

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

Hussin A.Rothana



Kayla Itsines 2 :

Whispering the Secrets of Language: An Mental Quest through **Kayla Itsines 2**

In a digitally-driven earth wherever monitors reign supreme and quick conversation drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within phrases often move unheard. However, situated within the pages of **Kayla Itsines 2** a interesting literary prize blinking with fresh thoughts, lies a fantastic quest waiting to be undertaken. Composed by a skilled wordsmith, this charming opus invites readers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the fabric of each word. Within the emotional depths of this emotional evaluation, we can embark upon a genuine exploration of the book is key subjects, dissect their fascinating writing style, and yield to the powerful resonance it evokes heavy within the recesses of readers hearts.

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Kayla Itsines 2 Introduction

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

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