

## CIRCUIT ONE - 7 MINUTES

Rebound Lunge

20 REPS  
10 PER SIDE



Lay-Down Push-Up

15 REPS



X-Mountain Climber

30 REPS  
15 PER SIDE



Straight-Leg Raise

15 REPS



## CIRCUIT TWO - 7 MINUTES

Bench Jump

15 REPS



Tricep Dip

15 REPS



Commando

24 REPS  
12 PER SIDE



Single-Leg Ab Bike

24 REPS  
12 PER SIDE



# Bbg Nutrition Plan

**Kayla Itsines**



## **Bbg Nutrition Plan:**

**Body by God** Ben Lerner, 2007-06-03 Your body is by God God preprogrammed you to look great have outrageous health and experience incredible happiness In the human body God created a perfect design equipped with all the organs tissues and cells necessary for health production and reproduction The problem asserts Dr Ben Lerner is when we as humans interfere with God s design for our bodies Junk food high stress living and neglecting exercise are just a few of the things we do to hinder our bodies performance In Body by God Dr Lerner offers a comprehensive plan for getting in touch with our bodies in four areas nutrition exercise stress management and time management His 5 in 5 plan is designed to instill the good habits that will lead to optimum health benefits Readers will learn how to get in shape with 10 minute workouts reprogram the way they react to stress and more Owner s Manual Tips give specific ways to apply the material to real life Our bodies are fearfully and wonderfully made With the help of Body by God readers will learn how to achieve the highest level of performance from God s handiwork

**Digital Feeling** Adrienne Evans, Sarah Riley, 2023-03-03 This book offers a trailblazing account of postfeminist sensibility as a digital feeling that shapes how we understand the world around us It explores how we feel in a world where the digital has become intertwined with our intimate relationships to ourselves and to others The book develops a novel approach that draws on feminist theories of affect emotion and structures of feeling to analyse the entanglements of the digital and the non digital and the public and the private and to show how good feeling shapes a contemporary moment that often leads us back to normativity and reproduces systemic inequality This is achieved through several different digital media spheres including the Instagram account Barbie Savior fitspo content TikTok influencers and their Get Ready With Me videos the archive of hot men on TubeCrush and the intimacies of the internet cat suggesting that each offers a snapshot of our current emotional landscapes

**The Bikini Body 28-Day Healthy Eating & Lifestyle Guide** Kayla Itsines, 2016-12-27 Kayla Itsines Bikini Body Guide 28 minute workouts are energetic high intensity plyometric training sessions that help women achieve healthy strong bodies Itsines Sweat with Kayla app is the best selling fitness app in the world for a reason The Bikini Body 28 Day Healthy Eating Lifestyle Guide is full of Kayla s meal plans recipes and motivating information to help you live a healthy and balanced lifestyle Kayla makes exercising and healthy eating achievable and fun The Bikini Body 28 Day Healthy Eating Lifestyle Guide features Kayla s advice for a nutritious and sustainable diet Over 200 recipes such as Berry Nana Smoothie Bowl Strawberries Ricotta Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese 7 Day access to the Sweat with Kayla app A 28 Day workout plan that has all the moves to accompany Kayla s meal plan The Bikini Body 28 Day Healthy Eating Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals

*Glamour*, 2010 [The Bikini Body Motivation & Habits Guide](#) Kayla Itsines, 2017-12-19 The 1 Fitness Influencer in the

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