



Bikini Boss Fitness
Theresa Depasquale

Phase 3

Day One Inter/Adv Weeks 11/12

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Push up alt arm/alt leg lift	4	12										
Plank T Raise	4	12										
Overhead Press- Run the Rack	4	12										
Front Delt Raise Hammer Grip	4	12										
Sit Up Reach- Weighted	4	12										
Squat Row	4	12	Heavy									
Lat Pulldown - Burnout	4	12										
Cardio:	None											