

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Burpee jumps

Knee ups

Crabbe bench squats

# fat and

## core workouts

# arm

## WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat chest & arms

Muscle shivers

Commando

Split push ups

# fat and

## core workouts

# ab

## WORKOUT

As 100s

Weighted bent leg pike

Power leg sit ups with feet

On up

Muscle shivers

Leg raises in bench

Toe touches

Plan

# fat and

## core workouts

### CIRCUIT ONE

15 Jump squats



### CIRCUIT TWO

20 Boxer jumps (1 min)



### CIRCUIT ONE

10 Biceps



### CIRCUIT TWO

15 Weighted squat chest & arms



### CIRCUIT ONE

30 As 100s (1 min)

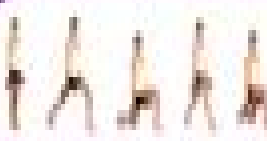


### CIRCUIT TWO

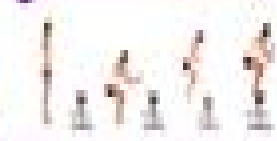
20 Muscle shivers (1 min)



20 Weighted walking lunges (1 min)



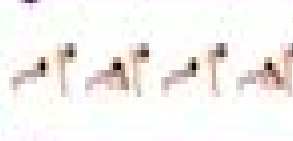
10 Burpee jumps



20 Push ups



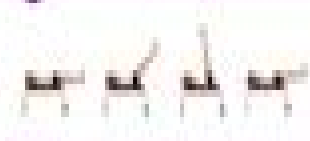
20 Muscle shivers (1 min)



15 Weighted bent leg pike



20 Leg raises in bench



15 Burn squats



20 Knee ups (1 min)



20 Triceps dips (1 min)



20 Commando (1 min)



20 Power leg sit ups with feet (1 min)



20 Toe touches



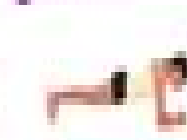
20 Weighted step ups (1 min)



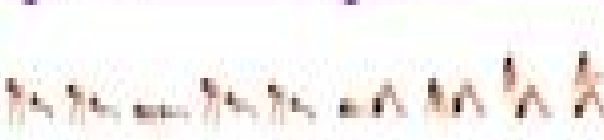
10 Crabbe bench squats



20 Plan



15 Split push ups



20 On up



20 Plan



# Kayla Itsines Bikini Body Bundle Guide Torrent

**Kayla Itsines**



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