

Kayla Itsines

KAYLA ITSINES BIKINI BODY GUIDES

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Note for Beginners

bikini
BODY
guide

It is important to note that Weeks 1-12 have been written for individuals who already have a basic level of cardio fitness. Due to the high intensity of this style of training, I do not recommend them for absolute beginners.

For this reason, I have provided four weeks' worth of additional training, called 'Pre-training'.

Like the rest of this training guide, I have incorporated the technique of progressive overload into these pre-training workouts. The first two weeks consist primarily of body weight exercises, with plyometric and weights training being incorporated into the next two weeks. In short, these workouts have been written to prepare you for Block 1-12, thus they should be completed first,

and are returning to training after giving birth to a baby (and have received doctor's clearance for this program).

Regardless of your fitness level, it is important that you read the education section prior to commencing this guide.



Pre-Training Week 1 Monday

AROUND

Circuit One

2x7min

Squats

15 REPS



Stationary Lunges

24 REPS
12 on each side



Skipping

50 REPS



Knee Ups

24 REPS
12 on each side



Circuit Two

2x7min

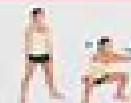
Walking Lunges

24 REPS
12 on each side



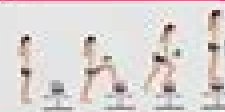
Sumo Squats

15 REPS



Step Ups

24 REPS
12 on each side



Mountain Climbers

50 REPS



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Marcel A. Müller

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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