

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 Doc Up Com

Albert A Gayle



Kayla Itsines Full 1week Plan Doc Up Com:

The Enigmatic Realm of **Kayla Itsines Full 1week Plan Doc Up Com**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Kayla Itsines Full 1week Plan Doc Up Com** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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