



Bikini Boss Fitness
Allie Cass

Day Five

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Weighted Abs	4	1 min										
Elevated Glute Bridge with Band abduction	4	1 min										
Glute Bridge Skull Crusher	4	1 min										
Overhead Press- Run the Rack	4	1 min										
Reverse Hyper	4	1 min										
Squat, Row, Kickback	4	1 min										
Cardio:	<p>Run the Rack- start with a high weigh and do 5 reps, then drop 5 lbs and do 5 reps, then drop 5 lbs and do 5 reps... until you complete your time</p> <p>Reverse hyper- use a couch, a bench, a physio ball, a counter.</p>											