2 Min

Beginner | 2 min | 20 Kcal

1		Bridge	x20 Reps
2		Forward Lunges	x10 Reps
3		Bridge	x20 Reps

Buttify

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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