



Bikini Boss Fitness
Theresa Depasquale

Day Two Inter/Adv _____

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Side Shuffle	5	1 min										
Physio Ball Push Up	5	1 min										
Plank T Raise	5	1 min										
Squat Press	5	1 min										
Lat Pulldown	5	1 min										
Upright Row	5	1 min										
3 min uphill jog- treadmill	5	3 min										
Cardio:	Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets. Please see conditioning instructions in your program documents for more instructions.											