

# Kayla Itsines x Refinery29 (US)

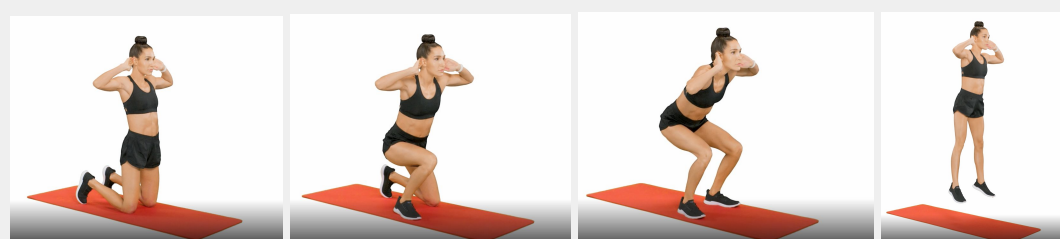
**TRAINER:** KAYLA ITSINES  
**PROGRAM:** BBG ZERO EQUIPMENT

<b>Workout Name</b>	<b>Full Body Circuit</b>
<b>Workout Description</b>	<p>This full body circuit has a little bit of everything and while it is quick, can get your heart rate soaring. With a combination of strength and cardio exercises, you are sure to get your sweat on.</p> <p>This workout contains three circuits, each with two exercises and wraps up with a high intensity cardio finisher.</p>
<b>Workout Duration</b>	<b>13 mins</b>

Phase / Section	Exercise Name	Reps	Sets
<b>Circuit 1</b>	Kneel to Jump Squat	30 sec	3 Laps
	Lateral Lunge & Ankle Tap	60 sec	
<b>Circuit 2</b>	Side Plank & Rotation	60 sec	3 Laps
	Lateral Bear Crawl	30 sec	
<b>Circuit 3</b>	3-Way Mountain Climber	30 sec	3 Laps
	Caterpillar Walk & Burpee	30 sec	
<b>Finisher</b>	Skaters	60 sec	1 Lap

## Exercise Images & Instructions

<b>Exercise Name:</b>	Kneel to Jump Squat
<b>Number of Reps:</b>	30 sec



### Exercise Instructions:

#### Step 1

Begin in a kneeling position with your knees hip-width apart, with hands placed behind your head. Draw your shoulder blades down and back. Gently draw your ribs to your hips to engage your core. This is your starting position.

#### Step 2

Inhale and brace your core. Looking straight ahead, transfer your bodyweight on to your left knee and bring your right foot forward into the squat position. Push through your right heel to take the weight and allow you to bring your left leg into the squat position. Your feet should be shoulder-width apart, knees in line with your toes, and thighs parallel to the floor.

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### Step 3

Exhale as you push through your heels to propel your body upwards into the air, extending both your knees and your hips.

### Step 4

Inhale. Bend your hips and knees to land and return to a squat position, ensuring that you maintain 'soft' knees to prevent injury.

### Step 5

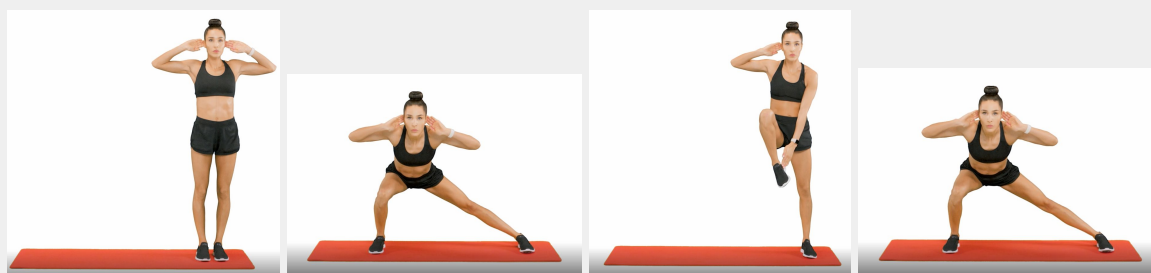
Exhale as you transfer your weight to your left foot and step your right foot backwards to return your right knee to the kneeling position. Shifting your weight to your right knee, step your left foot back to return to the starting position.

### Step 6

You should feel tension through your quads, glutes, and core throughout this movement.

Alternate between sides for the specified number of repetitions or time.

<b>Exercise Name:</b>	Lateral Lunge & Ankle Tap
<b>Number of Reps:</b>	60 sec



### Exercise Instructions:

#### Step 1

Plant both feet on the floor shoulder-width apart. This is your starting position.

Keeping your right foot on the floor, release your left foot and take a big step to your left. As you plant your foot on the floor, bend your left knee, ensuring that your right leg remains straight.

#### Step 2

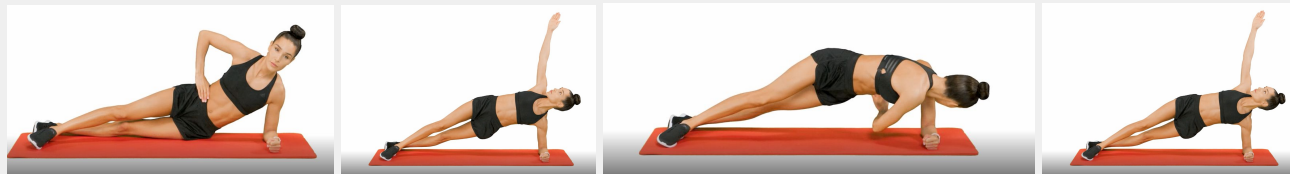
Extend your left knee and transfer your weight onto your right foot. Just as your weight returns to centre, lift your left foot up and across your body while using your right hand to reach across and touch your left ankle.

#### Step 3

Keeping your right foot on the floor, repeat this pattern for the specified number of repetitions before completing the remaining repetitions on the other side.

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<b>Exercise Name:</b>	Side Plank & Rotation
<b>Number of Reps:</b>	60 sec



### Exercise Instructions:

#### Step 1

Start by lying lengthways along a yoga mat. Place your right forearm firmly on the floor, ensuring that your elbow is directly below your shoulder and that your forearm is parallel to (in line with) the short edge of your mat.

#### Step 2

Extend both legs and, using your obliques, gently raise your hips off the mat. Position your feet one on top of each other or place your left foot on the mat in front of your right — whichever is most comfortable. Gently draw your ribs to your hips to engage your core. This is your starting position.

#### Step 3

Maintaining balance on your right arm, slowly rotate your torso to open your chest and point your left hand towards the ceiling while maintaining a neutral spine and keeping your core engaged. Lower your hand to rotate towards the ground and reach your left hand under your torso towards the back edge of your mat. Unwind your torso to open your chest and point your left hand towards the ceiling again.

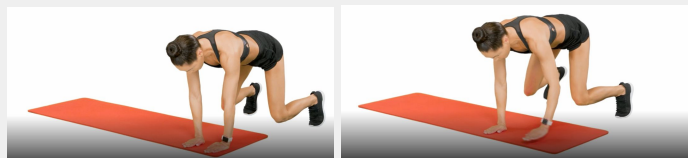
You should feel tension in the back of your shoulder and core throughout this movement.

#### Step 4

Complete half of the specified repetitions or amount of time on the same side, before completing the remaining repetitions or time on the other side.

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<b>Exercise Name:</b>	Lateral Bear Crawl
<b>Number of Reps:</b>	30 sec



### Exercise Instructions:

#### Step 1

Starting on all fours on a yoga mat, ensure that your knees are below your hips and your hands are below your shoulders. Set your spine in a neutral position and draw your shoulder blades down and back. Tuck your toes and lift your knees off the mat, resting on the balls of your feet. This is your starting position.

#### Step 2

Take a small step to the side with your left foot and right hand at the same time, ensuring that you keep your abdominals engaged to help minimise torso movement and that your torso remains parallel to the floor.

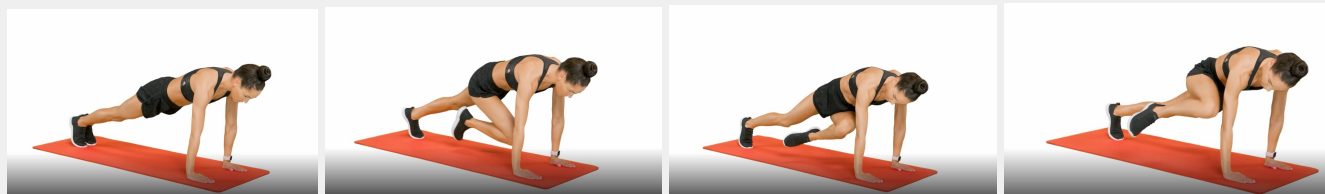
#### Step 3

Take a small step in the same direction with your right foot and left hand at the same time, once again, ensuring that you keep your abdominals engaged to help minimise torso movement and that your torso remains parallel to the floor.

Continue this sideways movement for the length of your mat, towel or space before repeating in the opposite direction for the specified number of repetitions or time. Maintain control of your breathing throughout. Ensure you complete an even number of repetitions in both directions.

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<b>Exercise Name:</b>	3-Way Mountain Climber
<b>Number of Reps:</b>	30 sec



### Exercise Instructions:

#### Step 1

Place both hands on the yoga mat shoulder-width apart and both feet together behind you, resting on the balls of your feet. Gently draw your ribs to your hips to engage your core. This is your starting position.

#### Step 2

Keeping your right foot on the floor, bend your left knee and bring it in towards your chest. Extend your left leg to return to the starting position.

Keeping your left foot on the floor, bend your right knee and bring it in towards your chest. Extend your right leg to return to the starting position.

#### Step 3

Keeping your right foot on the floor, bend your left knee and bring it into your chest and towards your right elbow. Extend your left leg to return to the starting position.

Keeping your left foot on the floor, bend your right knee and bring it into your chest and towards your left elbow. Extend your right leg and return to the starting position.

#### Step 4

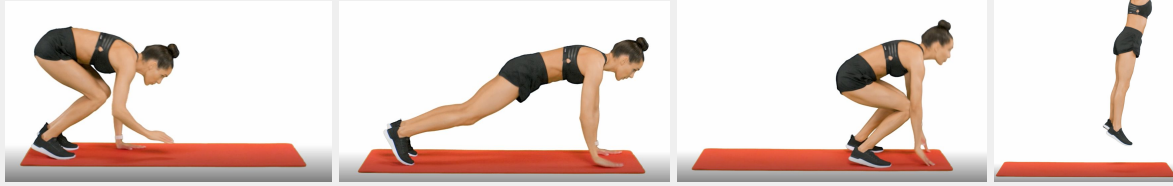
Keeping your right foot on the floor, bend your left knee and draw it forwards and outwards towards your left elbow. Extend your left leg to return to the starting position.

Keeping your left foot on the floor, bend your right knee and draw it forwards and outwards towards your right elbow. Extend your right leg to return to the starting position.

Continue this sequence of close, cross and wide mountain climber for the specified number of repetitions.

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<b>Exercise Name:</b>	Caterpillar Walk & Burpee
<b>Number of Reps:</b>	30 sec



### Exercise Instructions:

#### Step 1

Plant both feet on the floor slightly further than shoulder width apart. Gently draw your pubic bone to your belly button (engage pelvic floor). This is your starting position.

#### Step 2

Looking straight ahead, bend at both the hips and knees, and place your hands on the floor directly in front of your feet.

Inhale. Without moving your feet, walk both of your hands forwards. Continue walking your hands forwards until you are in push up position with both legs extended behind you, resting on the balls of your feet.

#### Step 3

Exhale. Jump both of your feet forwards in just behind your hands, ensuring that your feet remain shoulder-width apart. At the same time, push through your heels to extend your legs and propel yourself into the air. Extend your legs below you and your arms above your head.

#### Step 4

Inhale. Land in the starting position, ensuring that you maintain 'soft' knees to prevent injury.

Bend at both the hips and knees to place your hands on the mat on either side of your feet, ensuring that your spine remains in a neutral position. Jump both of your feet backwards to return to the push-up position.

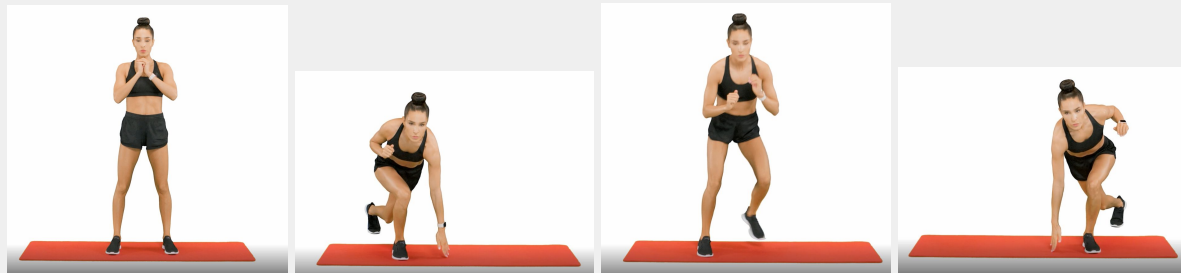
#### Step 5

Exhale. Without moving your feet, walk both of your hands back towards your feet. Stand up to return to the starting position.

Repeat for the specified number of repetitions or time.

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<b>Exercise Name:</b>	Skaters
<b>Number of Reps:</b>	60 sec



### Exercise Instructions:

#### Step 1

Plant both feet on the floor shoulder-width apart and brace your core. This is your starting position.

#### Step 2

Inhale. Quickly take a big step backwards with your left foot, placing it behind and outside the line of your right leg. As you plant your left foot on the floor, bend both knees to approximately 90-degrees, ensuring that your weight is evenly distributed between both legs.

When done correctly, your front knee will be aligned with your ankle and your back knee will be hovering just off the floor.

#### Step 3

Exhale and extend both knees, transferring your weight completely onto your right foot. Step your left foot forward to briefly return to the starting position before performing the same sequence on the other side. This exercise is performed quickly and maintaining balance is key.

You should feel tension in your hamstrings, quadriceps, and glutes throughout this movement.

Repeat for the specified number of repetitions or time on each side.