



Day Three
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
Tricep Bench Dips	4	12										
Squat Hammer Curls (Fast)	4	12										
Plank Shoulder Touch (each side)	4	12										
Lat Pulldown	4	12										
Romanian Deadlift	4	12										
Lunge Gallop	4	12										
EZ Bar Preacher Curls	4	Burnout	Moderate									
Overhead Tricep Extension	4	Burnout										
Cardio:	No additional cardio.											