

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 Guide

David Baud



Kayla Itsines Full Guide:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Kayla Itsines Full Guide** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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