

I'm not robot!

Monday  
week 1 & 3

## LEGS & CARDIO

Jump squats  
Squats  
Walking lunges  
Knee ups

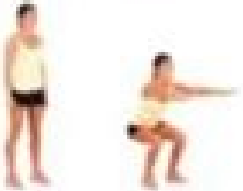
X jumps  
Burpees  
Weighted step ups  
Medicine ball squat & press

### CIRCUIT ONE

15 reps Jump squats



15 reps Squats



24 steps Walking lunges (12 per leg)



24 reps Knee ups (12 per leg)



### CIRCUIT TWO

16 reps X Jumps (8 per leg)



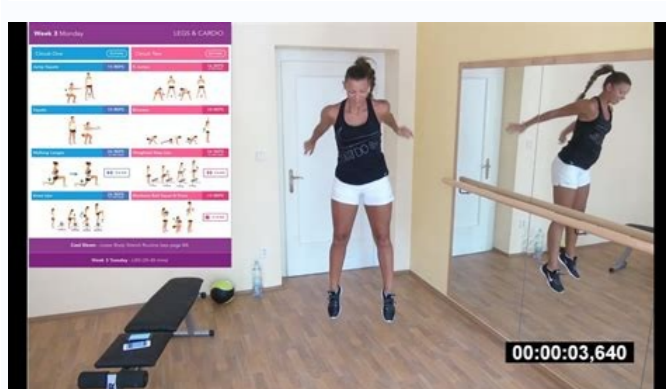
10 reps Burpees



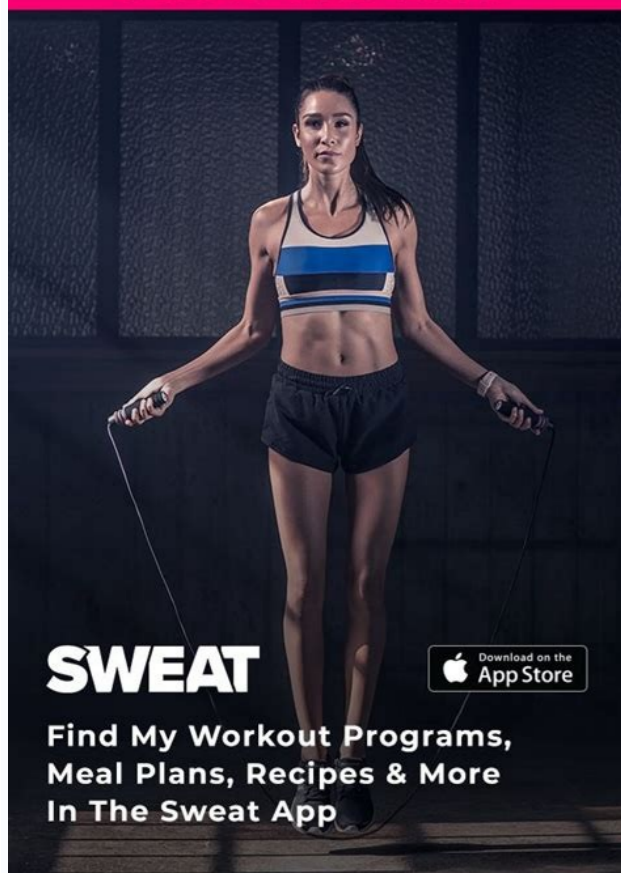
24 reps Weighted step ups (12 per leg)



15 reps Medicine ball squat & press



FREE 7-DAY TRIAL





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