



Bikini Boss Fitness
Allie Cass

Day One _____

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Bent Over Press	4	1 min										
Alternate Front Raise	4	1 min										
Hip thrust with weight	4	1 min										
Glute Bridge	4	1 min										
Jump Jack Lat Raise	4	1 min										
Medicine Ball Roll	4	1 min										
Cardio:	No additional cardio or workouts. This workout should take 30 minutes exactly. Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets. Please see conditioning instructions in your program documents for more instructions.											