

leg

WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Barbell jumps

Knee ups

Cable back squats

fat and core workouts

arm

WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat clean & press

Muscle shovels

Commando

Ball push ups

fat and core workouts

ab

WORKOUT

As this

Weighted front leg pullbacks

Power leg sit ups with feet

On up

Muscle shovels

Leg raises in bench

Toe touches

Plan

fat and core workouts

CIRCUIT ONE

10 Jump squats



CIRCUIT TWO

10 Boxer jumps (1 min)



CIRCUIT ONE

10 Biceps



CIRCUIT TWO

10 Weighted squat clean & press



CIRCUIT ONE

10 As this (1 min)



CIRCUIT TWO

10 Muscle shovels (1 min)



10 Weighted walking lunges (1 min)



10 Barbell jumps



10 Push ups



10 Muscle shovels (1 min)



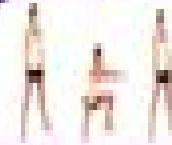
10 Weighted front leg pullbacks



10 Leg raises in bench



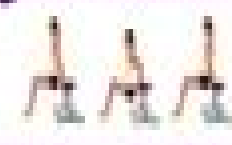
10 Burn squats



10 Knee ups (1 min)



10 Triceps dips (1 min)



10 Commando (1 min)



10 Power leg sit ups with feet (1 min)



10 Toe touches



10 Weighted step ups (1 min)



10 Cable back squats



10 Plan



10 Ball push ups



10 On up



10 Plan



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Kayla Itsines

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