

# leg

## WORKOUT

Jump squats

Weighted walking lunges

Burn squats

Weighted step ups

Boxer jumps

Barbell jumps

Knee ups

Crab walk squats

# fat and core

## workouts

# arm

## WORKOUT

Biceps

Push ups

Triceps dips

Plan

Weighted squat rows & press

Muscle shivers

Commando

Split push ups

# fat and core

## workouts

# ab

## WORKOUT

As 100s

Weighted front leg pike

Power leg sit ups with feet

Ob 100

Muscle shivers

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 rows & press



### CIRCUIT ONE

10 As 100s (1 min)

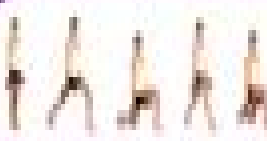


### CIRCUIT TWO

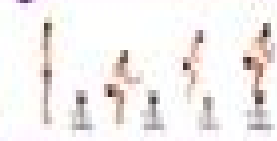
10 Muscle shivers (1 min)



10 Weighted walking lunges (1 min)



10 Barbell jumps



10 Push ups



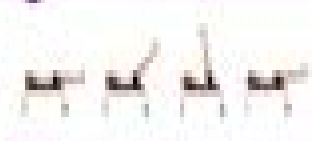
10 Muscle shivers (1 min)



10 Weighted front leg pike



10 Leg raises in bench



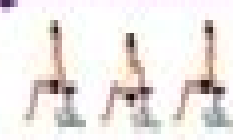
10 Burn squats



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 Crab walk squats



10 Plan



10 Split push ups



10 Ob 100



10 Plan



# **Bikini Body Guide Bundle Kayla Itsines Share**

**Kayla Itsines**



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