



Bikini Boss Fitness

Allie Cass

Day Two _____

Exercise Name	Date:			Date:			Date:			Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
20 minutes of HIIT												
Cardio:	<p>Mix and match your favorite High Intensity Interval Training exercises for 20 mins. Here are some to choose from:</p> <ul style="list-style-type: none"> - Air Squats - Bulgarian Split Squat Jumps - Burpee Upright Row - 180 Degree Jumps - Plank Up and Down <p>Refer to your Various Program Instructions (VPI) for instructions on different methods to perform HIIT, or go with my favorite style, 40 seconds hard followed by 20 seconds rest. And repeat.</p>											