

**WEEKS 1 & 3**

Monday		Wednesday		Friday	
LEGS		ARMS & ABS		FULL BODY	
Circuit One	Circuit Two	Circuit One	Circuit Two	Circuit One	Circuit Two
<b>Box Step</b> 20 reps (10 per side) 	<b>Belted Lunge</b> 20 reps (10 per side) 	<b>Maximum Overhead</b> 20 reps (10 per side) 	<b>Strong Jump</b> 10 reps 	<b>Y Jump</b> 10 reps (10 per side) 	<b>Front Kick</b> 20 reps (10 per side) 
<b>Reps</b> 10 reps 	<b>Jump Squat</b> 10 reps 	<b>Short Leg Series</b> 10 reps 	<b>Maximum Series</b> 20 reps (10 per side) 	<b>Y Jump</b> 10 reps 	<b>Reps</b> 10 reps 
<b>Box Step</b> 10 reps 	<b>Maximum Lunge &amp; Squat</b> 20 reps (10 per side) 	<b>Leg Series Push Up</b> 10 reps 	<b>Boxing Push Up</b> 10 reps 	<b>Maximum Series</b> 10 reps 	<b>Boxing Push Up</b> 10 reps 
<b>Y Jump</b> 10 reps (10 per side) 	<b>Shooting</b> 10 reps 	<b>Ab Wave</b> 20 reps (10 per side) 	<b>Strong Jump</b> 10 reps 	<b>Maximum Overhead</b> 20 reps (10 per side) 	<b>Shooting</b> 10 reps 

**WEEKS 2 & 4**

Monday		Wednesday		Friday	
LEGS		ARMS & ABS		FULL BODY	
Circuit One	Circuit Two	Circuit One	Circuit Two	Circuit One	Circuit Two
<b>Belted Lunge</b> 20 reps (10 per side) 	<b>High Knees</b> 10 reps (10 per side) 	<b>Straight Leg Sit Up</b> 10 reps 	<b>Forward Strong Jump</b> 10 reps 	<b>Maximum</b> 10 reps (10 per side) 	<b>Front Kick &amp; Press</b> 10 reps 
<b>Split Squat</b> 10 reps 	<b>Squat</b> 10 reps 	<b>Push Up</b> 10 reps 	<b>Side Overhead Press</b> 20 reps (10 per side) 	<b>Split Squat</b> 10 reps 	<b>High Knees</b> 10 reps (10 per side) 
<b>Overhead Squat &amp; Press</b> 10 reps 	<b>Boxed Jump</b> 10 reps 	<b>Overhead Curl &amp; Press</b> 10 reps 	<b>Maximum</b> 10 reps (10 per side) 	<b>Maximum Series</b> 10 reps (10 per side) 	<b>Straight Leg Sit Up</b> 10 reps 
<b>Box Step</b> 20 reps (10 per side) 	<b>Lat Pull Down</b> 10 reps (10 per side) 	<b>Plank</b> 20 reps 	<b>Straight Leg Series</b> 10 reps 	<b>Straight Leg Series</b> 10 reps 	<b>Boxed Jump</b> 10 reps 

# Kayla Itsines 1week Workout Plan Doc Up Com

**Anthony S. Fauci**



**Kayla Itsines 1week Workout Plan Doc Up Com:**

## **Kayla Itsines 1week Workout Plan Doc Up Com** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Kayla Itsines 1week Workout Plan Doc Up Com**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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