

Circuit One

2x7min

Push Ups

15 REPS



Circuit Two

2x7min

Mountain Climbers

30 REPS
15 PER SIDE



Side Raises

15 REPS



2-4 KG

Medicine Ball Squat & Press

15 REPS



6-12 KG

Tricep Dips

15 REPS



Skipping

50 REPS



Weighted Bent Leg Jackknives

20 REPS



5-10 KG

Lay Down Push Ups

15 REPS



Cool Down - Upper Body Stretch Routine (see page 82)

Kayla Itsines 2 0

Jacqueline Alnes



Kayla Itsines 2 0:

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