

1-4

Weekly Workout Planner

Resistance

LISS

HIIT

Stretch

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



5-8

Weekly Workout Planner

Resistance

LISS

HIIT

Stretch

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



9-12

Weekly Workout Planner

Resistance

LISS

HIIT

Stretch

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Kayla Itsines Weekly Exercise Timetable

N Noddings



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