

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

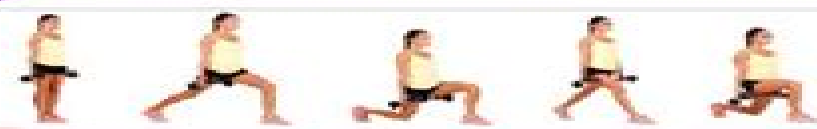
2
mins

Skipping



24
steps

Walking lunges (12 per leg)



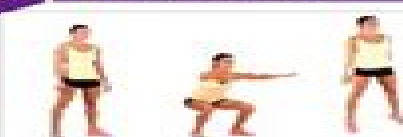
30
reps

Raised reverse lunges (15 per leg)



15
reps

Jump squats



Kayla Itsines Bikini Body Guide Leaked

JR Anderson



Kayla Itsines Bikini Body Guide Leaked:

The Enigmatic Realm of **Kayla Itsines Bikini Body Guide Leaked**: 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 in short supply of extraordinary. Within the captivating pages of **Kayla Itsines Bikini Body Guide Leaked** a literary masterpiece penned with a renowned author, readers embark on 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 those that partake in its reading experience.

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