



Day Five  
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) Lunge with Front Twist	4	20	5 lbs +									
A2) Handwalks	4	20										
A3) Burpee Push Up	4	20										
B1) Medicine Ball Slams	4	20										
B2) Glute Kickbacks	4	20										
B3) Dumbbell Push Through	4	20										
<b>Cardio:</b>	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.											