

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**

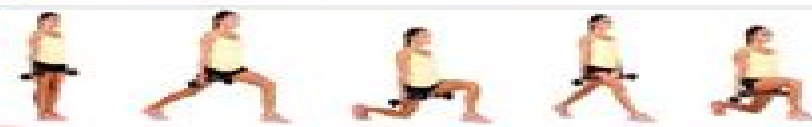


CIRCUIT TWO

2
mins **Skipping**



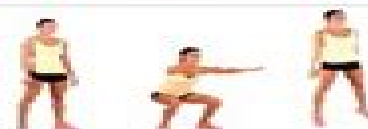
24
steps **Walking lunges** (12 per leg)



30
reps **Raised reverse lunges** (15 per leg)



15
reps **Jump squats**



Kayla Itsines Guide

Patrick Vollmar



Kayla Itsines Guide:

Embark on a transformative journey with is captivating work, Grab Your Copy of **Kayla Itsines Guide** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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