

Monday
WEEK
5 & 7

LEGS & CARDIO

Sumo jump squats

Weighted wide squats on bench

Burpees

Weighted step ups

Jump lunges

Medicine ball crab walk

Weighted walking lunges

Skipping

CIRCUIT ONE

15
reps

Sumo jump squats



15
reps

Weighted wide squats on bench



15
reps

Burpees



30
reps

Weighted step ups (15 per leg)



30
reps

Jump lunges (15 per leg)



15
steps

Medicine ball crab walk



24
steps

Weighted walking lunges (12 per leg)



2
mins

Skipping



Gratis 12 Week Training Guide Kayla

M Lipman



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