



Bikini Boss Fitness
Allie Cass

Day Four
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
Ice Skater Jumps	4	1 min										
Plank -Up and Down	4	1 min										
Shoulder Press	4	1 min										
Squat Jumps	4	1 min										
Lateral Raise	4	1 min										
Superman	4	1 min										
Walking Lunges	4	1 min										
Cardio:	No additional cardio or workouts											