

OPTIONAL

Friday  
week 1 & 3

# FULL BODY WORKOUT

Medicine ball squat & press  
 Knee ups  
 Ab bikes  
 Walking lunges

Burpees  
 Straight leg sit ups  
 Weighted step ups  
 Push ups

## CIRCUIT ONE

15 reps Medicine ball squat & press



30 reps Knee ups (15 per leg)



40 reps Ab bikes (20 per side)



24 steps Walking lunges (12 per leg)



## CIRCUIT TWO

10 reps Burpees



15 reps Straight leg sit ups



30 reps Weighted step ups (15 per leg)



15 reps Push ups



# Kayla Itsines Full 1week Plan Doc Up Com

**F Rizvi**



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