



Day Three
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
Burpee with Push Up	4	20										
Bicep Curls (using heavy weight)	4	20	10 lbs +									
Ice Skater Band Walks	4	20										
Bulgarian Split Squat (each side)	4	20										
Bicep Burnout with Resistance Bands	4	20										
Squat Abduction Side Kick	4	20										
Cardio:	20 Minutes HIIT (high intensity interval training) session For example: 1-minute sprint followed with 1-minute rest. Other HIIT exercises include: Medicine Ball Slams, Sprints (indoor or outdoor), Stair Stepper Sprints (can run stairs if outdoors); Spin Bike Sprints, Rowing Machine, Battle Ropes, & Jump Rope. Really get that heart rate up going all out and follow with rest.											