

Pre-Training Week 1 Friday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Squats

20 REPS



Burpees

10 REPS



Tricep Dips

20 REPS



Straight Leg Sit Ups

15 REPS



Circuit Two

2x7min

Toe Taps

20 REPS



Lay Down Push Ups (On Knees)

15 REPS



Step Ups

24 REPS
12 PER SIDE



Mountain Climbers

50 REPS
25 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines

Pre-Training Week 1 Saturday - Rehabilitation

Kayla Itsines Full 1week Plan

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Yi-Tong Ma.

Kayla Itsines Full 1week Plan:

Kayla Itsines Full 1week Plan Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Kayla Itsines Full 1week Plan**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://splashdogs.com/data/uploaded-files/HomePages/lover%20awakened%20number%20in%20series.pdf>

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