



Day Three
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
Inchworm	4	20										
Close Grip Push Up	4	20										
Squat Hammer Curls	4	20	10 lbs +									
Plank	4	20										
Resistance Band Bicep Curls - Burnout	4	20										
Bench Dips	4	20	8-10 lbs									
Extreme Burpee	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.											