

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 Bbg

J Spring



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Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Kayla Itsines Bbg**

In a global inundated with displays and the cacophony of quick interaction, the profound power and emotional resonance of verbal art usually disappear into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, set within the musical pages of **Kayla Itsines Bbg**, a interesting function of literary brilliance that impulses with raw feelings, lies an wonderful trip waiting to be embarked upon. Penned by a virtuoso wordsmith, that mesmerizing opus manuals readers on an emotional odyssey, lightly exposing the latent potential and profound influence embedded within the complicated web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is main themes, dissect its charming writing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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