

leg

WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Cable back squats

fat and

core workouts

arm

WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat clean & press

Muscle shivers

Commando

Split push ups

fat and

core workouts

ab

WORKOUT

As 100s

Weighted front leg pullbacks

Power leg sit ups with feet

Ob 100

Muscle shivers

Leg raises in bench

Toe touches

Plan

fat and

core workouts

CIRCUIT ONE

10 Jump squats



CIRCUIT TWO

20 Boxer jumps (30 sec)



CIRCUIT ONE

10 Biceps



CIRCUIT TWO

10 Weighted squat clean & press



CIRCUIT ONE

20 As 100s (30 sec)

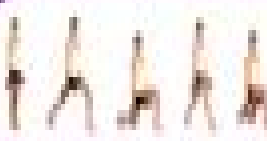


CIRCUIT TWO

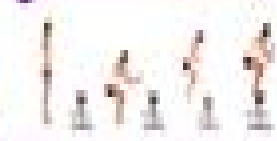
20 Muscle shivers (30 sec)



20 Weighted walking lunges (1 min)



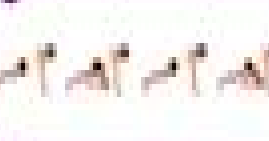
10 Burpee jumps



20 Push ups



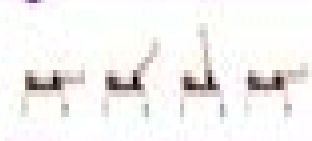
20 Muscle shivers (30 sec)



20 Weighted front leg pullbacks



20 Leg raises in bench



10 Burn squats



20 Knee ups (1 min)



20 Triceps dips (30 sec)



20 Commando (30 sec)



20 Power leg sit ups with feet (1 min)



20 Toe touches



20 Weighted step ups (1 min)



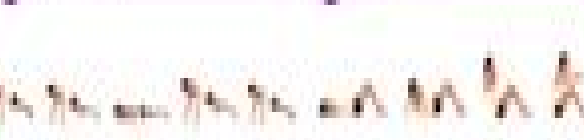
20 Cable back squats



20 Plan



20 Split push ups



20 Ob 100



20 Plan



Kayla Itsines Bikini Guide For Cheaper

JS Bruner



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