318 kcal

Advanced | 35 min

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

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8		Mountain Climber	60 Seconds
	Rest		20 Seconds
9		Reverse Crunch	40 Seconds
10		Jump Burpees	35 Seconds
	Rest		20 Seconds
11		Full vertical crunch	40 Seconds
12		Jumping Jacks	60 Seconds
	Rest		20 Seconds
13		Crunch with hands resting	40 Seconds
14		Toe Touch Jacks	45 Seconds
15		Alternate hops	40 Seconds

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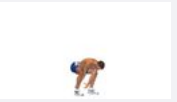
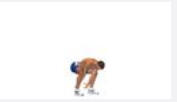
Rest			20 Seconds
16		Elevated Crunches	40 Seconds
17		Bend and Reach	60 Seconds
18		Elevated Crunches	40 Seconds
19		Bend and Reach	60 Seconds
20		Alternating Beat Abs	30 Seconds
Rest			20 Seconds
21		Full vertical crunch	40 Seconds
22		Burpees	40 Seconds
Rest			20 Seconds
23		Cycling Abs	40 Seconds

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24		Squat	40 Seconds
25		Alternate crossing of the feet	40 Seconds
26		Full vertical crunch	40 Seconds
27		Jumping Jacks	40 Seconds
Rest			20 Seconds
28		Jump Burpees	40 Seconds
29		Full vertical crunch	45 Seconds
Rest			20 Seconds
30		Reverse Crunch	45 Seconds
31		Jumping Jacks	45 Seconds
32		Crunch with crossed arms	45 Seconds

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33		Butt kicks	45 Seconds
34		Leg Push	45 Seconds

Rest **20 Seconds**

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

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42		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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