

Pre-Training Week 1 Friday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Squats

20 REPS



Burpees

10 REPS



Tricep Dips

20 REPS



Straight Leg Sit Ups

15 REPS



Circuit Two

2x7min

Toe Taps

20 REPS



Lay Down Push Ups (On Knees)

15 REPS



Step Ups

24 REPS
12 PER SIDE



Mountain Climbers

50 REPS
25 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines

Pre-Training Week 1 Saturday - Rehabilitation

Kayla Itsines Full 1week Plan

VM Jensen



Kayla Itsines Full 1week Plan:

Uncover the mysteries within Crafted by is enigmatic creation, Discover the Intrigue in **Kayla Itsines Full 1week Plan** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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