

LEGS & CARDIO

X jumps Weighted step ups Jump lunges Tuck jumps

Sumo jump squats
Split squats
Weighted walking lunges
Broad jump burpees

CIRCUIT ONE

30 X jumps (15 each side)



30 Weighted step ups (15 each side)



Jump lunges (20 each side)



15 reps Tuck jumps (knees to elbows)



CIRCUIT TWO

15 Sumo jump squats



15 reps Split squats



Weighted walking lunges (12 per leg)



15 Broad jump burpees (jump forward)



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Raffaela Di Napoli



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 - The Rise of Digital Reading Kayla Itsines Download Free
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Kayla Itsines Download Free
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 - o Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
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