# Pre-Training Week 4 Friday

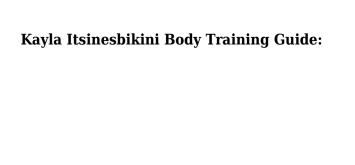
# **FULL BODY (OPTIONAL)**

2x7min Circuit One Circuit Two 2×7min 20 REPS Medicine Ball Squat Press 15 REPS Jump Lunges 6-12 KG 10 REPS Sumo Squats 15 REPS Burpees 15 REPS Push Ups Skipping 50 REPS 15 REPS Straight Leg Sit Ups **Toe Taps** 20 REPS

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

# **Kayla Itsinesbikini Body Training Guide**

**E Durkheim** 



## Kayla Itsinesbikini Body Training Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Kayla Itsinesbikini Body Training Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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