



Day Five
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) Push Up Alternating Leg Lift	4	20										
A2) Front Shoulder Raise	4	20	Heavy									
A3) Lateral Raise (Run the Rack)	4	3-5 with each weight										
B1) Overhead Press (Run the Rack)	4	3-5 with each weight										
B2) Plank Up and Down	4	20										
B3) Jumping Jack Lateral Raise	4	20	5 lbs									
Cardio:	<p>"Run the Rack" means you will start with the heaviest weight you can possibly lift with good form and complete 3-5 reps. Move down to the next lowest weight and complete 5 reps and continue until you work down through 5lb dumbbells. 20 Minutes HIIT (high intensity interval training) session with 1:1 work:rest ratio. For example: 1-minute sprint followed with 1-minute rest.</p>											