



Day Two  
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
Side Shuffle	4	20										
Glute Bridge	4	20										
Wide Squats (engage abductors to prevent knees from caving in)	4	20	8-10 lbs									
Bicycle Kicks	4	20										
Reverse Hyper Full Straddle	4	20										
Plié Squats (weighted)	4	20	8-10 lbs									
Jump Squats	4	20										
<b>Cardio:</b>	No additional cardio or workouts											