200 Kcal

Intermediate | 26 min

1		Jumping Lunge	30 Seconds
	Rest		20 Seconds
2		Jump Burpees	30 Seconds
	Rest		20 Seconds
3		Mountain Climber	45 Seconds
	Rest		30 Seconds
4		Jumping Jacks	45 Seconds
	Rest		15 Seconds
5		Jumping Lunge	40 Seconds
	Rest		30 Seconds

Copyright Passion4Profession 2026. All rights reserved.

6		Jump Burpees	40 Seconds
7		Jumping Jacks	40 Seconds

Rest **30 Seconds**

8		Crunch with pushing hands	40 Seconds
9		Mountain Climber	40 Seconds

Rest **20 Seconds**

10		Reverse Crunch	30 Seconds
11		Jump Burpees	35 Seconds

Rest **30 Seconds**

12		Full vertical crunch	30 Seconds
13		Jumping Jacks	30 Seconds

Copyright Passion4Profession 2026. All rights reserved.

14		Crunch with hands resting	30 Seconds
	Rest		20 Seconds
15		Toe Touch Jacks	30 Seconds
	Rest		20 Seconds
16		Toe Touch Jacks	30 Seconds
	Rest		20 Seconds
17		Alternate hops	30 Seconds
	Rest		20 Seconds
18		Alternate hops	30 Seconds
	Rest		20 Seconds
19		Elevated Crunches	40 Seconds
20		Bend and Reach	40 Seconds

Copyright Passion4Profession 2026. All rights reserved.

Rest			20 Seconds
21		Elevated Crunches	40 Seconds
22		Bend and Reach	40 Seconds
23		Alternating Beat Abs	40 Seconds
Rest			20 Seconds
24		Full vertical crunch	40 Seconds
25		Jumping Lunge	30 Seconds
Rest			20 Seconds
26		Cycling Abs	40 Seconds
27		Squat	40 Seconds
28		Alternate crossing of the feet	40 Seconds

Copyright Passion4Profession 2026. All rights reserved.

29		Full vertical crunch	40 Seconds
30		Jumping Jacks	40 Seconds

Rest **20 Seconds**

31		Jump Burpees	40 Seconds
32		Full vertical crunch	35 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

Copyright Passion4Profession 2026. All rights reserved.