



Day Two
Phase 1 Weeks 1-2 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Ice Skater Jumps	5	1 min										
Alternate Cross Body Front Raise	5	1 min										
Plank Up and Down	5	1 min										
Burpee Push Up	5	1 min										
Plank Lateral Raise	5	1 min										
Upright Row	5	1 min										
3 Minute Uphill Jog (treadmill)	5	1 min										
Cardio:	No additional cardio or workouts											