

## Circuit One

2x7min

### Weighted Step Ups

30 REPS  
15 PER SIDE



3-6 KG

### Double Bench Jumps

15 REPS



### Medicine Ball Crab Walk

20 REPS



6-12 KG

### Split Squats

20 REPS



## Circuit Two

2x7min

### Burpee + Push Up + Bench Jump

15 REPS



### Medicine Ball Squat Press

15 REPS



6-12 KG

### 180 Degree Jump Squats

24 REPS



### X Jumps

30 REPS  
15 PER SIDE



Cool Down - Lower Body Stretch Routine (see page 84)

# Kayla Itsines 12 Week Workout Plan

**SB Merriam**



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