

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 Itstines Bikini Body Guide

**RJ Alexander**



## **Kayla Itstines Bikini Body Guide:**

Eventually, you will very discover a extra experience and execution by spending more cash. nevertheless when? realize you say you will that you require to acquire those every needs once having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more regarding the globe, experience, some places, gone history, amusement, and a lot more?

It is your no question own become old to perform reviewing habit. in the course of guides you could enjoy now is **Kayla Itstines Bikini Body Guide** below.

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