



Bikini Boss Fitness
Allie Cass

Days One & Four
Conditioning at Home

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Plank	4	1 min										
Walking Lunges – Light Weight (ankle weights/dumbbells)	4	1 min										
Glute Bridge w/Pulse at top of movement	4	1 min										
Squat Jacks	4	1 min										
Air Squats	4	1 min										
Resistance Band Rows Chest out, core tight	4	1 min										
Leg Raises	4	1min										
Instructions / Cardio:	Go through each of the given exercises in a set back to back with minimal rest.... Then rest one minute BETWEEN sets on all days. (Note: Sets are vertical column)											