

Pre-Training Week 1 Friday

FULL BODY (OPTIONAL)

Circuit One

2x7min

Squats

20 REPS



Burpees

10 REPS



Tricep Dips

20 REPS



Straight Leg Sit Ups

15 REPS



Circuit Two

2x7min

Toe Taps

20 REPS



Lay Down Push Ups (On Knees)

15 REPS



Step Ups

24 REPS
12 PER SIDE



Mountain Climbers

50 REPS
25 PER SIDE



Cool Down - Lower and Upper Body Stretch Routines

Pre-Training Week 1 Saturday - Rehabilitation

Kayla Itsines Full 1week Plan

Joacim Rocklöv



Kayla Itsines Full 1week Plan:

Reviewing **Kayla Itsines Full 1week Plan**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Kayla Itsines Full 1week Plan**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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