207 kcal

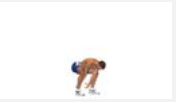
Intermediate | 25 min | 245 Kcal

1		Jumping Jacks	60 Seconds
		Rest	15 Seconds
2		Jump Burpees	60 Seconds
		Rest	10 Seconds
3		Jumping Jacks	60 Seconds
		Rest	30 Seconds
4		Crunch with pushing hands	60 Seconds
5		Mountain Climber	60 Seconds
		Rest	20 Seconds
6		Reverse Crunch	30 Seconds

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7		Jump Burpees	35 Seconds
		Rest	30 Seconds
8		Full vertical crunch	30 Seconds
9		Jumping Jacks	60 Seconds
10		Crunch with hands resting	30 Seconds
		Rest	20 Seconds
11		Toe Touch Jacks	30 Seconds
		Rest	20 Seconds
12		Toe Touch Jacks	30 Seconds
		Rest	20 Seconds
13		Alternate hops	60 Seconds
		Rest	20 Seconds

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14		Alternate hops	60 Seconds
		Rest	20 Seconds
15		Elevated Crunches	40 Seconds
16		Bend and Reach	40 Seconds
		Rest	20 Seconds
17		Elevated Crunches	40 Seconds
18		Bend and Reach	40 Seconds
19		Alternating Beat Abs	40 Seconds
		Rest	20 Seconds
20		Full vertical crunch	40 Seconds
21		Jumping Lunge	30 Seconds

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Rest			20 Seconds
22		Cycling Abs	40 Seconds
23		Squat	40 Seconds
24		Alternate crossing of the feet	40 Seconds
25		Full vertical crunch	40 Seconds
26		Jumping Jacks	40 Seconds
Rest			20 Seconds
27		Jump Burpees	40 Seconds
28		Full vertical crunch	35 Seconds

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