

OPTIONAL

Friday  
week 1 & 3

## FULL BODY WORKOUT

Medicine ball squat & press

Knee ups

Ab bikes

Walking lunges

Burpees

Straight leg sit ups

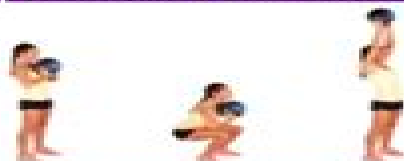
Weighted step ups

Push ups

### CIRCUIT ONE

15  
reps

Medicine ball squat & press



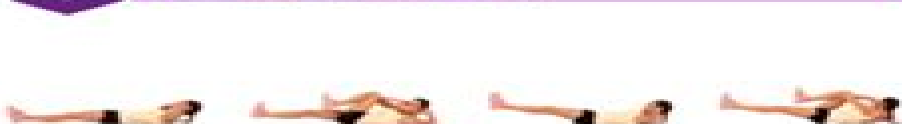
30  
reps

Knee ups (15 per leg)



40  
reps

Ab bikes (20 per side)



24  
steps

Walking lunges (12 per leg)



### CIRCUIT TWO

10  
reps

Burpees



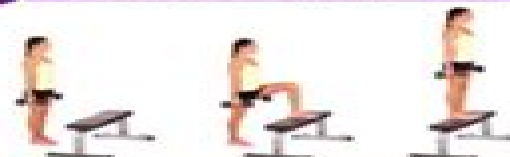
15  
reps

Straight leg sit ups



30  
reps

Weighted step ups (15 per leg)



15  
reps

Push ups



# Kayla Itsines Full 12 Week Plan Doc Up Com

**Hussin A.Rothana**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Hussin A.Rothana.

**Kayla Itsines Full 12 Week Plan Doc Up Com:**

## The Enigmatic Realm of **Kayla Itsines Full 12 Week Plan Doc Up Com**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Kayla Itsines Full 12 Week Plan Doc Up Com** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of people who partake in its reading experience.

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