

Wednesday  
Week  
**1 & 3**

## ARMS & ABS

Push ups

Medicine ball squat & press

Lay down push ups

Tricep dips

Mountain climbers

Ab bikes

Sit ups with twist

Straight leg sit ups

### CIRCUIT ONE

15  
reps

Push ups



15  
reps

Medicine ball squat & press



15  
steps

Lay down push ups



15  
reps

Tricep dips



### CIRCUIT TWO

40  
reps

Mountain climbers (20 per leg)



40  
reps

Ab bikes (20 per side)



30  
reps

Sit ups with twist (15 each side)



15  
reps

Straight leg sit ups



# Kayla Itsines Full 12 Week Plan Doc Up Com

**Kayla Itsines**



**Kayla Itsines Full 12 Week Plan Doc Up Com:**

The Bikini Body Training Guide Kayla Itsines, 2014-01-20 The Bikini Body Training Guide is Kayla Itsines 189 page guide containing a full 12 week workout plan Including effective cardio methods recommendations to target problem areas and workouts under 30 minutes

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