



Bikini Boss Fitness
Allie Cass

Day One _____

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Bent Over Triceps Kickback	4	1 min										
Close Grip Push Up	4	1 min										
Clamshell	4	1 min										
Lateral Step up	4	1 min										
Glute Kickbacks	4	1 min										
Cardio:	No additional cardio or workouts. This workout should take 24 minutes exactly. Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets. Please see conditioning instructions in your program documents for more instructions.											