344 kcal

Advanced | 38 min

1		Mountain Climber	50 Seconds
		Rest	20 Seconds
2		Jump Burpees	30 Seconds
		Rest	20 Seconds
3		Jumping Jacks	60 Seconds
		Rest	20 Seconds
4		Jumping Jacks	60 Seconds
5		Burpees	60 Seconds
		Rest	20 Seconds
6		Crunch with pushing hands	40 Seconds

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7		Mountain Climber	60 Seconds
		Rest	20 Seconds
8		Jump Burpees	40 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	40 Seconds
		Rest	20 Seconds
13		Crunch with hands resting	40 Seconds

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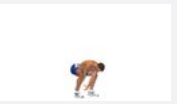
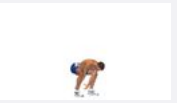
14		Toe Touch Jacks	60 Seconds
15		Alternate hops	60 Seconds

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	40 Seconds

Rest **20 Seconds**

21		Full vertical crunch	40 Seconds
22		Burpees	40 Seconds

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Rest			20 Seconds
23		Cycling Abs	40 Seconds
24		Squat	40 Seconds
25		Alternate crossing of the feet	40 Seconds
26		Full vertical crunch	40 Seconds
27		Jumping Jacks	60 Seconds
Rest			20 Seconds
28		Jump Burpees	60 Seconds
29		Full vertical crunch	45 Seconds
Rest			20 Seconds
30		Reverse Crunch	45 Seconds

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31		Jumping Jacks	60 Seconds
32		Crunch with crossed arms	45 Seconds
33		Butt kicks	60 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	60 Seconds
38		Crunch with crossed arms	45 Seconds
39		Jumping Jacks	45 Seconds

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40		Leg Push	45 Seconds
41		Butt kicks	60 Seconds
42		Mountain Climber	45 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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