

## 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 12 Week Program Free

**Coach Joe Forza Muscle Team**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the text 'Coach Joe Forza Muscle Team'.

## **Kayla Itsines 12 Week Program Free:**

Q-Kurv Magazine Jason Sternberg, Michael Scully, 2020-09-17 Q Kurv is a digital first multimedia magazine published by Journalism students at Queensland University of Technology in Brisbane Australia **Bikini Body Training Guide 2.0** Kayla Itsines, 2015-02-20 So you finished my 12 week guide Give yourself a massive congratulations and pat on the back It's a huge accomplishment and no doubt you are feeling a big change in your overall health mindset and confidence As you know by now my program is not a diet but a lifestyle With my 2.0 guide I've created another 12 weeks to help you continue your healthy lifestyle Inside you will find 12 weeks of higher challenge workouts a full glossary section detailing new exercises as well as a guide to foam rolling and new resistance exercises The 2.0 guide helps you take your healthy lifestyle to the next level and is the best way to continue reaching your fitness goals **The Bikini Body 28-Day Healthy Eating & Lifestyle Guide** Kayla Itsines, 2016-12-27 Kayla Itsines Bikini Body Guide 28 minute workouts are energetic high intensity plyometric training sessions that help women achieve healthy strong bodies Itsines Sweat with Kayla app is the best selling fitness app in the world for a reason The BikiniBody 28 Day Healthy Eating Lifestyle Guide is full of Kayla's meal plans recipes and motivating information to help you live a healthy and balanced lifestyle Kayla makes exercising and healthy eating achievable and fun The Bikini Body 28 Day Healthy Eating Lifestyle Guide features Kayla's advice for a nutritious and sustainable diet Over 200 recipes such as Berry Nana Smoothie Bowl Strawberries Ricotta Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese 7 Day access to the Sweat with Kayla app A 28 Day workout plan that has all the moves to accompany Kayla's meal plan The BikiniBody 28 Day Healthy Eating Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals *Reboot with Kayla* Kayla Itsines, 2024-05-07 Are you looking for a way to reignite your fitness and feel amazing Embark on a four week reboot journey with Sweat's head trainer Kayla as she guides you through a powerful plan for your mind and body Week 1 Mindset Week 2 Movement Week 3 Motivation Week 4 Momentum A complete reset toolkit backed by the expertise of Sweat this book is packed with accessible workout plans to meet you at your fitness level and build beyond step by step mobility and strength exercises 30 nourishing and easy to make recipes to inspire every meal of the day weekly meal planners pep talks from Kayla and her top tips for reboot success daily prompted journal pages to tap into the power of a positive mindset From here on every move you make is another step towards the best version of you Kayla **The Bikini Body Motivation & Habits Guide** Kayla Itsines, 2017-12-19 The 1 Fitness Influencer in the world and social media star Kayla Itsines new guide on how to form good eating habits in just 28 days **Clean and Lean 12 weeks program** Coach Joe Forza Muscle Team, 2021-01-21 When you purchase my bikini fitness CLEAN AND LEAN eBooks you gain access to the programs that have helped women around the world to feel fitter stronger and more confident My eBook is more than a bikini guide It is a

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