



Bikini Boss Fitness
Allie Cass

Day Three
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
Side Shuffle - Stay Low	5	1 min										
Plank Dumbbell Row	5	1 min										
Squat Jacks	5	1 min										
Elevated Glute Bridge	5	1 min										
Banana Rocks	5	1 min										
Squat Dumbbell Row	5	1 min										
Medicine Ball Push Up	5	1 min										
Cardio:	No additional cardio or workouts											