



Bikini Boss Fitness
Allie Cass

Day Five
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 |
| Plank Alternating Leg Lift | 4 | 20 | | | | | | | | | | |
| Jumping Jack Lateral Raise | 4 | 30 | 8 lbs + | | | | | | | | | |
| Plank Shoulder Touches | 4 | 30 | | | | | | | | | | |
| Dumbbell Overhead Press | 4 | Run the Rack | | | | | | | | | | |
| Power Upright Row | 4 | 20 | | | | | | | | | | |
| Squat Jacks | 4 | 20 | | | | | | | | | | |
| | | | | | | | | | | | | |
| Cardio: | No additional cardio. | | | | | | | | | | | |