



DOWNLOAD



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[Kayla Itsines Bbg 2.0 Pdf Free 82](#)

Circuit One

2x7min

Side Raises

20 REPS



Circuit Two

2x7min

In & Out Push Ups

20 REPS



Drop Push Ups

20 REPS



Commandos

30 REPS
15 PER SIDE



Double Pulse Tricep Dips

20 REPS



Caterpillar Walk

20 REPS



Skipping

150 REPS



Mountain Climber + Push Ups

20 REPS



Cool Down - Upper Body Stretch Routine (see page 82)



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