

Circuit One

2x7min

Burpees

10 REPS



Jump Lunges

**30 REPS
15 PER SIDE**



Lay Down Push Ups

15 REPS



Sumo Squats

15 REPS



Circuit Two

2x7min

Mountain Climbers (4) + Push Ups (1)

15 REPS



Straight Leg Jackknives

15 REPS



Skipping

100 REPS



Commandos

**24 REPS
12 PER SIDE**



Cool Down - Lower and Upper Body Stretch Routine (see page 84-85)

Week 4 Saturday - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

Kayla Itsines Full Guide

Kayla Itsines



Kayla Itsines Full Guide:

Kayla Itsines Full Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Kayla Itsines Full Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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