100 Kcal

Advanced | 11 min

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

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8		Jumping Jacks	30 Seconds
9		Plié Overhead Squats	20 Seconds
10		Alternate hops	30 Seconds

Rest **10 Seconds**

11		Plank	30 Seconds
12		Alternate hops	30 Seconds
13		Jumping Jacks	30 Seconds

Rest **10 Seconds**

14		Alternate hops	30 Seconds
15		Plank	30 Seconds
16		Butt kicks	30 Seconds

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Rest	10 Seconds

17		Alternate hops	40 Seconds
18		Plié Overhead Squats	40 Seconds
19		Jumping Jacks	40 Seconds

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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