



Day Four
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
A1) Squat Abduction Kicks	4	20	5 lbs +									
A2) Clamshell (each side)	4	20										
A3) Single Leg Deadlift	4	20										
B1) Physio Ball Pass Through	4	20										
B2) Reverse Hyper Full Straddle	4	20										
B3) Squat Jacks	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											