

Monday
week 5 & 7

LEGS & CARDIO

Sumo jump squats
Weighted wide squats on bench
Burpees
Weighted step ups

Jump lunges
Medicine ball crab walk
Weighted walking lunges
Skipping

CIRCUIT ONE

15
reps

Sumo jump squats



15
reps

Weighted wide squats on bench



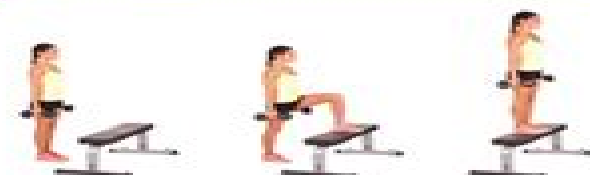
15
reps

Burpees



30
reps

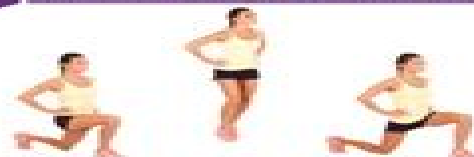
Weighted step ups (15 per leg)



CIRCUIT TWO

30
reps

Jump lunges (15 per leg)



15
steps

Medicine ball crab walk



24
steps

Weighted walking lunges (12 per leg)



2
mins

Skipping



@ NohoLita

Kayla Itsines Workout

Clemens Wendtner

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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