

# Kayla Itsines 12 Week Workout Plan Doc Up Com Free Pdf Books

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**WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6 WEEK 7 ...**

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### **WEEK 1 WEEK 2 WEEK 3 WEEK 5 WEEK 6 WEEK 7 WEEK 9 ...**

UPPER PLUS WORKSHEET Equipment Needed: PowerStands, Dumbbells Or Resistance Band, Pull-up Bar, Mat, Results And Recovery Formula Or Water, And 2 Chairs (optional). Use The Spaces Provided For Each Exercise To Record The Number Of Reps You Performed And The Weight You Lifted. If Using A Resistance Band, Indicate The Color Used. 3th, 2024

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