



Day One
Phase 3 Weeks 3-4 Beginner/Intermediate

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Clamshell with Resistance Band (each side)	4	20										
Walking Lunges Weighted	4	20	20 lbs +									
Sit Up Reach	4	20										
Burpee with Mountain Climbers	4	10										
Wide Squats (engage abductor to prevent knees from caving in)	4	20	Heavy									
Side Shuffle (stay low)	4	30										
Squat Abduction Kicks	4	30										
Cardio:	No additional cardio.											