280 kcal

Advanced | 31 min | 304 Kcal

1		Mountain Climber	40 Seconds
2		Jumping Jacks	45 Seconds
	Rest		20 Seconds
3		Jumping Jacks	60 Seconds
	Rest		20 Seconds
4		Crunch with pushing hands	45 Seconds
5		Mountain Climber	50 Seconds
	Rest		20 Seconds
6		Reverse Crunch	40 Seconds
7		Jump Burpees	35 Seconds

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Rest **20 Seconds**

8  Full vertical crunch **40** Seconds

9  Jumping Jacks **40** Seconds

Rest **20 Seconds**

10  Crunch with hands resting **40** Seconds

11  Toe Touch Jacks **45** Seconds

12  Alternate hops **40** Seconds

Rest **20 Seconds**

13  Elevated Crunches **40** Seconds

14  Bend and Reach **40** Seconds

15  Elevated Crunches **40** Seconds

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16		Bend and Reach	40 Seconds
17		Alternating Beat Abs	40 Seconds
	Rest		20 Seconds
18		Full vertical crunch	40 Seconds
19		Burpees	40 Seconds
	Rest		20 Seconds
20		Cycling Abs	40 Seconds
21		Squat	40 Seconds
22		Alternate crossing of the feet	40 Seconds
23		Full vertical crunch	40 Seconds
24		Jumping Jacks	40 Seconds

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Rest			20 Seconds
25		Jump Burpees	40 Seconds
26		Full vertical crunch	45 Seconds
Rest			20 Seconds
27		Reverse Crunch	45 Seconds
28		Jumping Jacks	45 Seconds
29		Crunch with crossed arms	45 Seconds
30		Butt kicks	45 Seconds
31		Leg Push	45 Seconds
Rest			20 Seconds
32		Mountain Climber	45 Seconds

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33		Reverse Crunch	45 Seconds
34		High knees running in place	45 Seconds
35		Crunch with crossed arms	45 Seconds
36		Jumping Jacks	45 Seconds
37		Leg Push	45 Seconds
38		Butt kicks	30 Seconds
39		Mountain Climber	25 Seconds

Burnify

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.

Download the app

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