

LEGS & CARDIO

Burpees Jump lunges Knee ups Sumo squats Skipping Walking lunges Raised reverse lunges Jump squats

CIRCUIT ONE

Burpees



Jump lunges (10 per leg)



Knee ups (12 per leg)



Sumo squats



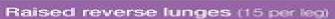
CIRCUIT TWO

Skipping



Walking lunges (12 per leg)















Jump squats



Kayla Itsines Bbg

lan Pickup



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