

LEGS & CARDIO

Burpees Jump lunges Knee ups Sumo squats Skipping Walking lunges Raised reverse lunges Jump squats

CIRCUIT ONE

Burpees



Jump lunges (10 per leg)



Knee ups (12 per leg)



Sumo squats



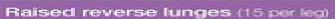
CIRCUIT TWO

Skipping



Walking lunges (12 per leg)















Jump squats



Kayla Itsines Bbg Workouts And Nutrition Guide E

C Cleary

Kayla Itsines Bbg Workouts And Nutrition Guide ${\bf E}$:

Kayla Itsines Bbg Workouts And Nutrition Guide E Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Kayla Itsines Bbg Workouts And Nutrition Guide E**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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