375 kcal

Advanced | 41 min | 402 Kcal

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

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8		Jumping Lunge	40 Seconds

Rest **20 Seconds**

9		Jump Burpees	40 Seconds
10		Plank	40 Seconds
11		Jumping Jacks	40 Seconds
12		Crunch with pushing hands	40 Seconds
13		Mountain Climber	40 Seconds

Rest **20 Seconds**

14		Reverse Crunch	30 Seconds
15		Jump Burpees	35 Seconds
16		Plank	40 Seconds

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Rest **15 Seconds**

17		Full vertical crunch	**30** Seconds
18		Jumping Jacks	**30** Seconds
19		Crunch with hands resting	**30** Seconds

Rest **15 Seconds**

20		Toe Touch Jacks	**30** Seconds
21		Plank	**40** Seconds
22		Alternate hops	**40** Seconds

Rest **15 Seconds**

23		Alternate hops	**40** Seconds
24		Elevated Crunches	**40** Seconds

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25		Bend and Reach	40 Seconds
Rest			15 Seconds
26		Elevated Crunches	40 Seconds
27		Plank	30 Seconds
28		Bend and Reach	40 Seconds
29		Alternating Beat Abs	40 Seconds
Rest			15 Seconds
30		Full vertical crunch	40 Seconds
31		Jumping Lunge	30 Seconds
32		Plank	40 Seconds
Rest			15 Seconds

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33		Cycling Abs	40 Seconds
34		Squat	40 Seconds
35		Alternate crossing of the feet	40 Seconds
36		Plank	40 Seconds

Rest **15 Seconds**

37		Full vertical crunch	40 Seconds
38		Jumping Jacks	40 Seconds

Rest **15 Seconds**

39		Jump Burpees	40 Seconds
40		Full vertical crunch	40 Seconds

Rest **15 Seconds**

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41		Reverse Crunch	45 Seconds
42		Alternate hops	45 Seconds

Rest **15 Seconds**

43		Reverse Crunch	45 Seconds
44		Alternate hops	45 Seconds

Rest **15 Seconds**

45		High knees running in place	40 Seconds
46		Reverse Crunch	45 Seconds
47		Alternate crossing of the feet	45 Seconds

Rest **15 Seconds**

48		Crunch with crossed arms	40 Seconds

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49		Jumping Jacks	45 Seconds
50		Full vertical crunch	40 Seconds
51		High knees running in place	40 Seconds

Rest **15 Seconds**

52		Alternate crossing of the feet	40 Seconds
53		Jumping Jacks	40 Seconds
54		Full vertical crunch	30 Seconds
55		Butt kicks	40 Seconds

Burnify

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 dy

Download the app

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