

ARMS

Weighted squat clean & press Commandos Lay down push-ups with tuck jumps

Decline push up

Spider push ups Tricep dips (feet raised) Bosu burpee Split leg push ups

CIRCUIT ONE

Weighted squat clean & press



Commandos (18 each side),



Tricep dips (feet raised)





Laydown push ups with tuck jumps



Bosu burpees

CIRCUIT TWO



Decline push ups

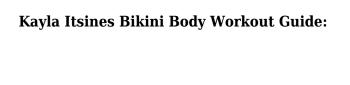


Split leg push ups



Kayla Itsines Bikini Body Workout Guide

R Sandford



Uncover the mysteries within is enigmatic creation, **Kayla Itsines Bikini Body Workout Guide**. This downloadable ebook, shrouded in suspense, is available in a PDF format (Download in PDF: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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