

Circuit One

2x7min

Ab Bikes

40 REPS
20 PER SIDE



Snap Jumps

20 REPS



X Mountain Climbers

40 REPS
20 PER SIDE



Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Circuit Two

2x7min

Side Crunches (On Side)

30 REPS
15 PER SIDE



Skipping

50 REPS



Toe Taps

30 REPS



5-10 KG

Straight Leg Sit Up + Twist

30 REPS
15 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines (see pages 81-82)

Kayla Itsines Workout Two

Liyong Dong

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Liyong Dong text bar.

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