

Monday
week
2 & 4

LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

10
reps Burpees



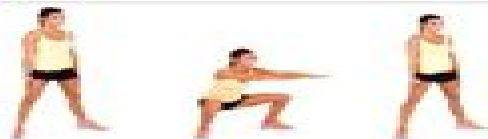
20
reps Jump lunges (10 per leg)



24
steps Knee ups (12 per leg)



15
reps Sumo squats



CIRCUIT TWO

2
mins Skipping



24
steps Walking lunges (12 per leg)



30
reps Raised reverse lunges (15 per leg)



15
reps Jump squats



Kayla Itsines Guide

J Ma



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