



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

# Week 2 Monday

# LEGS & CARDIO

Circuit One

2x7min

Circuit Two

2x7min

Burpees

10 REPS

Skipping

100 REPS



Jump Lunges

20 REPS  
10 PER SIDE

Walking Lunges

24 REPS  
12 PER SIDE



3-6 KG

Knee Ups

24 REPS  
12 PER SIDE

Reverse Lunge + Knee Lift

30 REPS  
15 PER SIDE



Sumo Squats

15 REPS

Jump Squats

15 REPS



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

Week 2 Tuesday - LISS (35-45 mins)



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