

WEEKS 1 & 3

Monday		LEGS	Wednesday	ARMS & ABS	Friday	FULL BODY
Circuit 1st	Circuit 2nd		Circuit 1st	Circuit 2nd	Circuit 1st	Circuit 2nd
Box Step 20 reps (10 per side)	Beetle Jumps 20 reps (10 per side)		Maximum Overhead 20 reps (10 per side)	Beetle Jumps 10 reps	Box Step 10 reps	Maximum Overhead 20 reps (10 per side)
						
Reps 10	Jump Squat 10 reps		Beetle Leg Series 10 reps	Maximum Series 20 reps (10 per side)	Boxing Step 10 reps	Reps 10
						
Boxing Squat 10 reps	Maximum Overhead & Boxing Squat 20 reps (10 per side)		Leg Series Push Up 10 reps	Boxing Push Up 10 reps	Maximum Series 10 reps	Boxing Push Up 10 reps
						
Boxing 10 reps (10 per side)	Shooping 10 reps		Ab Wave 20 reps (10 per side)	Thrust Up 10 reps	Maximum Overhead 10 reps (10 per side)	Shooping 10 reps
						

WEEKS 2 & 4

Monday		LEGS	Wednesday	ARMS & ABS	Friday	FULL BODY
Circuit 1st	Circuit 2nd		Circuit 1st	Circuit 2nd	Circuit 1st	Circuit 2nd
Beetle Jumps 20 reps (10 per side)	High Knees 10 reps (10 per side)		Straight Leg Sit Up 10 reps	Maximum Thrust Jumps 10 reps	Maximum 10 reps (10 per side)	Maximum Overhead & Thrust 10 reps
						
Split Squat 10 reps	Squat 10 reps		Push Up 10 reps	Side Overhead (10 per side) 20 reps (10 per side)	Split Squat 10 reps	High Knees 10 reps (10 per side)
						
Overhead Squat & Press 10 reps	Beetle Jumps 10 reps		Overhead Curl & Press 10 reps	Overhead 10 reps (10 per side)	Maximum Thrust 10 reps (10 per side)	Straight Leg Sit Up 10 reps
						
Box Step 20 reps (10 per side)	Lat Pull Down 10 reps (10 per side)		Plank 30 secs	Straight Leg Series 10 reps	Straight Leg Series 10 reps	Beetle Jumps 10 reps
						

Kayla Itsines Workout Guide Leaked

RD Boyd



Kayla Itsines Workout Guide Leaked:

This book delves into Kayla Itsines Workout Guide Leaked. Kayla Itsines Workout Guide Leaked is a vital topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Kayla Itsines Workout Guide Leaked, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Kayla Itsines Workout Guide Leaked
 - Chapter 2: Essential Elements of Kayla Itsines Workout Guide Leaked
 - Chapter 3: Kayla Itsines Workout Guide Leaked in Everyday Life
 - Chapter 4: Kayla Itsines Workout Guide Leaked in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Kayla Itsines Workout Guide Leaked. This chapter will explore what Kayla Itsines Workout Guide Leaked is, why Kayla Itsines Workout Guide Leaked is vital, and how to effectively learn about Kayla Itsines Workout Guide Leaked.
 3. In chapter 2, the author will delve into the foundational concepts of Kayla Itsines Workout Guide Leaked. This chapter will elucidate the essential principles that need to be understood to grasp Kayla Itsines Workout Guide Leaked in its entirety.
 4. In chapter 3, the author will examine the practical applications of Kayla Itsines Workout Guide Leaked in daily life. The third chapter will showcase real-world examples of how Kayla Itsines Workout Guide Leaked can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Kayla Itsines Workout Guide Leaked in specific contexts. The fourth chapter will explore how Kayla Itsines Workout Guide Leaked is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Kayla Itsines Workout Guide Leaked. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Kayla Itsines Workout Guide Leaked.

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Kayla Itsines Workout Guide Leaked Introduction

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