

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

Clifford Lane



Kayla Itsines Guide:

Kayla Itsines Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Kayla Itsines Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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