



Bikini Boss Fitness
Allie Cass

Day Two
Phase 2 Weeks 1-2 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
A1) Narrow Grip Lat Pulldown	4	20										
A2) Plank Dumbbell Row	4	20										
A3) Bent Over Dumbbell Row	4	12	Heavy									
	4	20										
B1) Rear Delt Fly	4	20										
B2) Wide Grip Lat Pulldown	4	12	Heavy									
B3) Ultimate Ab Roll (can use barbell to roll if needed)	4	20										
Cardio:	No additional cardio or workouts											