

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

Judd E. Hollander



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