

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 Itsines Guide

Clemens Wendtner



Kayla Itsines Guide:

Reviewing **Kayla Itsines Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Kayla Itsines Guide**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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