



Bikini Boss Fitness
Allie Cass

Day Four
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
Plank Up and Down	4	12										
Close Grip Push Up	4	12										
Glut Bridge with Skull Crusher	4	12										
Weighted Lower Abs	4	12										
Bicep Curls (Run the Rack)	4	3-5										
Tricep Bench Dips (Weighted for progression)	4	12										
Extreme Burpee	4	12										
Cardio:	No additional cardio.											