

# Flat Belly FOREVER



12 Week Workout Program

# Flat Belly FOREVER

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# ***INTRODUCTION***

## ***EXERCISE AND YOUR GUT BACTERIA***

The Flat Belly Forever 12 Week Workout program is a carefully designed full body resistance training program to aid you in your fat loss process and help you build new muscle. The program is designed to be done just 3 times per week. This will keep you away from the high volume training behaviors that have a potentially damaging affect on your gut bacterial health. High training loads — training hard for several hours a week — creates a chronic stress from which the body struggles to recover. If the training load is so high that your immune system is compromised then it can damage the gut bacterial balance AND the lining of your gut. Following the Flat Belly Forever training protocol will give your muscles enough stimulation to strengthen and grow, thus improving your body composition and overall health while still protecting the progress and outcome of the nutrition protocol.

Although you don't need to exercise to lose weight, following a well designed workout program while you move through the process of Microbolic Rebalancing is highly beneficial because it can help with burning more calories and shifting your metabolic behavior to preferentially burning fat instead of sugar, thus burning more body fat. Remember, a simple reduction in body fat has been clinically proven to improve gut bacteria richness and health all on its own. Exercise can also help decrease food and hunger cravings and improve insulin sensitivity, your mood and your overall health. These are all critical items to your digestive bacterial health because they will lead you down the path of consistent behaviors and food choices that support the growth and maintenance of beneficial gut bacteria.

# INSTRUCTIONS

For all single arm/leg exercises, the reps indicated are per side.

## **Weeks 1-2**

Use the first two weeks to get accustomed to some of the basic exercises. During this initial phase it is important to focus on form and feeling the exercise in the correct muscle groups. This will prepare you for more challenging work later in the program.

## **Weeks 3-4**

In this phase, the exercises are to be performed in a circuit style. Set up the stations before starting each new circuit. To read the program, exercises marked as A1, 2, & 3 denote a complete circuit. Perform A1, then A2, then A3. Rest for the indicated time, then repeat for the indicated number of circuits.

## **Weeks 5 & 7**

During these two weeks, the exercises are performed in giant circuits. Perform one set of each exercise, resting 30s between exercises, until you have completed A1 through A9. Then rest up to 120s. Repeat this process two more times. Note that the first time through you perform 15 reps of each exercise, the second time through you perform 12, and the third you perform 10. This means weights can get a bit heavier each time through if you are able, and you should set this up while you rest.

## **Weeks 6 and 8**

These two weeks use a mix of straight, super and tri sets. Straight sets mean you perform a set, then rest, then repeat. Supersets are two exercises back to back with no rest. Trisets are 3 exercises back to back with no rest. Make sure you note the indicated rest and reps as it changes throughout the workout!

## **Weeks 9-10**

During weeks 9 and 10 you will encounter "10 to 1 circuits". This means the first time through you perform exercise D1 for 10 reps, D2 for 10 reps, and D3 for 10 reps (resting 30s between stations), then you repeat the circuit but this time doing 9 reps of each exercise, then repeat for 8 reps of each, etc. until the 10th time through where you perform just 1 rep of each station.

Don't use heavier weights as the reps decrease.

Be mindful of the reps for the first 3 exercises as they change throughout!

## **Weeks 11-12**

Similar to the previous phase, this phase incorporates a 10 to 1 system, except this time it's a triset, meaning you don't rest between exercises. Instead, you perform D1, D2, and D3 with no rest in between. After completing D3, rest as little as possible before going through the triset again (this time for 9 reps per exercise). Don't go heavier as the reps decrease.

Again, be mindful of the reps for the first 3 exercises.

# WEEK 1

## Day 1

	Exercise	Sets x Reps	Rest (Secs)
A	Flat Dumbbell Press	3x15	60
B	One Arm Dumbbell Row Narrow	3x15	60
C	Dumbbell Squat	3x15	60
D	Standing Alternate Shoulder Press	3x15	60
E	Bent Dumbbell Row Paused	3x15	60
F	Stiff Leg Deadlift	3x15	60
G	Push Up	3x15	60
H	Bent Dumbbell Row	3x15	60
I	Step Ups	3x15	60

*Notes:*

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# WEEK 1

## Day 2

	Exercise	Sets x Reps	Rest (Secs)
A	Standing Alternate Shoulder Press	3x15	60
B	Bent Dumbbell Row Paused	3x15	60
C	Stiff Leg Deadlift	3x15	60
D	Push Up	3x15	60
E	Bent Dumbbell Row	3x15	60
F	Step Ups	3x15	60
G	Flat Dumbbell Press	3x15	60
H	One Arm Dumbbell Row Narrow	3x15	60
I	Dumbbell Squat	3x15	60

*Notes:*

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# WEEK 1

## Day 3

	Exercise	Sets x Reps	Rest (Secs)
A	Push Up	3x15	60
B	Bent Dumbbell Row	3x15	60
C	Step Ups	3x15	60
D	Flat Dumbbell Press	3x15	60
E	One Arm Dumbbell Row Narrow	3x15	60
F	Dumbbell Squat	3x15	60
G	Standing Alternate Shoulder Press	3x15	60
H	Bent Dumbbell Row Paused	3x15	60
I	Stiff Leg Deadlift	3x15	60

*Notes:*

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# WEEK 2

12 WEEK WORKOUT PROGRAM

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Day 1			
	Exercise	Sets x Reps	Rest (Secs)
A	Flat Dumbbell Press	3x15	60
B	One Arm Dumbbell Row Narrow	3x15	60
C	Dumbbell Squat	3x15	60
D	Standing Alternate Shoulder Press	3x15	60
E	Bent Dumbbell Row Paused	3x15	60
F	Stiff Leg Deadlift	3x15	60
G	Push Up	3x15	60
H	Bent Dumbbell Row	3x15	60
I	Step Ups	3x15	60

*Notes:*



# WEEK 2

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Day 2			
	Exercise	Sets x Reps	Rest (Secs)
A	Standing Alternate Shoulder Press	3x15	60
B	Bent Dumbbell Row Paused	3x15	60
C	Stiff Leg Deadlift	3x15	60
D	Push Up	3x15	60
E	Bent Dumbbell Row	3x15	60
F	Step Ups	3x15	60
G	Flat Dumbbell Press	3x15	60
H	One Arm Dumbbell Row Narrow	3x15	60
I	Dumbbell Squat	3x15	60

*Notes:*

# WEEK 2

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Day 3			
	Exercise	Sets x Reps	Rest (Secs)
A	Push Up	3x15	60
B	Bent Dumbbell Row	3x15	60
C	Step Ups	3x15	60
D	Flat Dumbbell Press	3x15	60
E	One Arm Dumbbell Row Narrow	3x15	60
F	Dumbbell Squat	3x15	60
G	Standing Alternate Shoulder Press	3x15	60
H	Bent Dumbbell Row Paused	3x15	60
I	Stiff Leg Deadlift	3x15	60

*Notes:*

# WEEK 3

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Day 1			
Exercise		Sets x Reps	Rest (Secs)
Circuit 1			
A1	One Arm Dumbbell Row Narrow	3x12	30
A2	Goblet Squat	3x12	30
A3	Alternate Dumbbell Press	3x12	60-90
Circuit 2			
B1	Seated Bent Lateral Raise	3x12	30
B2	Bodyweight Hip Thrust	3x12	30
B3	Seated Shoulder Press	3x12	60-90
Circuit 3			
C1	Push Up	3x12	30
C2	Bent Dumbbell Row Wide	3x12	30
C3	Lateral Lunge	3x12	60-90

*Notes:*

# WEEK 3

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Flat Belly FOREVER

Day 2			
Exercise		Sets x Reps	Rest (Secs)
Circuit 1			
A1	Seated Shoulder Press	3x12	30
A2	Seated Bent Lateral Raise	3x12	30
A3	Bodyweight Hip Thrust	3x12	60-90
Circuit 2			
B1	Push Up	3x12	30
B2	Bent Dumbbell Row	3x12	30
B3	Lateral Lunge	3x12	60-90
Circuit 3			
C1	Alternate Dumbbell Press	3x12	30
C2	One Arm Dumbbell Row Narrow	3x12	30
C3	Goblet Squat	3x12	60-90

*Notes:*

# WEEK 3

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Day 3			
Exercise		Sets x Reps	Rest (Secs)
Circuit 1			
A1	Lateral Lunge	3x12	30
A2	Push Up	3x12	30
A3	Bent Dumbbell Row Wide	3x12	60-90
Circuit 2			
B1	Goblet Squat	3x12	30
B2	Alternate Dumbbell Press	3x12	30
B3	One Arm Dumbbell Row Narrow	3x12	60-90
Circuit 3			
C1	Bodyweight Hip Thrust	3x12	30
C2	Seated Shoulder Press	3x12	30
C3	Seated Bent Lateral Raise	3x12	60-90

*Notes:*

# WEEK 4

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Day 1			
Exercise		Sets x Reps	Rest (Secs)
Circuit 1			
A1	One Arm Dumbbell Row Narrow	3x12	30
A2	Goblet Squat	3x12	30
A3	Alternate Dumbbell Press	3x12	60-90
Circuit 2			
B1	Seated Bent Lateral Raise	3x12	30
B2	Bodyweight Hip Thrust	3x12	30
B3	Seated Shoulder Press	3x12	60-90
Circuit 3			
C1	Push Up	3x12	30
C2	Bent Dumbbell Row Wide	3x12	30
C3	Lateral Lunge	3x12	60-90

*Notes:*

# WEEK 4

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Day 2			
Exercise		Sets x Reps	Rest (Secs)
Circuit 1			
A1	Seated Shoulder Press	3x12	30
A2	Seated Bent Lateral Raise	3x12	30
A3	Bodyweight Hip Thrust	3x12	60-90
Circuit 2			
B1	Push Up	3x12	30
B2	Bent Dumbbell Row	3x12	30
B3	Lateral Lunge	3x12	60-90
Circuit 3			
C1	Alternate Dumbbell Press	3x12	30
C2	One Arm Dumbbell Row Narrow	3x12	30
C3	Goblet Squat	3x12	60-90

Notes:

# WEEK 4

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Day 3			
Exercise		Sets x Reps	Rest (Secs)
Circuit 1			
A1	Lateral Lunge	3x12	30
A2	Push Up	3x12	30
A3	Bent Dumbbell Row Wide	3x12	60-90
Circuit 2			
B1	Goblet Squat	3x12	30
B2	Alternate Dumbbell Press	3x12	30
B3	One Arm Dumbbell Row Narrow	3x12	60-90
Circuit 3			
C1	Bodyweight Hip Thrust	3x12	30
C2	Seated Shoulder Press	3x12	30
C3	Seated Bent Lateral Raise	3x12	60-90

*Notes:*



# WEEK 5

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Day 1			
Exercise		Sets x Reps	Rest (Secs)
Giant Circuit			
A1	One arm Dumbbell Press	15-12-10	30
A2	Dumbbell Squat	15-12-10	30
A3	Plank	3x30s	30
A4	Bent Dumbbell Row Wide	15-12-10	30
A5	Reverse Lunge	15-12-10	30
A6	Mountain Climbers	15-12-10	30
A7	Squat and Press	15-12-10	30
A8	One Arm Unsupported Dumbbell Row Paused	15-12-10	30
A9	Push Up and Point	15-12-10	90-120

*Notes:*

# WEEK 5

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Day 2			
Exercise		Sets x Reps	Rest (Secs)
Giant Circuit			
A1	Incline Dumbbell Press	15-12-10	30
A2	Single Leg Hip Thrust	15-12-10	30
A3	Curl and Press	15-12-10	30
A4	Bent Lateral Raise	15-12-10	30
A5	Deadlift	15-12-10	30
A6	Bird Dog Plank	15-12-10	30
A7	Squat and Press	15-12-10	30
A8	Bent Dumbbell Row	15-12-10	30
A9	Push Up	15-12-10	90-120

*Notes:*

# WEEK 5

## Day 3

	Exercise	Sets x Reps	Rest (Secs)
	Giant Circuit		
A1	Neutral Grip Dumbbell Chest Press	15-12-10	30
A2	Barbell Squat	15-12-10	30
A3	T-Bend and Row	15-12-10	30
A4	One Arm Unsupported Dumbbell Row	15-12-10	30
A5	T-Bend	15-12-10	30
A6	Plank Walk Out	15-12-10	30
A7	Squat and Front Raise	15-12-10	30
A8	Bent Dumbbell Row	15-12-10	30
A9	Lateral Raise	15-12-10	90-120

*Notes:*

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# WEEK 6

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Day 1			
Exercise		Sets x Reps	Rest (Secs)
Straight Set			
A	One Arm Incline Press	20-15-12	60
Superset			
B1	Bent Dumbbell Row Paused	15-12-10	0
B2	Offset Stiff Leg Deadlift	15-12-10	60
Triset			
C1	One Arm Neutral Grip Dumbbell Press	12-10-8	0
C2	Pullover	12-10-8	0
C3	Stepup and Lateral Raise	12-10-8	60-90
Superset			
D1	One and a Half Pushup	15-12-10	0
D2	One Arm Dumbbell Row Narrow	15-12-10	60
Straight Set			
E	Deadlift	20-15-12	60

Notes:

# WEEK 6

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Day 2			
Exercise		Sets x Reps	Rest (Secs)
Straight Set			
A	Bulgarian Split Squat	20-15-12	60
Superset			
B1	Standing Shoulder Press	15-12-10	0
B2	One Arm Dumbbell Row Narrow	15-12-10	60
Triset			
C1	Single Leg Squat to Bench	12-10-8	0
C2	Paused Push Up	12-10-8	0
C3	Adonis Row	12-10-8	60-90
Superset			
D1	One and a Quarter Squats	15-12-10	0
D2	Flyes	15-12-10	60
Straight Set			
E	One Arm Unsupported Dumbbell Row Paused	20-15-12	60

Notes:

# WEEK 6

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Day 3			
Exercise		Sets x Reps	Rest (Secs)
Straight Set			
A	One and a Half Bent Dumbbell Row	20-15-12	60
Superset			
B1	Lateral Lunge	15-12-10	0
B2	One Arm Shoulder Press	15-12-10	60
Triset			
C1	Bent Lateral Raise	12-10-8	0
C2	Goblet Squat	12-10-8	0
C3	Flat Dumbbell Press	12-10-8	60-90
Superset			
D1	One Arm Dumbbell Row Narrow	15-12-10	0
D2	Reverse Lunge	15-12-10	60
Straight Set			
E	Push Up and Leg Raise	20-15-12	60

*Notes:*

# WEEK 7

## Day 1

	Exercise	Sets x Reps	Rest (Secs)
	Giant Circuit		
A1	One arm Dumbbell Press	15-12-10	30
A2	Dumbbell Squat	15-12-10	30
A3	Plank	3x30s	30
A4	Bent Dumbbell Row Wide	15-12-10	30
A5	Reverse Lunge	15-12-10	30
A6	Mountain Climbers	15-12-10	30
A7	Squat and Press	15-12-10	30
A8	One Arm Unsupported Dumbbell Row Paused	15-12-10	30
A9	Push Up and Point	15-12-10	90-120

*Notes:*

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Flat Belly FOREVER

# WEEK 7

## Day 2

	Exercise	Sets x Reps	Rest (Secs)
Giant Circuit			
A1	Incline Dumbbell Press	15-12-10	30
A2	Single Leg Hip Thrust	15-12-10	30
A3	Curl and Press	15-12-10	30
A4	Bent Lateral Raise	15-12-10	30
A5	Deadlift	15-12-10	30
A6	Bird Dog Plank	15-12-10	30
A7	Squat and Press	15-12-10	30
A8	Bent Dumbbell Row	15-12-10	30
A9	Push Up	15-12-10	90-120

*Notes:*

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# WEEK 7

## Day 3

	Exercise	Sets x Reps	Rest (Secs)
	Giant Circuit		
A1	Neutral Grip Dumbbell Chest Press	15-12-10	30
A2	Barbell Squat	15-12-10	30
A3	T-Bend and Row	15-12-10	30
A4	One Arm Unsupported Dumbbell Row	15-12-10	30
A5	T-Bend	15-12-10	30
A6	Plank Walk Out	15-12-10	30
A7	Squat and Front Raise	15-12-10	30
A8	Bent Dumbbell Row	15-12-10	30
A9	Lateral Raise	15-12-10	90-120

*Notes:*

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# WEEK 8

12 WEEK WORKOUT PROGRAM

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Day 1			
Exercise		Sets x Reps	Rest (Secs)
Straight Set			
A	One Arm Incline Press	20-15-12	60
Superset			
B1	Bent Dumbbell Row Paused	15-12-10	0
B2	Offset Stiff Leg Deadlift	15-12-10	60
Triset			
C1	One Arm Neutral Grip Dumbbell Press	12-10-8	0
C2	Pullover	12-10-8	0
C3	Stepup and Lateral Raise	12-10-8	60-90
Superset			
D1	One and a Half Pushup	15-12-10	0
D2	One Arm Dumbbell Row Narrow	15-12-10	60
Straight Set			
E	Deadlift	20-15-12	60

Notes:

# WEEK 8

12 WEEK WORKOUT PROGRAM

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Day 2			
Exercise		Sets x Reps	Rest (Secs)
Straight Set			
A	Bulgarian Split Squat	20-15-12	60
Superset			
B1	Standing Shoulder Press	15-12-10	0
B2	One Arm Dumbbell Row Narrow	15-12-10	60
Triset			
C1	Single Leg Squat to Bench	12-10-8	0
C2	Paused Push Up	12-10-8	0
C3	Adonis Row	12-10-8	60-90
Superset			
D1	One and a Quarter Squats	15-12-10	0
D2	Flyes	15-12-10	60
Straight Set			
E	One Arm Unsupported Dumbbell Row Paused	20-15-12	60

Notes:

# WEEK 8

12 WEEK WORKOUT PROGRAM

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Day 3			
Exercise		Sets x Reps	Rest (Secs)
Straight Set			
A	One and a Half Bent Dumbbell Row	20-15-12	60
Superset			
B1	Lateral Lunge	15-12-10	0
B2	One Arm Shoulder Press	15-12-10	60
Triset			
C1	Bent Lateral Raise	12-10-8	0
C2	Goblet Squat	12-10-8	0
C3	Flat Dumbbell Press	12-10-8	60-90
Superset			
D1	One Arm Dumbbell Row Narrow	15-12-10	0
D2	Reverse Lunge	15-12-10	60
Straight Set			
E	Push Up and Leg Raise	20-15-12	60

Notes:

# WEEK 9

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Day 1			
	Exercise	Sets x Reps	Rest (Secs)
A	Step Ups	20-15-12	60
B	Seated Alternate Shoulder Press	15-12-10	60
C	One Arm Unsupported Dumbbell Row	12-10-8	60
10 to 1 Circuit			
D1	Stiff Leg Deadlift	10 to 1	30
D2	Bent Dumbbell Row Wide	10 to 1	30
D3	One and a Half Push Up	10 to 1	30

*Notes:*

# WEEK 9

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Day 2			
	Exercise	Sets x Reps	Rest (Secs)
A	Flat Dumbbell Press	20-15-12	60
B	One and a Half Bent Dumbbell Row	15-12-10	60
C	T-Bend	12-10-8	60
10 to 1 Circuit			
D1	Standing Shoulder Press	10 to 1	30
D2	Bent Lateral Raise	10 to 1	30
D3	Goblet Squat	10 to 1	30

*Notes:*

# WEEK 9

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Day 3			
	Exercise	Sets x Reps	Rest (Secs)
A	Bent Dumbbell Row	20-15-12	60
B	Dumbbell Hip Thrust	15-12-10	60
C	Alternate Dumbbell Press	12-10-8	60
10 to 1 Circuit			
D1	One and a Half One Arm Dumbbell Row	10 to 1	30
D2	Reverse Lunge	10 to 1	30
D3	Lateral Raise and Curl	10 to 1	30

*Notes:*

# WEEK 10

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Day 1			
	Exercise	Sets x Reps	Rest (Secs)
A	Step Ups	20-15-12	60
B	Seated Alternate Shoulder Press	15-12-10	60
C	One Arm Unsupported Dumbbell Row	12-10-8	60
10 to 1 Circuit			
D1	Stiff Leg Deadlift	10 to 1	30
D2	Bent Dumbbell Row Wide	10 to 1	30
D3	One and a Half Push Up	10 to 1	30

*Notes:*



# WEEK 10

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Day 2			
	Exercise	Sets x Reps	Rest (Secs)
A	Flat Dumbbell Press	20-15-12	60
B	One and a Half Bent Dumbbell Row	15-12-10	60
C	T-Bend	12-10-8	60
10 to 1 Circuit			
D1	Standing Shoulder Press	10 to 1	30
D2	Bent Lateral Raise	10 to 1	30
D3	Goblet Squat	10 to 1	30

*Notes:*

# WEEK 10

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Day 3			
	Exercise	Sets x Reps	Rest (Secs)
A	Bent Dumbbell Row	20-15-12	60
B	Dumbbell Hip Thrust	15-12-10	60
C	Alternate Dumbbell Press	12-10-8	60
10 to 1 Circuit			
D1	One and a Half One Arm Dumbbell Row	10 to 1	30
D2	Reverse Lunge	10 to 1	30
D3	Lateral Raise and Curl	10 to 1	30

*Notes:*

# WEEK 11

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Day 1			
	Exercise	Sets x Reps	Rest (Secs)
A	Offset Stiff Leg Deadlift	20-15-12-20	60
B	Corkscrew Shoulder Press	15-12-10-15	60
C	Bent Dumbbell Row	12-10-8-12	60
10 to 1 Triset			
D1	Single Leg Squat to Bench	10 to 1	0
D2	Push Up and Leg Raise	10 to 1	0
D3	Bent Dumbbell Row Paused	10 to 1	minimal

*Notes:*

# WEEK 11

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Day 2			
	Exercise	Sets x Reps	Rest (Secs)
A	Push Up and Point	20-15-12-20	60
B	One Arm Dumbbell Row Narrow	15-12-10-15	60
C	Single Leg Hip Thrust with Dumbbell	12-10-8-12	60
10 to 1 Triset			
D1	One Arm Neutral Grip Dumbbell Chest Press	10 to 1	0
D2	Seated Bent Lateral Raise	10 to 1	0
D3	Y-Squat	10 to 1	minimal

*Notes:*

# WEEK 11

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Day 3			
	Exercise	Sets x Reps	Rest (Secs)
A	Adonis Row	20-15-12-20	60
B	One and a Quarter Squats	15-12-10-15	60
C	Alternate Incline Dumbbell Press	12-10-8-12	60
10 to 1 Triset			
D1	One Arm Unsupported Dumbbell Row Paused	10 to 1	0
D2	Crossover Step Up	10 to 1	0
D3	Upright Dumbbell Row	10 to 1	minimal

*Notes:*

# WEEK 12

12 WEEK WORKOUT PROGRAM

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Day 1			
	Exercise	Sets x Reps	Rest (Secs)
A	Offset Stiff Leg Deadlift	20-15-12-20	60
B	Corkscrew Shoulder Press	15-12-10-15	60
C	Bent Dumbbell Row	12-10-8-12	60
10 to 1 Triset			
D1	Single Leg Squat to Bench	10 to 1	0
D2	Push Up and Leg Raise	10 to 1	0
D3	Bent Dumbbell Row Paused	10 to 1	minimal

*Notes:*

# WEEK 12

12 WEEK WORKOUT PROGRAM

Flat Belly FOREVER

Day 2			
	Exercise	Sets x Reps	Rest (Secs)
A	Push Up and Point	20-15-12-20	60
B	One Arm Dumbbell Row Narrow	15-12-10-15	60
C	Single Leg Hip Thrust with Dumbbell	12-10-8-12	60
10 to 1 Triset			
D1	One Arm Neutral Grip Dumbbell Chest Press	10 to 1	0
D2	Seated Bent Lateral Raise	10 to 1	0
D3	Y-Squat	10 to 1	minimal

*Notes:*

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Day 3			
	Exercise	Sets x Reps	Rest (Secs)
A	Adonis Row	20-15-12-20	60
B	One and a Quarter Squats	15-12-10-15	60
C	Alternate Incline Dumbbell Press	12-10-8-12	60
10 to 1 Triset			
D1	One Arm Unsupported Dumbbell Row Paused	10 to 1	0
D2	Crossover Step Up	10 to 1	0
D3	Upright Dumbbell Row	10 to 1	minimal

*Notes:*