



Bikini Boss Fitness  
Allie Cass

Day Three  
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
Inchworm	4	1 min										
Close Grip Push Up	4	1 min										
Squat Hammer Curl	4	1 min										
Plank	4	1 min										
Resistance Band Bicep Curl - Burnout	4	1 min										
Bench Tricep Dips	4	1 min										
Extreme Burpee	4	1 min										
<b>Cardio:</b>	No additional cardio or workouts											