

**Circuit One**

2x7min

**Burpees**

**10 REPS**



**Jump Lunges**

**30 REPS  
15 PER SIDE**



**Lay Down Push Ups**

**15 REPS**



**Sumo Squats**

**15 REPS**



**Circuit Two**

2x7min

**Mountain Climbers (4) + Push Ups (1)**

**15 REPS**



**Straight Leg Jackknives**

**15 REPS**



**Skipping**

**100 REPS**



**Commandos**

**24 REPS  
12 PER SIDE**



**Cool Down** - Lower and Upper Body Stretch Routine (see page 84-85)

**Week 4 Saturday** - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Kayla Itsines Full Guide

**J Ma**



## **Kayla Itsines Full Guide:**

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