



Day Four
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
A1) Upright Row (Heavy)	4	20										
A2) Plank Up and Down	4	20										
A3) Resistance Band Rows (fast)	4	20										
B1) Lateral Raise (Heavy)	4	20										
B2) Burpee	4	20										
B3) Arnold Press (Heavy)	4	20										
	1-2-3 indicates a super set. There is no rest between the three exercises; perform one set of each exercise back to back and then rest for 30-60 seconds. Complete all sets before moving on to the next superset.											
Cardio:	No additional cardio or workouts											