



Bikini Boss Fitness
Allie Cass

Day One
Phase 3 Weeks 1-2 Intermediate/Advanced

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Air Squats (Fast)	4	12										
Squat Jumps (Weighted)	4	12										
Banana Rocks	4	12										
Extreme Burpee	4	12										
Romanian Deadlifts	4	12										
180 Degree Jumps	4	12										
Squat Abduction Kicks	4	12										
Cardio:	No additional cardio.											