

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 JUNE 29	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 2 JULY 6	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 3 JULY 13	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 4 JULY 20	Legs & Cardio (Resistance)	Walk 40 Min (LISS)	Abs & Arms (Resistance)	Walk 40 Min (LISS) + Stretching	Full Body Workout	Yoga/Stretching
WEEK 5 JULY 27	Legs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT) + Stretching	Abs & Cardio (Resistance)	Yoga/Stretching
WEEK 6 AUG 3	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT)	Abs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Legs & Cardio (Resistance)	Yoga/Stretching
WEEK 7 AUG 10	Legs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT) + Stretching	Abs & Cardio (Resistance)	Yoga/Stretching
WEEK 8 AUG 17	Abs & Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 20 Min. (HIT)	Abs & Cardio (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Legs & Cardio (Resistance)	Yoga/Stretching
WEEK 9 AUG 24	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching
WEEK 10 AUG 31	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching
WEEK 11 SEPT 7	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching
WEEK 12 SEPT 14	Legs (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 25 Min. (HIT)	Arms (Resistance)	Sprint 30 Sec. Walk 30 Sec. Total 30 Min. (HIT) + Stretching	Abs (Resistance)	Yoga/Stretching

REST ON SUNDAYS! DRINK PLENTY OF WATER.

SEPT 21
FINISH
PHASE 1

7-minute circuits with 4 exercises in each. Each workout will consist of two rounds of two different circuits. This in total means 4 x 7-minute rounds = 28 minutes. Inbetween each circuit you can have 30-90 seconds rest as you need.

LISS stands for Low Intensity Steady State. This can be used to define exercise types such as walking.

HIT stands for High Intensity Interval Training. Interval training consists of two periods typically called the 'rest' and 'work' period. You will be using are a 30:30 setup. This means you will sprint at 90-100% capacity for 30 seconds and then be at stand still (or cruise) for 30 seconds, then repeat.

Resistance training is based around the use of resistance to induce muscular contraction. Typically resistance consists of sets or rounds of exercises with a specified numbers of repetitions of each.

Kayla Itsines Weekly Exercise Timetable

Lei Huang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Huang'.

Kayla Itsines Weekly Exercise Timetable:

The Top Books of the Year Kayla Itsines Weekly Exercise Timetable The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Kayla Itsines Weekly Exercise Timetable : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Kayla Itsines Weekly Exercise Timetable : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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