

Kayla Itsines

KAYLA ITSINES BIKINI BODY GUIDES

10%
OFF

Note for Beginners

bikini
BODY
guide

It is important to note that Weeks 1-12 have been written for individuals who already have a basic level of cardio fitness. Due to the high intensity of this style of training, I do not recommend them for absolute beginners.

For this reason, I have provided four weeks worth of additional training, called 'Pre-training'.

Like the rest of this training guide, I have incorporated the technique of progressive overload into these pre-training workouts. The first two weeks consist primarily of body weight exercises, with plyometric and weights training being incorporated into the next two weeks. In short, these workouts have been written to prepare you for Block 1-12, thus they should be completed first,

and are returning to training after giving birth to a baby (and have received doctor's clearance for this program).

Regardless of your fitness level, it is important that you read the education section prior to commencing this guide.



Pre-Training Week 1 Monday

AROUND

Circuit One

2x7min

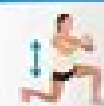
Squats

15 REPS



Stationary Lunges

24 REPS
12 on each side



Skipping

50 REPS



Knee Ups

24 REPS
12 on each side



Circuit Two

2x7min

Walking Lunges

24 REPS
12 on each side



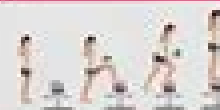
Sumo Squats

15 REPS



Step Ups

24 REPS
12 on each side



Mountain Climbers

50 REPS



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Table of Contents Kayla Itsines Coupon

1. Understanding the eBook Kayla Itsines Coupon
 - The Rise of Digital Reading Kayla Itsines Coupon
 - Advantages of eBooks Over Traditional Books
2. Identifying Kayla Itsines Coupon
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Kayla Itsines Coupon
 - User-Friendly Interface
4. Exploring eBook Recommendations from Kayla Itsines Coupon
 - Personalized Recommendations
 - Kayla Itsines Coupon User Reviews and Ratings

- Kayla Itsines Coupon and Bestseller Lists
- 5. Accessing Kayla Itsines Coupon Free and Paid eBooks
 - Kayla Itsines Coupon Public Domain eBooks
 - Kayla Itsines Coupon eBook Subscription Services
 - Kayla Itsines Coupon Budget-Friendly Options
- 6. Navigating Kayla Itsines Coupon eBook Formats
 - ePub, PDF, MOBI, and More
 - Kayla Itsines Coupon Compatibility with Devices
 - Kayla Itsines Coupon Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Kayla Itsines Coupon
 - Highlighting and Note-Taking Kayla Itsines Coupon
 - Interactive Elements Kayla Itsines Coupon
- 8. Staying Engaged with Kayla Itsines Coupon
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Kayla Itsines Coupon
- 9. Balancing eBooks and Physical Books Kayla Itsines Coupon
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Kayla Itsines Coupon
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Kayla Itsines Coupon
 - Setting Reading Goals Kayla Itsines Coupon
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Kayla Itsines Coupon
 - Fact-Checking eBook Content of Kayla Itsines Coupon
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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