



Phase 2

Day Two inter/adv

SUPERSETS

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
1) Squat Side Abduction	4	15										
2) Heavy Squats	4	15	15lbs+									
3) Squat Jacks	4	15										
1) Ice Skater Walks	4	15										
2) Pop it Squats	4	15	Heavy									
3) Reverse Lunge	4	15	Heavy									
<b>Cardio:</b>	No cardio											