

Kayla Itsines

# KAYLA ITSINES BIKINI BODY GUIDES

10%  
OFF

## Note for Beginners

bikini  
BODY  
GUIDE

It is important to note that Weeks 1-12 have been written for individuals who already have a basic level of cardio fitness. Due to the high intensity of this style of training, I do not recommend them for absolute beginners.

For this reason, I have provided four weeks' worth of additional training, called 'Pre-training'.

Like the rest of this training guide, I have incorporated the technique of progressive overload into these pre-training workouts. The first two weeks consist primarily of body weight exercises, with plyometric and weights training being incorporated into the next two weeks. In short, these workouts have been written to prepare you for Block 1-12, thus they should be completed first,

and are returning to training after giving birth to a baby (and have received doctor's clearance for this program).

Regardless of your fitness level, it is important that you read the education section prior to commencing this guide.



## Pre-Training Week 1 Monday

AROUND

### Circuit One

2x7min

#### Squats

15 REPS



#### Stationary Lunges

24 REPS



#### Skipping

50 REPS



#### Knee Up

24 REPS



### Circuit Two

2x7min

#### Walking Lunges

24 REPS



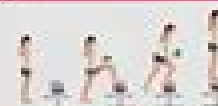
#### Sumo Squats

15 REPS



#### Step Ups

24 REPS



#### Mountain Climbers

50 REPS



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**The Girl's Guide to Absolutely Everything** Melissa Kirsch, 2006-01-01 Brings together survival tips suggestions and information on everything from diet and exercise home decorating and career to retirement planning Internet dating and family relationships

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**Literary Digest** ,1917 **Ebony** ,1998-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine Running Times ,2008-06 Running Times magazine explores training from the perspective of top athletes coaches and scientists rates and profiles elite runners and provides stories and commentary reflecting the dedicated runner s worldview *The Literary Digest* ,1917 **Journal of Health, Physical Education, Recreation** ,1963 General Federation of Women's Clubs Magazine ,1917 **Ladies' Home Journal** ,1922 **Girl Scout Leader** ,1974 *The Journal of Health and Physical Education* ,1942 **The Sanitary Record and Municipal Engineering** ,1913 **The Sanitary Record and Journal of Sanitary and Municipal Engineering** ,1913 *Our Young Folks* ,1869 Popular children s magazine containing music enigmas charades maps stories and articles by various authors *Catalog of Copyright Entries* Library of Congress. Copyright Office,1965

## **Fit Girl Guide Coupon Code** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Fit Girl Guide Coupon Code**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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