

BASE BODY BABES

PHASE 17 - GYM PROGRAM

DAY 1 - SQUAT & UPPER				
EXERCISE	SETS	REPS	REST	NOTES
WARM UP - CORE ACTIVATION ROUTINE	1			
WARM UP - GLUTE ACTIVATION ROUTINE	1			
A 1 1/4 Low Bar Back Squat	5	3	4 Minutes	
B Low Bar Back Squat	3	8	4 Minutes	
C1 Standing Barbell Press	3	15	10 Seconds	
C2 Barbell Bent Over Row	3	15	10 Seconds	
C3 45' Back Extension	3	15	4 Minutes	

DAY 2 - DEADLIFT & UPPER				
EXERCISE	SETS	REPS	REST	NOTES
WARM UP - CORE ACTIVATION ROUTINE	1			
WARM UP - GLUTE ACTIVATION ROUTINE	1			
A Sumo Deadlift	5	5	4 Minutes	
B Snatch Grip Romanian Deadlift	3	8	2 Minutes	
C1 Split Squat	3	15 (each leg)	10 Seconds	
C2 Rope Face Pull	3	15	10 Seconds	
C3 Conditioning	3	45 sec	4 Minutes	

DAY 3 – SQUAT & UPPER				
EXERCISE	SETS	REPS	REST	NOTES
WARM UP - CORE ACTIVATION ROUTINE	1			
WARM UP - GLUTE ACTIVATION ROUTINE	1			
A Paused Front Squat	5	5	4 Minutes	
B Hip Thruster	3	8	2 Minutes	
C1 Incline Dumbbell Bench Press	3	15	10 Seconds	
C2 Seated Cable Row	3	15	10 Seconds	
C3 Step Up	3	15 (each leg)	4 Minutes	

DAY 4 – LOWER BODY FOCUS				
EXERCISE	SETS	REPS	REST	NOTES
WARM UP - CORE ACTIVATION ROUTINE	1			
WARM UP - GLUTE ACTIVATION ROUTINE	1			
A Bulgarian Split Squat	5	5 (each leg)	2 Minutes	
B Good Morning	3	8	2 Minutes	
C1 Reverse Hyper	3	15	10 Seconds	
C2 Rear Delt Fly	3	15	10 Seconds	
C3 Kettlebell Swings	3	15	4 Minutes	

Love,
Your Online Personal Trainers,

Felicia & Diana xx

HAPPY TRAINING BABES!