

Monday  
week  
2 & 4

## LEGS & CARDIO

Burpees  
Jump lunges  
Knee ups  
Sumo squats

Skipping  
Walking lunges  
Raised reverse lunges  
Jump squats

### CIRCUIT ONE

10  
reps  
Burpees



20  
reps  
Jump lunges (10 per leg)



24  
steps  
Knee ups (12 per leg)



15  
reps  
Sumo squats



### CIRCUIT TWO

2  
mins  
Skipping



24  
steps  
Walking lunges (12 per leg)



30  
reps  
Raised reverse lunges (15 per leg)



15  
reps  
Jump squats



# Kayla Bikini Body Guide

**Lei Shi**



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