

leg

WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Cable kick squats

fat and core workouts

arm

WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat rows & press

Muscle shivers

Commandos

Split push ups

fat and core workouts

ab

WORKOUT

As 100s

Weighted front leg pike

Power leg sit ups with feet

Ob 100

Muscle shivers

Leg raises in bench

Toe touches

Plan

fat and core workouts

CIRCUIT ONE

15 Jump squats



CIRCUIT TWO

20 Boxer jumps (30 sec)



CIRCUIT ONE

10 Biceps



CIRCUIT TWO

15 Weighted squat rows & press



CIRCUIT ONE

20 As 100s (30 sec)

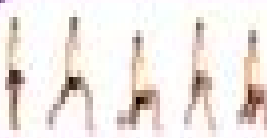


CIRCUIT TWO

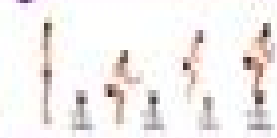
20 Muscle shivers (30 sec)



20 Weighted walking lunges (10 sec)



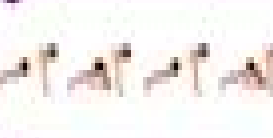
10 Burpee jumps



20 Push ups



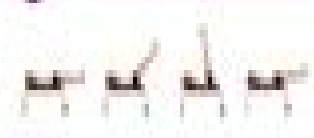
20 Muscle shivers (30 sec)



15 Weighted front leg pike



20 Leg raises in bench



15 Burn squats



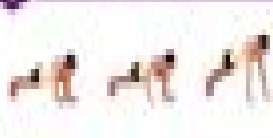
20 Knee ups (10 sec)



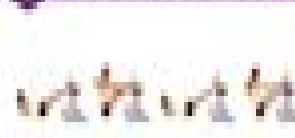
20 Triceps dips (30 sec)



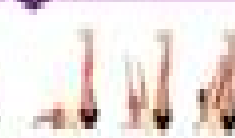
20 Commandos (30 sec)



20 Power leg sit ups with feet (10 sec)



20 Toe touches



20 Weighted step ups (10 sec)



10 Cable kick squats



20 Plan



15 Split push ups



20 Ob 100



20 Plan



Kayla Itsines Program Review

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A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the text 'California. Department of Education'.

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Designed to guide the practitioner through the steps of student learning assessment focusing on assessment at the department or program level to guide program review and improvement *Guide and Criteria for Program Quality Review*, 1993 **Segmental Responses to "Quality and Accountability"**, 1981* Comprehensive Program Review Mary Heltsley, United States. Cooperative State Research Service, 1986 **Program Internal Review** Alberta Environmental Centre, 1984 Program Review and Standards Handbook, 2023 Program Review Guidelines for Self Evaluation and Peer Review Child Life Council, Evelyn K. Clark, 1987 *Handbook for Program Review and Academic Standards* Academy of Criminal Justice Sciences, 2000* **Guide and Criteria for Program Quality Review** California Department of Education Staff, California State Dept. of Education, Sacramento. Office of School Improvement, 1994

This document contains guidelines to be used by California schools in conducting the Program Quality Review PQR Part 1 describes the major steps in the process preparation the curriculum self review process and implementation followup It also outlines the role of consultants Part 2 specifies criteria for evaluating curricula health education history and social science language arts mathematics physical education science and visual performing arts and instructional support Each curriculum criterion includes a focus statement and description of student work The instructional support criteria contain a focus statement and exemplars of teaching activity The third part contains sample timelines student work summaries improvement plans and visitation reports The final part provides information about the California Alliance for Elementary Education A list of available California Department of Education publications is included LMI **Guide and Criteria for Program Quality Review** California. Department of Education, 1998

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