

Monday  
week  
**2 & 4**

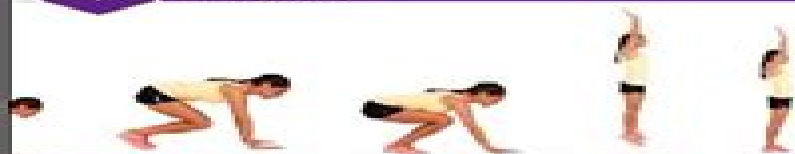
## LEGS & CARDIO

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

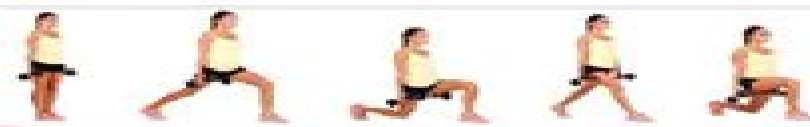


### CIRCUIT TWO

**2**  
mins Skipping



**24**  
steps Walking lunges (12 per leg)



**30**  
reps Raised reverse lunges (15 per leg)



**15**  
reps Jump squats



# Kayla Itsines Bikini Body Guide Leaked

**Léo Pomar**



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