



Bikini Boss Fitness  
Theresa Depasquale

Phase 2  
SUPERSETS

Day one adv Weeks 7 and 8

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
1) Plank Row	4	15										
2) Squat Press	4	15	10lbs+									
3) Dumbbell Pushthrough	4	15										
1) Plank T Raise	4	15	8lbs+									
2) Overhead Press- Run the Rack	4	15	15lbs+									
3) Burpee Push Up	4	15										
<b>Cardio:</b>	<p>1-2-3 indicates a super set. No rest between the 3 exercises; then rest for 30-60 seconds before moving on to the next superset</p> <p>1 minute of both Kettle Bell Swings and Alien Kicks-rest 1 minute- repeat 5 times</p>											