300 Kcal

Advanced | 34 min

1		Burpees	40 Seconds
	Rest		20 Seconds
2		Mountain Climber	40 Seconds
	Rest		20 Seconds
3		Jump Burpees	30 Seconds
	Rest		20 Seconds
4		Jumping Jacks	45 Seconds
	Rest		15 Seconds
5		Burpees	40 Seconds
	Rest		20 Seconds

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6		Jumping Jacks	40 Seconds
7		Jump Burpees	40 Seconds
	Rest		20 Seconds
8		Crunch with pushing hands	40 Seconds
9		Mountain Climber	40 Seconds
	Rest		20 Seconds
10		Reverse Crunch	40 Seconds
11		Jump Burpees	35 Seconds
	Rest		20 Seconds
12		Full vertical crunch	40 Seconds
13		Jumping Jacks	40 Seconds

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Rest **20 Seconds**

14		Crunch with hands resting	40 Seconds
15		Toe Touch Jacks	45 Seconds
16		Alternate hops	40 Seconds

Rest **20 Seconds**

17		Elevated Crunches	40 Seconds
18		Bend and Reach	40 Seconds
19		Elevated Crunches	40 Seconds
20		Bend and Reach	40 Seconds
21		Alternating Beat Abs	40 Seconds

Rest **20 Seconds**

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22		Full vertical crunch	40 Seconds
23		Burpees	40 Seconds

Rest **20 Seconds**

24		Cycling Abs	40 Seconds
25		Squat	40 Seconds
26		Alternate crossing of the feet	40 Seconds
27		Full vertical crunch	40 Seconds
28		Jumping Jacks	40 Seconds

Rest **20 Seconds**

29		Jump Burpees	40 Seconds
30		Full vertical crunch	45 Seconds

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Rest			**20 Seconds**
31		Reverse Crunch	**45** Seconds
32		Jumping Jacks	**45** Seconds
33		Crunch with crossed arms	**45** Seconds
34		Butt kicks	**45** Seconds
35		Leg Push	**45** Seconds
Rest			**20 Seconds**
36		Mountain Climber	**45** Seconds
37		Reverse Crunch	**45** Seconds
38		High knees running in place	**45** Seconds
39		Crunch with crossed arms	**45** Seconds

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40		Jumping Jacks	45 Seconds
41		Leg Push	45 Seconds
42		Butt kicks	30 Seconds
43		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

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