

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 Guide

Léo Pomar

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Kayla Itsines Full Guide:

Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Kayla Itsines Full Guide**

In a global inundated with displays and the cacophony of instant conversation, the profound energy and psychological resonance of verbal art frequently disappear in to obscurity, eclipsed by the regular assault of sound and distractions. However, set within the musical pages of **Kayla Itsines Full Guide**, a interesting function of literary brilliance that impulses with raw emotions, lies an remarkable journey waiting to be embarked upon. Composed by a virtuoso wordsmith, that magical opus guides visitors on a psychological odyssey, softly exposing the latent potential and profound influence embedded within the intricate web of language. Within the heart-wrenching expanse of the evocative analysis, we shall embark upon an introspective exploration of the book is key themes, dissect their interesting writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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