



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
Air Squats	4	1 min										
Plie Deadlift	4	1 min										
Plank row	4	1 min										
Hip Thrust	4	1 min										
Plank Row	4	1 min										
Lunge DB Curl	4	1 min										
Cardio:	No additional cardio or workouts											