



**Bikini Boss Fitness**  
Allie Cass

Day Five  
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
Plank Alternating Leg Lift	4	12										
Squat Shoulder Press	4	12	10 lbs +									
Core Reach with Medicine Ball	4	12	8 lbs +									
Jumping Jack Lateral Raise	4	12	5 lbs +									
Plank Dumbbell Row	4	12	5-10 lbs +									
Power Upright Row	4	12	10 lbs +									
Squat Jacks (Weighted)	4	12	5 lbs +									
<b>Cardio:</b>	No additional cardio.											