

Week 12 Friday

ABS

Circuit One

2x7min

Snap Jumps

30 REPS



Spider Push Ups

16 REPS
8 PER SIDE



Scissor Kicks

40 REPS
20 PER SIDE



Bench Hops

30 REPS
15 PER SIDE



Circuit Two

2x7min

Straight Leg Raises (On Bench)

20 REPS



Straight Leg Jackknives

20 REPS



Weighted Bent Leg Jackknives

20 REPS



Burpee + Push Up + Bench Jump

15 REPS



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

Week 12 Saturday - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

Kayla Itsines Workout Guide Leaked

EW Minium



Kayla Itsines Workout Guide Leaked:

The book delves into Kayla Itsines Workout Guide Leaked. Kayla Itsines Workout Guide Leaked is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Kayla Itsines Workout Guide Leaked, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Kayla Itsines Workout Guide Leaked
 - Chapter 2: Essential Elements of Kayla Itsines Workout Guide Leaked
 - Chapter 3: Kayla Itsines Workout Guide Leaked in Everyday Life
 - Chapter 4: Kayla Itsines Workout Guide Leaked in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Kayla Itsines Workout Guide Leaked. This chapter will explore what Kayla Itsines Workout Guide Leaked is, why Kayla Itsines Workout Guide Leaked is vital, and how to effectively learn about Kayla Itsines Workout Guide Leaked.
 3. In chapter 2, the author will delve into the foundational concepts of Kayla Itsines Workout Guide Leaked. The second chapter will elucidate the essential principles that must be understood to grasp Kayla Itsines Workout Guide Leaked in its entirety.
 4. In chapter 3, this book will examine the practical applications of Kayla Itsines Workout Guide Leaked in daily life. The third chapter will showcase real-world examples of how Kayla Itsines Workout Guide Leaked can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Kayla Itsines Workout Guide Leaked in specific contexts. This chapter will explore how Kayla Itsines Workout Guide Leaked is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Kayla Itsines Workout Guide Leaked. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Kayla Itsines Workout Guide Leaked.

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