

Wednesday
week 10 & 12

ARMS

Weighted squat clean & press

Commandos

Lay down push-ups with tuck jumps

Decline push up

Spider push ups

Tricep dips (feet raised)

Bosu burpee

Split leg push ups

CIRCUIT ONE

15
reps

Weighted squat clean & press



36
reps

Commandos (18 each side)



20
reps

Laydown push ups with tuck jumps



20
reps

Decline push ups



CIRCUIT TWO

24
reps

Spider push ups (12 each side)



30
reps

Tricep dips (feet raised)



15
reps

Bosu burpees



20
reps

Split leg push ups



Kayla Itsines Workout Guide

Kayla Itsines

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the light blue bar.

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