

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



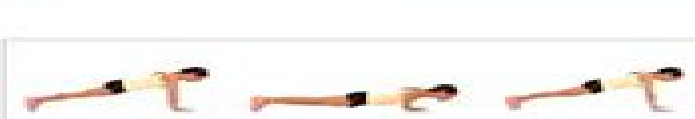
30
reps

Weighted step ups (15 per leg)



15
reps

Push ups



Kayla Itsines Full 1week Plan Doc Up Com

JR Anderson



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