

Wednesday
week 10 & 12

ARMS

Weighted squat clean & press

Commandos

Lay down push-ups with tuck jumps

Decline push up

Spider push ups

Tricep dips (feet raised)

Bosu burpee

Split leg push ups

CIRCUIT ONE

15
reps

Weighted squat clean & press



36
reps

Commandos (18 each side)



20
reps

Laydown push ups with tuck jumps



20
reps

Decline push ups



CIRCUIT TWO

24
reps

Spider push ups (12 each side)



30
reps

Tricep dips (feet raised)



15
reps

Bosu burpees



20
reps

Split leg push ups



Kayla Itsines Bikini Body Workout Guide

Kathleen Armour



Kayla Itsines Bikini Body Workout Guide:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Kayla Itsines Bikini Body Workout Guide**

In a global inundated with monitors and the cacophony of instantaneous transmission, the profound energy and emotional resonance of verbal beauty often diminish into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, located within the musical pages of **Kayla Itsines Bikini Body Workout Guide**, a charming perform of fictional beauty that pulses with raw thoughts, lies an remarkable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that mesmerizing opus manuals visitors on an emotional odyssey, lightly exposing the latent potential and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative analysis, we shall embark upon an introspective exploration of the book is main themes, dissect their interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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