

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

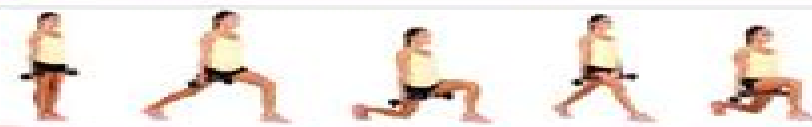
**2**  
mins

Skipping



**24**  
steps

Walking lunges (12 per leg)



**30**  
reps

Raised reverse lunges (15 per leg)



**15**  
reps

Jump squats



# Kayla Itsines Bikini Body Guide Leaked

**JR Anderson**



**Kayla Itsines Bikini Body Guide Leaked:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Kayla Itsines Bikini Body Guide Leaked** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), 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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