280 kcal

Advanced | 31 min

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

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.

Download the app

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