

## Pre-Training Week 4 Friday

## FULL BODY (OPTIONAL)

### Circuit One

2x7min

#### Medicine Ball Squat Press

15 REPS



4-12 KG

#### Burpees

10 REPS



#### Push Ups

15 REPS



#### Toe Taps

15 REPS



### Circuit Two

2x7min

#### Jump Lunges

20 REPS  
10 PER SIDE



#### Sumo Squats

15 REPS



#### Skipping

50 REPS



#### Straight Leg Sit Ups

20 REPS



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

Pre-Training Week 4 Saturday - LISS (35-45 mins) + REHABILITATION (see page 82-85)

# Kayla Istin's Bikini Body Training Guide

**Patrick Vollmar**



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again plays monsieur hulot the popular character who had central roles in his earlier films les vacances

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with a group of american tourists meanwhile a nightclub restaurant prepares its opening night but it s still under

construction director jacques tati writers jacques tati jacques lagrange art buchwald stars jacques tati

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multiple choice 2 minutes 1 pt what is the standard form of the polynomial  $7x^{125} - 6x^4 - 14x^2 - 125 - 7x - 14x^2 - 6x^4 - 6x^4 - 14x^2 - 7x - 125 - 125 - 14x^2 - 7x - 6x^4 - 6x^4 - 14x^2 - 7x - 125$

practice 13 questions show answers question 1 30 seconds q what is the degree of this polynomial  $x^2 + 3x + 6$  answer choices 2 3 5 6 question 2 30 seconds q  $x^2 + 2x^2$

mar 22 2023 3x 3 x 1 degree of polynomial this quiz aims to let the student find the degree of each given polynomial this can be given to grade six or first year high school

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explanation

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