

## 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 Itsinesbikini Body Training Guide

**E Durkheim**



## **Kayla Itsinesbikini Body Training Guide:**

## **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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