



Bikini Boss Fitness
Allie Cass

Day Five
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
Superman	4	12										
Side Shuffle (staying low)	4	12										
Deadlifts	4	12										
Side Plank with Abduction (each side)	4	12										
Romanian Split Squat Jumps	4	12										
Cable Pull Through	4	12										
Physio Ball Hamstring Curls	4	Burnout										
Cardio:	No additional cardio.											