



Day Three  
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
Inchworms	5	1 min										
Wall Sit Hammer Curls	5	1 min										
Extreme Burpee	5	1 min										
Elevated Glute Bridge with Skull Crusher	5	1 min										
Bus Drivers	5	1 min										
Squat Push Press	5	1 min										
Physio Ball Push Ups	5	1 min										
<b>Cardio:</b>	No additional cardio or workouts											