

Monday
week
2 & 4

LEGS & CARDIO

Burpees
Jump lunges
Knee ups
Sumo squats

Skipping
Walking lunges
Raised reverse lunges
Jump squats

CIRCUIT ONE

10
reps
Burpees



20
reps
Jump lunges (10 per leg)



24
steps
Knee ups (12 per leg)



15
reps
Sumo squats



CIRCUIT TWO

2
mins
Skipping



24
steps
Walking lunges (12 per leg)



30
reps
Raised reverse lunges (15 per leg)



15
reps
Jump squats



Bikini Body Guide Kayla Itsines

Yijin Wang



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