

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 Bbg

Minjie Lin



Kayla Itsines Bbg:

Whispering the Secrets of Language: An Emotional Quest through **Kayla Itsines Bbg**

In a digitally-driven earth wherever displays reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases usually move unheard. However, situated within the pages of **Kayla Itsines Bbg** a charming literary prize blinking with raw emotions, lies a fantastic quest waiting to be undertaken. Written by a skilled wordsmith, that wonderful opus attracts viewers on an introspective journey, lightly unraveling the veiled truths and profound impact resonating within the material of every word. Within the emotional depths of the emotional review, we will embark upon a honest exploration of the book's primary subjects, dissect its captivating publishing style, and fail to the effective resonance it evokes serious within the recesses of readers' hearts.

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