

Week 12 Friday

ABS

Circuit One

2x7min

Snap Jumps

30 REPS



Spider Push Ups

16 REPS
8 PER SIDE



Scissor Kicks

40 REPS
20 PER SIDE



Bench Hops

30 REPS
15 PER SIDE



Circuit Two

2x7min

Straight Leg Raises (On Bench)

20 REPS



Straight Leg Jackknives

20 REPS



Weighted Bent Leg Jackknives

20 REPS



Burpee + Push Up + Bench Jump

15 REPS



Cool Down - Lower and Upper Body Stretch Routine (see page 84-85)

Week 12 Saturday - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

Gratis 12 Week Training Guide Kayla

Peipei Pang

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Gratis 12 Week Training Guide Kayla:

This book delves into Gratis 12 Week Training Guide Kayla. Gratis 12 Week Training Guide Kayla is a vital topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Gratis 12 Week Training Guide Kayla, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Gratis 12 Week Training Guide Kayla
 - Chapter 2: Essential Elements of Gratis 12 Week Training Guide Kayla
 - Chapter 3: Gratis 12 Week Training Guide Kayla in Everyday Life
 - Chapter 4: Gratis 12 Week Training Guide Kayla in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Gratis 12 Week Training Guide Kayla. The first chapter will explore what Gratis 12 Week Training Guide Kayla is, why Gratis 12 Week Training Guide Kayla is vital, and how to effectively learn about Gratis 12 Week Training Guide Kayla.
 3. In chapter 2, this book will delve into the foundational concepts of Gratis 12 Week Training Guide Kayla. The second chapter will elucidate the essential principles that must be understood to grasp Gratis 12 Week Training Guide Kayla in its entirety.
 4. In chapter 3, the author will examine the practical applications of Gratis 12 Week Training Guide Kayla in daily life. The third chapter will showcase real-world examples of how Gratis 12 Week Training Guide Kayla can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Gratis 12 Week Training Guide Kayla in specific contexts. The fourth chapter will explore how Gratis 12 Week Training Guide Kayla is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Gratis 12 Week Training Guide Kayla. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Gratis 12 Week Training Guide Kayla.

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