspiration and motivation to stick with your goals. For me it finally put my health and fitness first to make myself a priority for the first time in YEARS! And I need help with that! First of all my FAITH plays a Big Role. I've shared this before, but I used those 90 days to get closer to God. To lean on his strengths instead of my own. And I took his word for it to lead me. I pray every day to continue to give me strength and determination to follow this training program. Sounds a little silly, eh? With all the problems in the world why does God care about my little ole practice?! Because he loves me that's why! He wants the best for us and wants to see us succeed and prosper! Jeremiah 29:11 For I know the plan I have for you to reveal God. Planning to prosper you and not hurt you, planning to give you hope and the future I have heard that verse many times, but never really got it. It wasn't until I really put my faith first and stepped out of my comfort zone that I really understood it. God hears our cries, he sees our weaknesses and he really CARES what happens to us. He cares about the decisions we make and wants the best for us! Sometimes that means we have to start a new journey, a new lifestyle, a new exercise program, whatever it is, she wants to see we have HOPE! For me personally that gives her our fertility struggles. I mean really 100% give it to him! And little did I know how exercising and eating healthy would result in getting pregnant! What we've been praying for, for over three years! So whatever your reasons, to be healthy remember your motivation. Tips #4 Have a strong support system. For some of you this may be the first time you set foot in the gym. Maybe you're the only one in your family who really wants to eat healthy and exercise. Choosing to change your lifestyle is a BIG deal, and it won't be EASY! It will take hard work, dedication, and A LOT of change to get the results you want. But it's worth it! I have many women telling me that they will eat the preparation and cook all this and their husbands or children will not eat it. Which makes it much harder for them to stay on track. I know how hard it is, but if you really want to make a change I really believe you should have your family on track as well. Your husband or wife may not eat your asparagus and broccoli every dinner, and that's okay! It's your call. If they have to make their own dinner, let them! We all grew up here, YOU should know you're doing this for you and no one else. This is YOUR health and they need to support you. My husband David is amazing first round, he will be my taste tester with my burnt pancakes, protein bar crumbs and spinach smoothie. He didn't always like it, but he knew how important this trip was to me so he supported me. Whether it's your family or your friends, find a good support system and let them remind you constantly why you made this decision! I started my own personal Facebook group with 800 of my closest friends HAHA to motivate and keep us all on track! If you are interested in joining the group CLICK HERE. {I get A LOT of requests to join Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message me on my Made with Love Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining the group CLICK HERE. {I get A LOT of requests to join Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message me on my Made with Love Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message me on my Made with Love Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message me on my Made with Love Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message me on my Made with Love Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message me on my Made with Love Facebook groups and it's hard to filter SPAM accounts, if you're interested in joining a Facebook group please message messag your food! Okay this sounds like common sense, right? I know what I eat every day, right? But one thing I found that really helped me stay on track was using the My Fitness Pal APP I would log ALL my food and workouts EVERY DAY! It helped me stay responsible & amp; to be honest with myself with what I put in my body. It's also a great way to look at the ratio of protein/carbohydrates that are in the foods I eat. It's a FREE app and very easy to use! I found that if I tracked down I was less likely to eat a whole bag of HA chocolate! I knew I had to take down all my food so I tried really hard to stay on track. I finished jamie easons program the first time with NOT ONE cheat meal! That's right I ate clean food and followed the program to T for a full 90 days! It wasn't easy and SOOOO out of my comfort zone, I had a BIG sweet tooth. But if I can do it, I know you can do it! If you want to follow me on My Fitness Pal my username is: ahaley01 Do you use the APP or food journal I highly recommend tracking your food and weight to keep yourself accountable! So I can go on and on with all kinds of random tips for Jamie's program but I'll let ya find your own tips when you start with me on January 5, 2015! I have put together a starter kit to help you guys out complete with grocery lists and all the print phase exercise plans! You really have EVERYTHING you need to get started! Did I mention this is all FREE?! Click the link below to download and exercise plans! You really have EVERYTHING you need to get started! Did I mention this is all FREE?! Click the link below to download and exercise plans! You really have EVERYTHING you need to get started! Did I mention this is all FREE?! Click the link below to download and exercise plans! You really have EVERYTHING you need to get started! Did I mention this is all FREE?! 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You all start from a unique place; nothing is very suitable with genetics, metabolism, hormones and lifestyle. But the beauty of the program is that you start at your own level and work at your own pace. Everyone's body is different, but the same training, diet, and supplement principles work for almost everyone. Before we go any further I would like to thank Jamie Eason for his amazingly wonderful role model that he is someone else and by sharing his training program/tips with others. It says allotment about his character. The more beautiful the physique and the healthier the person there to follow! Here I will share all the information every day and where we can gather to help each other and share some useful information! Join today you will never look back... Are you on??? Here's an example of how I design Phases with log sheets for each day! Click the link to download Phase 1: Phase 1: Start Your Transformation With Weight Training And Clean Eating! Build Healthy Habits in Phase 1 During the first phase of my 12-week trainer, you will get used to exercising and eating healthy, perhaps for the first time in your life. You'll start with weight training, which is like a fountain of youth, an anti-gravity wonder that helps tighten and tighten you'll burn more body fat, even while resting. What you won't do, believe it or not, is cardiovascular exercise. That's right - NO CARDIO! Pass free. This will ensure your body adds the muscle you want, and doesn't use too many calories to fuel it immediately rather than build muscle. What you won't do, believe it or not, is cardiovascular exercise! Speaking of fuel, you should have a nutrient packed snack every 2 to 3 hours. Eating in this way will supply your body with a steady stream of nutrients, your metabolism too. Your body will begin to release body fat stored as fuel. The net result will be a sustained weight loss! You will begin to release body fat stored as fuel. The net result will be a sustained weight loss! You will begin to release body fat stored as fuel. The net result will be a sustained weight loss! You will begin to release body fat stored as fuel. The net result will be a sustained weight loss! You will be a sustained weight los that I use myself! Crucial First Two Weeks This is the muscle endurance phase, and and based on the separation of traditional training. The goal is to prepare your muscles that will give your body the line you've always wanted. During these first two weeks, I want you to do 3 sets of 12 repetitions (3 X 12) per workout, resting 60 seconds (give or take) between each set. The intensity level (i.e. the amount of weight you can handle for one perfectly executed dumbbell curl is 30 pounds — but you can't do more than that — choose a 171/2 or 20-pound dumbbell. (Equation: 30 X .60 = 18 pounds, so round up or down to the nearest weight.) These calculations can and should be tweaked as your actual set unfolds. Your last repeat of 10 should be difficult but it is possible to finish in tight rather than sloppy form. If it's too easy, gain weight. Too loud? Cut it down. You may chase a little to form, which is nice, but don't overdo it by doing too much (volume, intensity, etc.) too quickly. This can cause excessive muscle pain and may be during training. Stick with the program. It's working! Specify four days to complete the separation training each week. Choose any day that best suits your wider schedule, as well as at any time of the day, although it is best to separate the weight training days. Depending on the gym traffic, the speed of your workout and other factors, each workout and other factors, each workout should take you an hour or more to complete. Building On Your Momentum Week three marks the start of the muscle formation phase. This will continue over the next 6 weeks and include a variety of training exercises and variables at each stage. Although your set will remain at 3 in this phase, your maximum effort. Keep in mind that your max may have improved after 2 weeks of training. Now, you may be able to curl up a 35-pound dumbbell for one clean rep. So 80% of it will be 28 pounds. The last time I checked the gym didn't bring 28s, so round up to 30 or 25, respectively. Again, the real guide comes from actually doing the set. Your last repeat of 10 should be difficult but not impossible to complete. Remember, too easily, increase weight; Too hard, less so. As we progress through the program, we will techniques to increase strength and promote hypertrophy (muscle building). With a heavier weight, you may now need to extend your rest period from 60 seconds to 120, or something in between. Training for Weeks 1 and 2 requires 4 days of training. During Weeks 3 and 4, separation increases to 5 days. Day. some muscle combinations (back with biceps; chest with triceps) will remain the same, think about the areas of your body that are weakest or aesthetically troublesome. Remember, too easily, increase weight; Too hard, less so. Set the separation of these 5 days to allow 2 days for training the left behind parts of the body. Start with the part of the body left behind as your first workout day and then put it on your schedule again three days later. This will allow sufficient recovery time between training days. Each of these routines should take about 1 hour to 1 1/2 hours to complete, depending on your speed and traffic in your gym. Take It To The Next Level In Phase 2 Now that you have finished Phase 1, eating healthy, exercising, and taking the right supplements should be a regular part of your daily routine. May your commitment reveal positive changes and increased energy. As this phase approaches, prepare yourself for intense muscle building in Phase Two and the introduction of cardio, to begin fat burning. Training: Week 5 & amp; amp; 6 Move to Phase Two, focus on continuing to build muscle, belonging to the split of 6 days of exercise. Repetition in this phase falls between 8 and 10, with the exception of certain exercises, where actually taxing muscles requires more volume. Work on 85% of your maximum effort, which means you are progressively lifting heavier weight. Safety is the key! Lifting heavier means you will need a longer break between sets. For some exercises, you will feel ready to continue after a minute; Other exercises may require two. Regardless, the rest period should be long enough to allow you to overcome each set exercise immediately after a different workout with almost no rest taken between workouts (sets) - just enough to position yourself for a second workout. Although we are on the topic of definition, you also need to know what it means to lift until tired muscles and other full representations can not be done. Although lifting heavier will increase your heart rate, at this point in the program, we will begin to include 4 days of moderate intensity cardio, performed in a 30-minute hike. Leaving cardio in the first phase your body to use all the clean calories it consumes for daily activities and muscle building. By introducing moderate intensity cardio in Phase Two, we will begin to facilitate fat burning, while minimizing the risk of painstakingly acquired muscle loss. Training: Week 7 & amp; amp; 8 These are your last two to achieve as much muscle gain as possible. So work it! The exercise will increase to 4, albeit with fewer repetitions (for example, 4 sets of 8 reps). As over the last few weeks, you will enter a superset and make your set fail. With the maximum deployment required, you may need to rest longer between sets. Two or three minutes is enough for most of you. Your workouts during these weeks may take longer to execute with increased volume and rest time. If you feel the need, reduce the 4-day 30-minute cardio session described to just three. Once we move to the final and third stages, the exercise will shift from an emphasis on weight training to a greater emphasis on fat burning and cardio. Nutrition: Weeks 5-8 As you make healthy choices! You need more fuel, and your Phase 2 nutrition plan will accommodate your body's newly developed needs. You'll still eat food or snacks every 2 to 3 hours, focusing on healthy food choices rather than the appeal of takeaway fast food, but you'll learn how to adjust your carbs, because the goal is to lean back. The best way to get down is to start eating less carbohydrates later in life, or at least swapping starchy carbohydrates such as potatoes and whole grains for vegetable carbohydrates such as broccoli. I don't want to be stiff like saying, Now, after eating your 3 o'clock, no more starchy carbohydrates such as broccoli. I don't want to be stiff like saying, Now, after eating your 3 o'clock, no more starchy carbohydrates such as broccoli. I don't want to be stiff like saying, Now, after eating your 3 o'clock, no more starchy carbohydrates such as broccoli. I don't want to be stiff like saying, Now, after eating your 3 o'clock, no more starchy carbohydrates such as broccoli. I don't want to be stiff like saying, Now, after eating your 3 o'clock, no more starchy carbohydrates such as broccoli. I don't want to be stiff like saying, Now, after eating your 3 o'clock, no more starchy carbohydrates such as broccoli. I don't want to be stiff like saying to be stiff like sayi when we remove some starchy carbohydrates from your diet. Your macronutrients will change slightly, as they are replaced with a little more protein. You still need to support your muscles, and that will be the key going all the way to the last phase. Are you ready? Let's do it! Click the link to download Phase 3: Burn Unwanted Fat, Save Your Hard-Earned Muscles Let the fun burning fat begin! At the program stage You are no stranger to hitting weights with intensity, and you have quality muscle to show for your efforts. Now, in Phase 3, the goal of training is to change from muscle formation and fat burning to strict fat burning, while preserving as many muscles as possible. You work hard for that muscle. You want to keep it even when burning blubber. blubber burning blubber burning fat? Simply put, it is difficult to continue to grow while simultaneously creating the kind of calorie deficit necessary to burn fat. We don't drastically reduce calories. However, to create enough deficits, we increase the intensity of exercise by adding high intensity interval training (HIT), plyometrics, super-sets and active rest. Some of you may be familiar with those terms, some aren't. In both cases, I included a glossary of terms at the end of writing for this phase. Just scroll down as needed! Information will be refreshed on the program every day as well, just so you don't forget. I am happy for this phase to begin! It's intense, but with the finish line now in sight, you can do it! WEEK 9 & mphasizes techniques designed to enhance the cardiovascular benefits of training. As a result, you will often use lower weights for higher repetition. A few notes to keep in mind: Equipment-wise, I recommend buying a jump rope. You will often use it. This exercise is more intense than ever, so if you have a problem together, please respect your limitations. Do not do any exercises that cause pain. I recommend taking a 1 minute break between sets during this phase, except as it is located. If you need more time, please take it. This exercise should take an hour to an hour and a half to complete, depending on the traffic in your gym. WEEK 11 & amp; amp; 12: TRAINING For each circuit, do the number of representatives allocated for each exercise in a row. Take a break of 3 to 5 minutes before repeating the routine twice as much. After completing the entire circuit, select the option for cardio to perform for an additional 30 to 40 minutes. Aim for moderate intensity. This means sweating lightly and exercising at a level where you can still talk to someone, even though you'd rather not. Instead, high intensity will force you out of that comfort zone, and it can only be maintained for short durations, anyway. As an upper limit, keep your heart rate below its maximum capacity (220 minus your age). So for me, it would be 220 minus 26 (years) = 194. We're at home stretching, so it's important not to miss this workout. That way, when you reach the destination date, you will lean as much as possible. Glossary Phase 3 Term: Superset: Do the first exercise and then immediately do the next exercise. Only then do you take a 2 minute break in between before repeating again. Active rest: Do the first exercise, then instead of resting, perform active rest movements (for example, jump ropes). Immediately repeat the first exercise. WEEK 9 NUTRITION Starting on the first day of Week 10, you'll be cycling carbs, a that you will continue to follow until the end of the program. Cycling carbohydrates take macronutrients (proteins, fats, and carbohydrates) from your diet and manipulate them to reduce body fat to very low levels, by cannibalizing muscles as much as possible. Here's the theory: Since carbohydrates are the body's preferred fuel source, cycling those carbohydrates - eating lower amounts a few days, higher amounts the other day - confuses the body by not providing a constant and reliable source of fuel. When we reduce carbohydrate intake on a lower carbohydrate day, we will replace those calories and maintain as many muscles as possible as you continue to exercise. This technique is not for fainting of the heart; follow him to the letter taking discipline. You should calculate and weigh each food, taking care to consume the right macro parts from day to day. This carbohydrate cycle will last only 3 weeks. Much longer and you may lose too much hard-earned muscle. So here's how it works: To determine your carbohydrate needs, take a lower specified number of calories at the beginning of Week 7. For example, my calorie range is 1300-1800 calories, so the amount I would use for the carbohydrate cycle is 1300. LOW CARB DAYS: Only 20% of your calories we determined for Week 7 (lower amount), only this time, 50% of the calories consumed will come from carbohydrates. Click the link to download Phase 3: Click this link and please use the heart rate counter / and to determine your carbohydrate requirements:

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