



Day Five
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
Plank Up and Down	4	12										
Shoulder Press	4	12										
Jumping Jack Lateral Raise	4	12	5 lbs +									
Squat Rows	4	12	Heavy									
Squat Jacks (Weighted)	4	12	5 lbs +									
Plank with Alternate Arm/Leg Lift	4	12										
X Step-Ups (Weighted)	4	12	Heavy									
Burpee Push Up	4	12										
Cardio:	No additional cardio.											