

# Week 12 Friday

# ABS

## Circuit One

2x7min

### Snap Jumps

30 REPS



### Spider Push Ups

16 REPS  
8 PER SIDE



### Scissor Kicks

40 REPS  
20 PER SIDE



### Bench Hops

30 REPS  
15 PER SIDE



## Circuit Two

2x7min

### Straight Leg Raises (On Bench)

20 REPS



### Straight Leg Jackknives

20 REPS



### Weighted Bent Leg Jackknives

20 REPS



3-6 KG

### Burpee + Push Up + Bench Jump

15 REPS



Cool Down - Lower and Upper Body Stretch Routine (see page 84-85)

Week 12 Saturday - LISS (35-45 mins) + REHABILITATION (see pages 82-85)

# Gratis 12 Week Training Guide Kayla

**Kayla Alpert**



## **Gratis 12 Week Training Guide Kayla:**

## Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Gratis 12 Week Training Guide Kayla**

In a global inundated with screens and the cacophony of instantaneous connection, the profound power and emotional resonance of verbal art often fade in to obscurity, eclipsed by the regular assault of sound and distractions. Yet, set within the lyrical pages of **Gratis 12 Week Training Guide Kayla**, a fascinating work of fictional beauty that pulses with raw emotions, lies an wonderful journey waiting to be embarked upon. Written with a virtuoso wordsmith, this enchanting opus manuals readers on a psychological odyssey, lightly exposing the latent possible and profound impact embedded within the intricate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main subjects, dissect its charming publishing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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