



Day Two  
Phase 1 Weeks 1-2 Beginner/Intermediate

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Walking Lunges	4	1 min										
Plank Shoulder Touch	4	1 min										
Burpee Dumbbell Row	4	1 min										
Bench/Chair Dips	4	1 min										
Toe Touch	4	1 min										
Tricep Kickbacks - cables or resistance bands	4	1 min										
Lunge Jumps	4	1min										
<b>Cardio:</b>	No additional cardio or workouts											