

## Week 12 Friday

## ABS

### Circuit One

2x7min

#### Snap Jumps

30 REPS



#### Spider Push Ups

16 REPS  
8 PER SIDE



#### Scissor Kicks

40 REPS  
20 PER SIDE



#### Bench Hops

30 REPS  
15 PER SIDE



### Circuit Two

2x7min

#### Straight Leg Raises (On Bench)

20 REPS



#### Straight Leg Jackknives

20 REPS



#### Weighted Bent Leg Jackknives

20 REPS



3-6 KG

#### Burpee + Push Up + Bench Jump

15 REPS



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 12 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Kayla Itsines Workout Guide

**S Ben Porath**



## **Kayla Itsines Workout Guide:**

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