251 kcal

Advanced | 28 min

1		Mountain Climber	40 Seconds
2		Jumping Jacks	45 Seconds
	Rest		20 Seconds
3		Mountain Climber	50 Seconds
	Rest		20 Seconds
4		Reverse Crunch	45 Seconds
	Rest		20 Seconds
5		Full vertical crunch	45 Seconds
	Rest		20 Seconds
6		Crunch with hands resting	40 Seconds

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7		Toe Touch Jacks	45 Seconds
8		Alternate hops	40 Seconds
	Rest		20 Seconds
9		Elevated Crunches	40 Seconds
10		Bend and Reach	40 Seconds
11		Elevated Crunches	40 Seconds
12		Bend and Reach	40 Seconds
13		Alternating Beat Abs	40 Seconds
	Rest		20 Seconds
14		Full vertical crunch	40 Seconds
15		Burpees	40 Seconds

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Rest			20 Seconds
16		Cycling Abs	40 Seconds
17		Squat	40 Seconds
18		Alternate crossing of the feet	40 Seconds
19		Full vertical crunch	40 Seconds
20		Jumping Jacks	40 Seconds
Rest			20 Seconds
21		Jump Burpees	40 Seconds
22		Full vertical crunch	45 Seconds
Rest			20 Seconds
23		Reverse Crunch	45 Seconds

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24		Jumping Jacks	45 Seconds
25		Crunch with crossed arms	45 Seconds
26		Butt kicks	45 Seconds
27		Leg Push	45 Seconds

Rest **20 Seconds**

28		Mountain Climber	45 Seconds
29		Reverse Crunch	45 Seconds
30		High knees running in place	45 Seconds
31		Crunch with crossed arms	45 Seconds
32		Jumping Jacks	45 Seconds

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33		Leg Push	45 Seconds
34		Butt kicks	30 Seconds
35		Mountain Climber	25 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

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