

Wednesday  
week 10 & 12

## ARMS

Weighted squat clean & press

Commandos

Lay down push-ups  
with tuck jumps

Decline push up

Spider push ups

Tricep dips (feet raised)

Bosu burpee

Split leg push ups

### CIRCUIT ONE

15  
reps

Weighted squat clean & press



36  
reps

Commandos (18 each side)



20  
reps

Laydown push ups with tuck jumps



20  
reps

Decline push ups



### CIRCUIT TWO

24  
reps

Spider push ups (12 each side)



30  
reps

Tricep dips (feet raised)



15  
reps

Bosu burpees



20  
reps

Split leg push ups



# Kayla Itsines Bikini Body Workout Guide

**Albert A Gayle**



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