



Day Five
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) Squat Jacks	4	20										
A2) X-Step Ups	4	20										
A3) Plank	4	20										
B1) Romanian Deadlift	4	20										
B2) High Knees (Fast)	4	20										
B3) Lunge Gallop	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.											