

Pre-Training Week 4 Friday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Medicine Ball Squat Press

15 REPS



4-12 KG

Burpees

10 REPS



Push Ups

15 REPS



Toe Taps

15 REPS



Circuit Two

2x7min

Jump Lunges

20 REPS
10 PER SIDE



Sumo Squats

15 REPS



Skipping

50 REPS



Straight Leg Sit Ups

20 REPS



Cool Down - Lower and Upper Body Stretch Routines (see page 84-85)

Pre-Training Week 4 Saturday - LISS (35-45 mins) + REHABILITATION (see page 82-85)

Kayla Itsinesbikini Body Training Guide

Arturo Cuomo



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