



Day One
Phase 3 Weeks 1-2 Beginner/Intermediate

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Air Squats	4	12										
Squat Jumps	4	12										
Banana Rocks	4	12										
Burpees with Mountain Climbers	4	12										
Walking Lunges (each side)	4	12	Heavy									
Side Shuffle (stay low)	4	12										
Squat Abduction Kicks	4	12										
Cardio:	No additional cardio.											