



Day Two  
Phase 3 Weeks 3-4 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Curtsy Lungers	4	12										
Glut Bridge Abductions	4	12										
Sumo Squats	4	3-5										
Ultimate Ab Roll (can use barbell to roll if you don't have roller)	4	12										
Lateral Step Ups (Weighted)	4	12	Heavy									
Walking Band Abductions	4	12										
Ice Skater Jumps	4	24										
<b>Cardio:</b>	No additional cardio.											