100 Kcal

Intermediate | 11 min

1		Jumping Jacks	30 Seconds
2		Alternate hops	30 Seconds
	Rest		20 Seconds
3		Butt kicks	40 Seconds
	Rest		10 Seconds
4		Squat hops	25 Seconds
5		Alternate hops	20 Seconds
6		Bend and Reach	30 Seconds
	Rest		10 Seconds
7		Power Skips	20 Seconds

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8		Alternate hops	30 Seconds
Rest			10 Seconds
9		Plié Overhead Squats	20 Seconds
10		Jumping Jacks	25 Seconds
Rest			10 Seconds
11		Plank	30 Seconds
12		Alternate hops	30 Seconds
Rest			10 Seconds
13		Jumping Jacks	30 Seconds
14		Alternate hops	30 Seconds
Rest			5 Seconds

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15		Plank	30 Seconds
16		Butt kicks	30 Seconds
	Rest		10 Seconds
17		Alternate hops	30 Seconds
18		Plié Overhead Squats	30 Seconds
	Rest		5 Seconds
19		Jumping Jacks	20 Seconds
20		Jumping Jacks	20 Seconds
	Rest		10 Seconds
21		Butt kicks	35 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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