

Pre-Training Week 1 Friday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Circuit Two

2x7min

Squats

20 REPS



Toe Taps

20 REPS



Burpees

10 REPS

Lay Down Push Ups (On Knees)

15 REPS



Tricep Dips

20 REPS

Step Ups

24 REPS
12 PER SIDE



Straight Leg Sit Ups

15 REPS

Mountain Climbers

50 REPS
25 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines

Pre-Training Week 1 Saturday - Rehabilitation

Kayla Itsines Full 1week Plan

Lei Huang



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