



Day Four
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
Squat with Abduction Kick	4	1 min	5 lbs									
Clamshell with Resistance Band	4	1 min										
Physio Ball Hamstring Curls	4	1 min										
Single Leg Deadlift (perform set on each side)	4	1 min										
Physio Ball Pass Through	4	1 min										
Reverse Hyper with Knee Flexion	4	1 min										
Squat Jacks	4	1 min										
Cardio:	No additional cardio or workouts											