



Bikini Boss Fitness
Allie Cass

Day Three
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
Side Shuffle - Stay Low	4	1 min										
Plank with Alternating Leg Lift	4	1 min										
Squat/Bicep Curl	4	1 min										
Burpee -Mountain Climber	4	1 min										
Wall Sit - Hammer Curl	4	1 min										
High Knees	4	1 min										
Russian Twist	4	1 min										
Cardio:	No additional cardio or workouts											