



Bikini Boss Fitness
Allie Cass

Day Four
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
Handwalk	5	1 min										
Elevated Glut Bridge	5	1 min										
Physio Ball Hamstring Curls	5	1 min										
Burpee Push Press	5	1 min										
V-Ups	5	1 min										
High Knees	5	1 min										
3 Minute Uphill Jog (treadmill)	5	1 min										
Cardio:	No additional cardio or workouts											