

Circuit One

2x7min

Weighted Step Ups

30 REPS
15 PER SIDE



3-6 KG

Double Bench Jumps

15 REPS



Medicine Ball Crab Walk

20 REPS



6-12 KG

Split Squats

20 REPS



Circuit Two

2x7min

Burpee + Push Up + Bench Jump

15 REPS



Medicine Ball Squat Press

15 REPS



6-12 KG

180 Degree Jump Squats

24 REPS



X Jumps

30 REPS
15 PER SIDE



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

Kayla Itsines 12 Week Workout Plan

L Darling-Hammond



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