207 kcal

Intermediate | 25 min

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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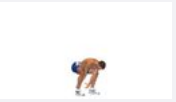
14		Alternate hops	60 Seconds
	Rest		20 Seconds
15		Elevated Crunches	40 Seconds
16		Bend and Reach	40 Seconds
	Rest		20 Seconds
17		Elevated Crunches	40 Seconds
18		Bend and Reach	40 Seconds
19		Alternating Beat Abs	40 Seconds
	Rest		20 Seconds
20		Full vertical crunch	40 Seconds
21		Jumping Lunge	30 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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P4P

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