



Day One  
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
Walking Lunges	5	1 min										
Toe Tap	5	1 min										
Deadlifts (aim for 60% of your max lift weight)	5	1 min										
Fire Hydrants	5	1 min										
Plank	5	1 min										
Wide Squat Weighted (engage abductors to prevent knees from caving in)	5	1 min										
Ice Skater Jumps	5	1 min										
<b>Cardio:</b>	<p>No additional cardio or workouts.            This workout should take 40 minutes exactly. Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets. Please see conditioning instructions in your program documents for more instructions.</p>											