

ab WORKOUT

free week
or
workouts

Ab bikes

Weighted bent leg jackknives

Raised leg sit ups with twist

Sit ups

Mountain climbers

Leg raises on bench

Toe touches

Plank

CIRCUIT ONE

40
reps

Ab bikes (20 each side)



15
reps

Weighted bent leg jackknives



30
reps

Raised leg sit ups with twist (15 each)



20
reps

Sit ups



CIRCUIT TWO

40
reps

Mountain climbers (20 each side)



30
reps

Leg raises on bench



20
reps

Toe touches



30
sec

Plank



Kayla Itsines Program Review

Jiyuan Zhang



Kayla Itsines Program Review:

Program-based Review and Assessment Martha L. A. Stassen, 2004 Designed to guide the practitioner through the steps of student learning assessment focusing on assessment at the department or program level to guide program review and improvement **Program Review Process** Algonquin College. Program Evaluation Committee, 1991 **Program Review Guidelines**, 1995 **Comprehensive Program Review Manual** University of Wyoming. Division of Student Affairs, 2003 A Guide to Program Review North Carolina. Department of Community Colleges. Program Services Division, 1989 **Academic Program Review Handbook** Azusa Pacific University. Office of Institutional Research and Effectiveness, 2009 **The Validity and Reliability of Program Quality Review as a Process for Educational Program Evaluation in California's Elementary Schools** Susan Rae Macy, 2000 Criteria for LEA Chapter 1 On-site Program Reviews, 1985 Program Review Indiana University, Bloomington. Department of Chemistry, 1979 Guide and Criteria for Program Quality Review, 1994

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