

# 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

**RC Schank**



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

**NARHA Strides** ,1999      *SAMHSA News* ,1997      **Black Belt** ,1986-08 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world      *Readers' Guide to Periodical Literature* Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1989 An author subject index to selected general interest periodicals of reference value in libraries

**Journal of the Senate of the United States of America** United States. Congress. Senate,      *Congressional Record* United States. Congress,2002      **Flyover** ,2002      **Family Circles** ,1994      **Encyclopedia of Associations V1 National Org 46 Pt2** ,2008-04      Let's Go Kayla Alpert,1993      **The Times-picayune Index** ,1995      **The Teacher's Calendar, School Year 2000-2001** Kim A. Summers,Sally M. Walker,2000 The ideal resource for K 8 teachers school librarians event coordinators public and children s librarians and after school program librarians Arranged day by day from August 1 2000 through July 31 2001 it will help teachers plan lessons arrange bulletin boards and prepare school calendars More than 4 000 entries include updated birthday listings of entertainers athletes and government officials that are of interest to children all federal and state holidays significant dates in American history state fairs space exploration milestones even dates that toys such as Beanie Babies TM and American Girl TM dolls were introduced      *Farmers and Consumers Market Bulletin* ,2011

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