



Bikini Boss Fitness
Theresa Depasquale

Phase 2

Day Two

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Side Shuffle	4	20										
Glute Bridge	4	20										
Wide Squats	4	20	10lbs+									
Bicycle Kicks	4	20										
Reverse Hyper Full Straddle	4	20										
Plie Squats	4	20	8-10lbs									
Jump Squats	4	20										
Cardio:	No additional cardio											