

Monday
week
2 & 4

LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

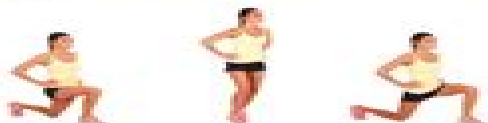
10
reps

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

M Tight



Kayla Itsines Full 12 Week Plan Doc Up Com:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Kayla Itsines Full 12 Week Plan Doc Up Com**

In a global inundated with displays and the cacophony of quick transmission, the profound power and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the constant assault of sound and distractions. However, nestled within the lyrical pages of **Kayla Itsines Full 12 Week Plan Doc Up Com**, a charming function of literary elegance that pulses with organic emotions, lies an unforgettable trip waiting to be embarked upon. Composed by a virtuoso wordsmith, that interesting opus books readers on an emotional odyssey, softly revealing the latent potential and profound impact embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect its captivating publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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