100 Kcal

Beginner | 14 min

1		Butt kicks	25 Seconds
	Rest		10 Seconds
2		Alternate hops	25 Seconds
	Rest		20 Seconds
3		Pulsing Squats	20 Seconds
4		Jumping Jacks	25 Seconds
	Rest		20 Seconds
5		Squat hops	20 Seconds
6		Alternate hops	25 Seconds
	Rest		20 Seconds

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7		Bend and Reach	30 Seconds
		Rest	10 Seconds
8		Power Skips	20 Seconds
		Rest	10 Seconds
9		Alternate hops	30 Seconds
		Rest	10 Seconds
10		Bend and Reach	30 Seconds
		Rest	15 Seconds
11		Plié Overhead Squats	20 Seconds
		Rest	10 Seconds
12		Jumping Jacks	25 Seconds
		Rest	10 Seconds

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13		Plank	30 Seconds
		Rest	10 Seconds
14		Alternate hops	30 Seconds
		Rest	15 Seconds
15		Jumping Jacks	30 Seconds
		Rest	15 Seconds
16		Alternate hops	30 Seconds
		Rest	5 Seconds
17		Plank	30 Seconds
		Rest	5 Seconds
18		Butt kicks	20 Seconds
		Rest	10 Seconds

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19		Alternate hops	30 Seconds
	Rest		5 Seconds
20		Plié Overhead Squats	20 Seconds
	Rest		5 Seconds
21		Jumping Jacks	20 Seconds
	Rest		10 Seconds
22		Jumping Jacks	20 Seconds
	Rest		10 Seconds
23		Butt kicks	30 Seconds

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P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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