

Friday
week
10 & 12

ABS

Snap jumps
Spider push ups
Scissor kicks
Bench hops

Leg raises on bench
Straight leg jackknives
Weighted bent leg jackknives
Burpee bench jump

CIRCUIT ONE

50
reps

Snap jumps



16
reps

Spider push ups (8 each side)



40
reps

Scissor kicks (20 each side)



30
reps

Bench hops (15 each side)



CIRCUIT TWO

20
reps

Leg raises on bench



20
reps

Straight leg jackknives



20
reps

Weighted bent leg jackknives



15
reps

Burpee bench jump



Kayla Itsines Help Body Guide

JS Bruner



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