



Bikini Boss Fitness
Allie Cass

Day Five
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
Jumping Jack Bicep Curl	5	1 min										
Close Grip Push Up	5	1 min										
Tricep Dips (add weight for progression)	5	1 min										
Boat Hold	5	1 min										
Hammer Curls	5	1 min										
Resistance Band Bicep Curls	5	1 min										
Plank Tricep Kickback	5	1 min										
Cardio:	No additional cardio or workouts											