



Bikini Boss Fitness
Allie Cass

Day Three

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Squat Toe Tap	4	1 min										
Squats (go heavy)	4	1 min										
Plank with Dumbbell row	4	1 min										
Glute Bridge with skull Crusher	4	1 min										
Frog Pumps	4	1 min										
Fire Hydrants	4	1 min										
Cardio:	No additional cardio or workouts											