336 kcal

Advanced | 37 min

1		Jumping Jacks	45 Seconds
2		Butt kicks	45 Seconds
	Rest		20 Seconds
3		Jumping Jacks	60 Seconds
4		Crunch with pushing hands	40 Seconds
	Rest		20 Seconds
5		Plank	20 Seconds
6		Jumping Jacks	40 Seconds
7		Crunch with pushing hands	40 Seconds

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8		Mountain Climber	40 Seconds
		Rest	20 Seconds
9		Reverse Crunch	30 Seconds
10		Jump Burpees	35 Seconds
11		Plank	40 Seconds
		Rest	15 Seconds
12		Full vertical crunch	30 Seconds
13		Jumping Jacks	30 Seconds
14		Crunch with hands resting	30 Seconds
		Rest	15 Seconds
15		Toe Touch Jacks	30 Seconds

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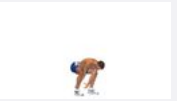
16		Plank	40 Seconds
17		Alternate hops	40 Seconds

Rest **15 Seconds**

18		Alternate hops	40 Seconds
19		Elevated Crunches	40 Seconds
20		Bend and Reach	40 Seconds

Rest **15 Seconds**

21		Elevated Crunches	40 Seconds
22		Plank	30 Seconds
23		Bend and Reach	40 Seconds
24		Alternating Beat Abs	40 Seconds

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Rest			15 Seconds
25		Full vertical crunch	40 Seconds
26		Jumping Lunge	30 Seconds
27		Plank	40 Seconds
Rest			15 Seconds
28		Cycling Abs	40 Seconds
29		Squat	40 Seconds
30		Alternate crossing of the feet	40 Seconds
31		Plank	40 Seconds
Rest			15 Seconds
32		Full vertical crunch	40 Seconds

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33		Jumping Jacks	40 Seconds
Rest			15 Seconds
34		Jump Burpees	40 Seconds
35		Full vertical crunch	40 Seconds
Rest			15 Seconds
36		Reverse Crunch	45 Seconds
37		Alternate hops	45 Seconds
Rest			15 Seconds
38		Reverse Crunch	45 Seconds
39		Alternate hops	45 Seconds
Rest			15 Seconds

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40		High knees running in place	40 Seconds
41		Reverse Crunch	45 Seconds
42		Alternate crossing of the feet	45 Seconds

Rest **15 Seconds**

43		Crunch with crossed arms	40 Seconds
44		Jumping Jacks	45 Seconds
45		Full vertical crunch	40 Seconds
46		High knees running in place	40 Seconds

Rest **15 Seconds**

47		Alternate crossing of the feet	40 Seconds
48		Jumping Jacks	40 Seconds

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49		Full vertical crunch	30 Seconds
50		Butt kicks	40 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
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