



Bikini Boss Fitness
Allie Cass

Day One
Phase 2 Weeks 3-4 Beginner/Intermediate

| Exercise Name | Date: | | | Date: | | | Date: | | | Date: | | |
|--------------------------------|---|------|-----|-------|------|-----|-------|------|-----|-------|------|-----|
| | Sets | Reps | Lbs | Sets | Reps | Lbs | Sets | Reps | Lbs | Sets | Reps | Lbs |
| Push Up | 4 | 20 | | | | | | | | | | |
| Squat Dumbbell Row | 4 | 20 | | | | | | | | | | |
| Resistance Band Rows - Burnout | 4 | 20 | | | | | | | | | | |
| Plank T-Raise | 4 | 20 | | | | | | | | | | |
| Overhead Press | 4 | 20 | | | | | | | | | | |
| Rear Delt Detail/Fly | 4 | 20 | | | | | | | | | | |
| 180 Degree Jumps | 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. | | | | | | | | | | | |