

Monday  
week  
**2 & 4**

## LEGS & CARDIO

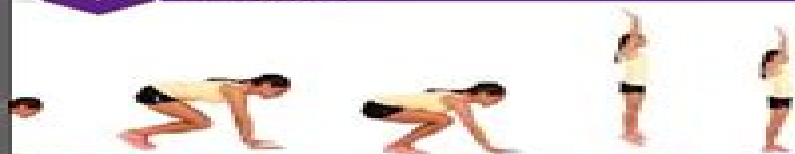
Burpees  
Jump lunges  
Knee ups  
Sumo squats

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

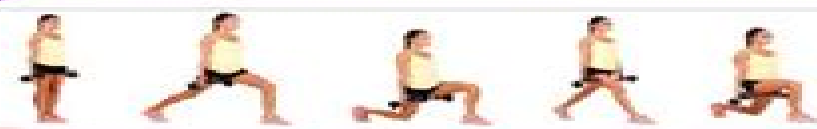
**2**  
mins

Skipping



**24**  
steps

Walking lunges (12 per leg)



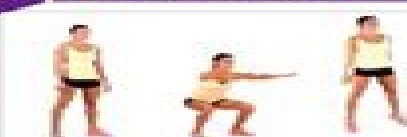
**30**  
reps

Raised reverse lunges (15 per leg)



**15**  
reps

Jump squats



# Kayla Itsines Bikini Body Guide Leaked

**Michael Hoelscher**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

**Kayla Itsines Bikini Body Guide Leaked:**

## **Kayla Itsines Bikini Body Guide Leaked** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Kayla Itsines Bikini Body Guide Leaked**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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