



Day Two  
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
Side Shuffle - Stay Low	4	1 min										
Elevated Glute Bridge	4	1 min										
Wide Squats (engage outer thigh to prevent knees from caving in)	4	1 min										
Bicycle Kicks	4	1 min										
Reverse Hyper Full Straddle	4	1 min										
Plié Squats	4	1 min										
Jump Squats	4	1min										
<b>Cardio:</b>	No additional cardio or workouts											