

Monday  
week  
**2 & 4**

## LEGS & CARDIO

Burpees  
Jump lunges  
Knee ups  
Sumo squats

Skipping  
Walking lunges  
Raised reverse lunges  
Jump squats

### CIRCUIT ONE

10  
reps

Burpees



20  
reps

Jump lunges (10 per leg)



24  
steps

Knee ups (12 per leg)



15  
reps

Sumo squats



### CIRCUIT TWO

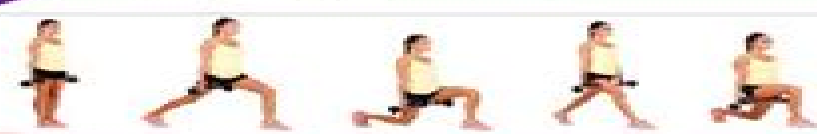
2  
mins

Skipping



24  
steps

Walking lunges (12 per leg)



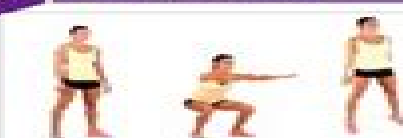
30  
reps

Raised reverse lunges (15 per leg)



15  
reps

Jump squats



# Kayla Itsines Bikini Body Guide Leaked

**Katrin Zwirgmaier**



**Kayla Itsines Bikini Body Guide Leaked:**

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