



Bikini Boss Fitness
Allie Cass

Day Five
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
Weighted Lunge with Front Twist	4	1 min	5 lbs									
Handwalks	4	1 min										
Burpee with Push Up	4	1 min										
Set Up into Reverse Lunge	4	1 min										
Medicine Ball Slams	4	1 min										
Glute Kickbacks	4	1 min										
Dumbbell Push Through	4	1 min										
Cardio:	No additional cardio or workouts											