

Monday
week
2 & 4

LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

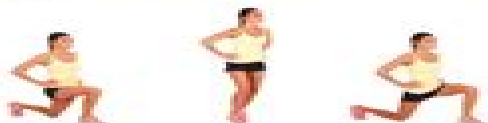
10
reps

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 Full 12 Week Plan Doc Up Com

Kayla Itsines



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