

# Pre-Training Week 2 Monday

## LEGS & CARDIO

### Circuit One

2x7min

#### Squats

15 REPS



#### Stationary Lunges

24 REPS  
12 PER SIDE



#### Skipping

50 REPS



#### Knee Ups

24 REPS  
12 PER SIDE



### Circuit Two

2x7min

#### Walking Lunges

24 REPS  
12 PER SIDE



#### Sumo Squats

15 REPS



#### Step Ups

24 REPS  
12 PER SIDE



#### Mountain Climbers

50 REPS  
25 PER SIDE



Cool Down - Lower Body Stretch Routine

Pre-Training Week 2 Tuesday - LISS (35-45 mins)

# Kayla Itsines 2

**Yan Bai**



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