



Day Two
Phase 1 Weeks 3-4 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Side Shuffle (staying low)	5	1 min										
Physio Ball Push Up	5	1 min										
Plank T-Raise	5	1 min										
Squat Push Press	5	1 min										
Lat Pulldown	5	1 min										
Upright Row	5	1 min										
3 Minute Uphill Jog (treadmill)	5	1 min										
Cardio:	No additional cardio or workouts											