

Circuit One

2x7min

Ab Bikes

40 REPS
20 PER SIDE



Snap Jumps

20 REPS



X Mountain Climbers

40 REPS
20 PER SIDE



Weighted Bent Leg Jackknives

20 REPS



Circuit Two

2x7min

Side Crunches (On Side)

30 REPS
15 PER SIDE



Skipping

50 REPS



Toe Taps

30 REPS



Straight Leg Sit Up + Twist

30 REPS
15 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Kayla Itsines Workout Two

AN Whitehead



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