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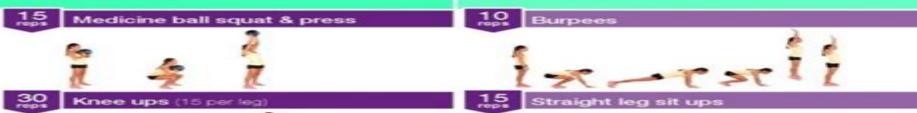


FULL BODY WORKOUT

Medicine ball squat & press Knee ups Ab bikes Walking lunges Burpees Straight leg sit ups Weighted step ups Push ups

CIRCUIT ONE

CIRCUIT TWO











Kayla Itsines Workout Two

Kayla Itsines

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