251 kcal

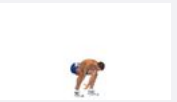
Advanced | 28 min | 274 Kcal

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

Burnify

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Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

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- 🎵 Proprietary music to train better
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