



Day Three
Phase 2 Weeks 3-4 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
A1) Medicine Ball Push Up	4	15										
A2) Plank Tricep Kickback	4	15										
A3) Tricep Band Kickback	4	Burnout										
B1) Wall Sit with Hammer Curl	4	15										
B2) Cable Rope Curl	4	Burnout										
B3) Extreme Burpee	4	15										
Cardio:	<p>1-2-3 indicates a super set. There is no rest between the three exercises; perform one set of each exercise back to back and then rest for 30-60 seconds. Complete all sets before moving on to the next superset.</p> <p>Cardio: 1-minute of both Burpees and 180 Degree Jumps, back to back, rest one minute, and repeat 5 times. This should take you a total of 15 minutes.</p>											