174 kcal

Advanced | 19 min

1		Mountain Climber	40 Seconds
2		Jumping Jacks	45 Seconds
	Rest		20 Seconds
3		Full vertical crunch	50 Seconds
4		Burpees	40 Seconds
	Rest		20 Seconds
5		Cycling Abs	45 Seconds
6		Squat	40 Seconds
7		Alternate crossing of the feet	40 Seconds

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8		Full vertical crunch	40 Seconds
9		Jumping Jacks	40 Seconds
	Rest		20 Seconds
10		Jump Burpees	40 Seconds
11		Full vertical crunch	45 Seconds
	Rest		20 Seconds
12		Reverse Crunch	45 Seconds
13		Jumping Jacks	45 Seconds
14		Crunch with crossed arms	45 Seconds
15		Butt kicks	45 Seconds
16		Leg Push	45 Seconds

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Rest	20 Seconds

17		Mountain Climber	45 Seconds
18		Reverse Crunch	45 Seconds
19		High knees running in place	45 Seconds
20		Crunch with crossed arms	45 Seconds
21		Jumping Jacks	45 Seconds
22		Leg Push	45 Seconds
23		Butt kicks	30 Seconds
24		Mountain Climber	25 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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