

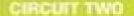


Ab bives Weighted bent leg jackknifes Raised leg sit ups with twist Sit ups

Mountain climbers Leg raises on bench Toe touches Plank

### CIRCUIT ONE

40 Ab bikes (20 each side)



Mountain climbers (20 each side)





15 Weighted bent leg jackknifes

30 Leg raises on bench











Raised leg sit ups with twist (15 each 20 Toe touches









20 Sit ups



30 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 Program Review Process Algonquin College. Program Evaluation Committee, 1991 and improvement **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 Program Review Indiana University, Bloomington. Department of Chemistry, 1979 Guide and Criteria Reviews ,1985 for Program Quality Review ,1994

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