

28-DAY CHALLENGE

with **Kayla Itsines**



WEEK 1

MONDAY

LEGS

TUESDAY

LISS

WEDNESDAY

ABS & ARMS

THURSDAY

LISS

FRIDAY

REST DAY

SATURDAY

FULL BODY

SUNDAY

LISS

WEEK 2

MONDAY

ABS & ARMS

TUESDAY

LISS

WEDNESDAY

FULL BODY

THURSDAY

REST

FRIDAY

LISS

SATURDAY

LEGS

SUNDAY

LISS

WEEK 3

MONDAY

LISS

TUESDAY

ABS & ARMS

WEDNESDAY

LISS

THURSDAY

LEGS

FRIDAY

LISS

SATURDAY

FULL BODY

SUNDAY

REST

WEEK 4

MONDAY

LEGS

TUESDAY

LISS

WEDNESDAY

FULL BODY

THURSDAY

LISS

FRIDAY

ABS & ARMS

SATURDAY

REST

SUNDAY

LISS

Kayla Itsines Full 12 Week Plan Doc Up Com

Kayla Itsines



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The Bikini Body Training Guide Kayla Itsines, 2014-01-20 The Bikini Body Training Guide is Kayla Itsines 189 page guide containing a full 12 week workout plan Including effective cardio methods recommendations to target problem areas and workouts under 30 minutes

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