



Day Two  
Phase 2 Weeks 1-2 Beginner/Intermediate

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Close Grip Push Up	4	20										
Bent Over Dumbbell Row	4	20										
Burpee	4	20										
Side Plank (per side)	4	20										
Plié Deadlift Weighted	4	20										
Skull Crushers	4	20										
Plank Row	4	20										
<b>Cardio:</b>	No additional cardio or workouts											