



Day Four
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) Romanian Deadlift	4	12	Heavy									
A2) Squat Tuck Jumps	4	20										
A3) Hip Thrust With Abduction	4	20	Heavy									
B1) Romanian Deadlift	4	20										
B2) Plié Deadlift	4	20										
B3) Hamstring Curls	4	20										
B4) High Knees	4	20										
Cardio:	No additional cardio or workouts											