



Bikini Boss Fitness

Allie Cass

Day Two

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
20 minutes of HIIT												
Cardio:	<p>Mix and match your favorite High Intensity Interval Training exercises for 20 mins. Here are some to choose from:</p> <ul style="list-style-type: none"> 123 Jumps Jump Jack Lat Raise Burpee Extreme Plank Alternate Leg Lift Squat Jumps <p>Refer to your Various Program Instructions (VPI) for instructions on different methods to perform HIIT, or go with my favorite style, 40 seconds hard followed by 20 seconds rest. And repeat.</p>											