



Day One  
Phase 1 Weeks 3-4 Beginner/Intermediate

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Push Up	4	1 min										
Squat Dumbbell Row	4	1 min										
Resistance Band Row - Burnout	4	1 min										
Plank T-Raise	4	1 min										
Overhead Press	4	1 min										
Rear Delt Detail/Fly	4	1 min										
180 Degree Jumps	4	1min										
<b>Cardio:</b>	<p>No additional cardio or workouts.            This workout should take 32 minutes exactly. Start at the top of the column (set) and move down vertically until all exercises are complete before moving to the next set. Rest 30-60 seconds (max) between sets. Please see conditioning instructions in your program documents for more instructions.</p>											