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Jamie eason phase one

I officially finished phase 1 coach Jamie Ison Live Pete yesterday. Phase 1 lasts 4 weeks and it's a split workout, meaning each workout targets one muscle group. All heart haters can rejoice, it's the muscle building phase of the program so there's no cardio!!! Week 1 and 2 consist of 4 workouts each week: chest/three legs, back/muscles, legs/calves and shoulders/abs. Despite these workouts being easy and they only take about 30-45 minutes, my muscles were very sore afterwards, especially my legs. It shows that even though I work out regularly, my muscles need more training. Week 3 and 4 consists of 5 workouts each week: legs, back/muscles, chest/triceps, legs and shoulders/abs again. We hit the retarded muscle group twice a week, which in my case obviously has the legs. I actually had to skip second leg day in week three because my muscles were so sore after first leg workout (even after 3 days) that I could barely walk, sit or stand. I made some adjustments to the program during those 4 weeks: I admit I did some cardio. I just couldn't survive without him. I'm not addicted to cardiology at all and I usually hate it (other than running or cycling outside) but I just really felt I needed to incorporate some HIIT after weight training, just 12-15 minutes. HIIT doesn't usually reduce muscle mass so I don't think I've done too much damage to my progress. I didn't eat for bulking like I should have because I was afraid not to fit into my jeans eventually but we needed to eat more calories (above the maintenance level) to build muscle. My long-term goal is fat loss so I decided to follow the IIFYM nutrition plan instead, targeting fat loss with 15% potency and suggested macros set to 50C-30P-20F. I eat three times a day, not as suggested every 2-3 hours. I recently concluded that it doesn't matter how often I eat and when I eat. I also eat carbs at night and it doesn't matter. Even if I wanted to and I wanted to, I can't go 5-6 times to the gym, I just don't have that much time. With summer here I also want to enjoy the nice weather and, although love the gym, be more active outside. So I decided to combine lower body training with upper body training, I have two days a week where I do legs followed by upper body training rather than cardio. I missed one leg workout because my muscles were toast and I had to recover to prevent more damage and eventually injuries but it's one training session out of 18 so I completed 94,44% of phase 1 which is good enough for me. Overall Phase 1 was so much fun, I loved the workouts, and although I didn't notice any big visual changes yet (could be due to the bulking-free diet and added cardio), I feel stronger and I'm sure I've built up some tiny muscles, they're just hiding under there ☺ I'm really looking forward to building more muscle in stage 2 and finally leaning out in step 3! Workouts are available online on bodybuilding with the BodySpace app for iPhone and Android which is very easy to use to track workouts in the gym. Unfortunately BodySpace is not available for Windows Phone 8 so I use workout logs from body lifestyle challenges. 👩💻 Software Engineer 🎮 Gamer 📷 Hobby Photographer 🌍 Globetrotter 🍔 Foodie 🏋️‍♀️ 🚣‍♀️ 🚴‍♀️ 🏍‍♀️ Fitness Enthusiast View all posts by FitGeekGirl posted June 30, 2014 June 30, 2014 During these last 4 weeks I have seen results visible in my arms and legs. Not only the visible results but things like increased strength, my clothes fit better, clothes I thought would never fit now fits perfectly! These are my four-week results from Jamie Ison's LiveFit show. Read on to learn more about the training program. Top: Victoria's Secret. Leggings: PopFit Honestly, I wasn't sure if I'd write about my workout routine on the blog. I share my training on IG pretty much daily but I never feel consistent enough to start a blog series about training. Here's why: I'll start strong with a new workout routine. I love practice and I'll do good for a while and then... Life is a number. I put my health on back seat and stop exercising. Have you ever done that? My way back to Living Healthy – Skip that part if you don't mind in January 2019 (still driven by #NewYearNewYou) I started a gym membership and tried Zumba for the first time. Zumba was a Wahahha, but I loved it. I kept walking twice a week and learned the whole dance routine. I made new friends and made so much confidence! The problem: I didn't do much except Zumba and maybe some time on the treadmill or the stair machine. I hate the stair machine. Just so you know. So, while I was losing some weight it I knew I had to combine weight training to see results. Fast forward a few months and I started doing private workouts. I think we (my husband and I) did it for about 6 weeks. It was training that our coach would show us how to do once and then it was up to us to complete the training throughout the week. The results here were good – I lost a few pounds and centimeters. Clothes are increasingly suitable for confidence. What's the problem? After our personal training ended we didn't keep in touch with the training. Now, enter my sister (the better half of Latina money moms) she encouraged me to start a LiveFit program here. Jamie Eason's LiveFit 12 Week Trainer Program Phase 1 program is divided into 3 stages. This blog post will cover step 1 (since that's what completed it's true!) and link to a review of the other steps as well. Step 1 is Except there's no involvement in cardiology. What. No cardio? Not. Not one day with cardio exercises. So really, there's no excuse not to try it. Step 1 includes weeks 1-4 and there is lifting 4-5 days a week. You're going to need a gym membership. There's no way I was able to do this show from home because I don't have the different weights and machines needed for exercises. However, I can't complain about going out to the gym. I work from home so it was nice to force myself out of the house every day. I haven't used most machines and weights since my mid-20s, so every time I came across an exercise I wasn't sure about watching the video to learn the technique. I'm not a fitness expert. Not even a little. And I still managed to complete phase one. After Livefit Phase 1 I noticed: my thighs are thinner and stronger so my arms are set more than inches lost in my stomach down about 5kg but it's them 5kg I've been gaining and losing and I expect to see weight loss during the next two stages my shirts and trousers fit better than the waist trainer I bought months ago and I never used (because I can't put it on myself) now fit Top: Walmart. Leggings: Victoria's Secret you can follow and see the updates on my Instagram daily. Follow @lovemore_liveblessed you need to know about Jamie Ison's LiveFit program and the program includes a meal plan which seems pretty easy to follow. I haven't followed the phase 1 meal plan and have not yet decided whether I want to follow the meal plan for step 2 or step 3. Whether you decide to follow the meal plan or not, stock up on healthy foods: salads, vegetables and lots of fruits like strawberries and blueberries or bananas, and protein mikes. My favorite protein shake is the chocolate flavor of Premier Protein. I mix it with half a frozen banana and a tablespoon of peanut butter. It's delicious! There are lots of resources in the program and even in training at home for days you can't make it to the gym. Having a day-by-day program of what I need to do a smart workout really made a difference. I was afraid I wouldn't stick to the coaching plan or miss days and give up. I skipped days. A couple of times over the last month I've had a very painful or something that would keep me from practicing. Instead of feeling bad about myself and retireing or sabotaging myself, I just finished the workout he missed the next day. It's no big deal! Just so you know, you're going to get pain. Get a masseuse, foam roller and be ready to take hot salt baths. These all help the pain! Learn all about how you can try the LiveFit program here. LiveFit Trainer is a simple 3-step program for changing your body and smiling over the course of 12 short weeks. Find out more here. I decided to add another workout to my gym I'll follow the training but not the food or the supplement parts. The first stage (building muscle through strength training) is 4 weeks long and consists of 4-5 workouts. First day: I arrived at the gym around 7.30am to find the place almost empty ☺ actually by 8am I was the only one there. I dropped the second squirt and made dumbbell flies rather than cable flies while someone was using them. I'm having trouble with the shape/technique for tricep extensions, it doesn't feel right & I can't keep my hands near my head. I know I'll get better over time. I'm going to do this show with Stronglifts 5×5, so a few days is going to be exciting. It's weird that I'm ready & able to get up at 5-6am to go to the gym but hate getting up at 6am to go to work. I really hope I keep going like this. I have to work on my food as I am still comfort/bored food but I am really trying to improve what I eat. Tomorrow I'm aiming to get to the gym around 6 a.m. for Stronglift's Week 2 2×5 and Livefit Week 1:2. I officially finished phase 1 coach Jamie Ison Live Pete yesterday. Phase 1 lasts 4 weeks and it's a split workout, meaning each workout targets one muscle group. All heart haters can rejoice, it's the muscle building phase of the program so there's no cardio!!! 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